FA VALUES FOR STIFFNESS RECOMMENDATION 25|26

Body-weight	SKIN			CLASSIC HARD WAX ZERO+ I CROWN			CLASSIC KLISTER		SKATE SOFT I COMPACT I HARD		
25	13	15	17	13	14	15	15	16	29	32	35
30	16	18	20	15	17	18	18	20	35	38	42
35	19	21	24	18	19	21	21	23	40	44	49
40	22	24	27	20	22	24	24	27	46	51	56
45	25	28	31	23	25	28	28	30	52	57	63
50	28	31	35	26	29	31	31	34	59	64	71
55	30	34	39	29	32	34	34	37	64	71	78
60	33	37	42	31	34	37	37	41	70	77	85
65	35	40	45	33	37	40	40	44	76	84	92
70	38	43	48	36	39	43	43	46	82	90	99
75	40	45	51	38	42	45	45	49	86	95	104
80	42	48	54	40	44	48	48	52	91	100	110
85	45	50	56	42	46	50	50	55	96	106	116
90	47	53	59	44	49	53	53	57	99	109	120
95	49	55	61	46	51	55	55	60	103	113	124
100	50	57	64	48	53	58	57	62	106	117	128
105	52	59	66	50	55	60	59	64	109	120	132
110	54	61	68	52	57	62	61	66	112	123	136
	• Beginner • Recreation skier • Average glide • Safe kick	• Experienced • Average skier • Good glide • Good kick	• Good technique • Fast skier • Fast glide • Sportive kick	• Zero soft	• Zero hard • Crown soft	• Crown hard			• Soft conditions	• Compact conditions	• Hard conditions