

**Misure consigliate bastoni**  
**Poles lengths suggested**

H = statura / stature  
h = cm bastoni / poles lengths

H	h classic	h skating
160,0	130,0	140,0
162,5	132,5	142,5
165,0	135,0	145,0
167,5	137,5	147,5
170,0	140,0	150,0
172,5	142,5	152,5
175,0	145,0	155,0
177,5	147,5	157,5
180,0	150,0	160,0
182,5	152,5	162,5
185,0	155,0	165,0
187,5	157,5	167,5
190,0	160,0	170,0
192,5	162,5	172,5
195,0	165,0	175,0
197,5	167,5	177,5
200,0	170,0	180,0
202,5	172,5	182,5

**Misure bastoni a norma FIS**  
**Poles lengths according to FIS rules**

H = altezza con scarpa / stature with boots  
h = cm bastoni / poles lengths  
 $h = H \times 0,83$

H	h	H	h
165	136,95	183	151,89
166	137,78	184	152,72
167	138,61	185	153,55
168	139,44	186	154,38
169	140,27	187	155,21
170	141,10	188	156,04
171	141,93	189	156,87
172	142,76	190	157,70
173	143,59	191	158,53
174	144,42	192	159,36
175	145,25	193	160,19
176	146,08	194	161,02
177	146,91	195	161,85
178	147,74	196	162,68
179	148,57	197	163,51
180	149,40	198	164,34
181	150,23	199	165,17
182	151,06	200	166,00