





HOW TO ...

Length adviser: Overview

ALPINE

	
140 cm	95 cm
145 cm	100 cm
150–155 cm	105 cm
160 cm	110 cm
165 cm	115 cm
170–175 cm	120 cm
180 cm	125 cm
185–190 cm	130 cm
195 cm	135 cm
200 cm	140 cm



SKATING & RACING

	
140 cm	120 cm
145 cm	125 cm
150 cm	130 cm
155 cm	135 cm
160 cm	140 cm
165 cm	145 cm
170 cm	150 cm
175 cm	155 cm
180 cm	160 cm
185 cm	165 cm
190 cm	170 cm
195 cm	175 cm
200 cm	180 cm



CLASSIC & TOURING

	
140 cm	110 cm
145 cm	115 cm
150 cm	120 cm
155 cm	125 cm
160 cm	130 cm
165 cm	135 cm
170 cm	140 cm
175 cm	145 cm
180 cm	150 cm
185 cm	155 cm
190 cm	160 cm
195 cm	165 cm
200 cm	170 cm

NORDIC WALKING

	
140–145 cm	95 cm
145–150 cm	100 cm
155–160 cm	105 cm
160–165 cm	110 cm
170–175 cm	115 cm
180–185 cm	120 cm
185–190 cm	125 cm
190–195 cm	130 cm
200 cm	135 cm

PARK & PIPE

	
150–155 cm	90 cm
160 cm	95 cm
165 cm	100 cm
170–175 cm	105 cm
180 cm	110 cm
185–190 cm	115 cm
195 cm	125 cm

Note: To exit fullscreen mode press ESC
 In case of any problems with video,
 please download the latest version of the Adobe Reader

Should you have any questions concerning the product, please contact: **KOMPERDELL Sportartikel GesmbH | Wagnermühle 30 | 5310 Mondsee | AUSTRIA | Tel.: +43 / 6232 / 4201-0 | Fax.: +43 / 6232 / 3545 | E-Mail: sales@komperdell.com**
3 years free repair service for our telescopic poles, without queries – only available with us. Visit our website: www.komperdell.com

