

A WOMEN'S SIZING & CONVERSION GUIDE

US Women	US Men	UK	EU	Length (cm)
4	2.5	2	34	21
4.5	3	2.5	34.5	21.5
5	3.5	3	35	22
5.5	4	3.5	36	22.5
6	4.5	4	36.5	23
6.5	5	4.5	37	23.5
7	5.5	5	37.5	24
7.5	6	5.5	38	24.5
8	6.5	6	39	25
8.5	7	6.5	40	25.5
9	7.5	7	40.5	26
9.5	8	7.5	41	26.5
10	8.5	8	41.5	27
10.5	9	8.5	42.5	27.5
11	9.5	9	43	28
11.5	10	9.5	43.5	28.5
12	10.5	10	44	29
12.5	11	10.5	45	29.5
13	11.5	11	45.5	30
13.5	12	11.5	46	30.5
14	12.5	12	46.5	31
15	13	13	48	32

B WOMEN'S WIDTH GUIDE

US Women's Standard Running Size	Narrow (2A) in cm	Medium (B) in cm	Wide (D) in cm	Extra Wide (2E) in cm
5.0	7.8	8.1	8.5	8.8
5.5	7.9	8.3	8.6	8.9
6.0	8.0	8.4	8.7	9.0
6.5	8.1	8.5	8.8	9.2
7.0	8.2	8.6	8.9	9.3
7.5	8.3	8.7	9.0	9.4
8.0	8.4	8.8	9.2	9.5
8.5	8.5	8.9	9.3	9.6
9.0	8.6	9.0	9.4	9.7
9.5	8.7	9.1	9.5	9.8
10.0	8.8	9.2	9.6	9.9
10.5	8.9	9.3	9.7	10.0
11.0	9.0	9.4	9.8	10.1
11.5	9.2	9.5	9.9	10.2
12.0	9.3	9.6	10.0	10.3
12.5	9.4	9.7	10.1	10.4
13.0	9.5	9.8	10.2	10.5