The length can be slightly adjusted according to different styles of shoes

Man and woman

EU Size	35#	36#	37#	38#	39#	40#	41#	42#	43#	44#	45#	46#
Normal Insole(cm)	22.5	23.2	23.9	24.5	25.2	25.9	26.5	27.2	27.9	28.5	29.2	29.9
Normal Outsole(cm)	23.3	24	24.7	25.3	26	26.7	27.3	28	28.7	29.3	30	30.7

Kids

EU Size	25#	26#	27#	28#	29#	30#	31#	32#	33#	34#	35#	36#
Normal Insole(cm)	15.9	16.5	17.2	17.9	18.5	19.2	19.9	20.5	21.2	21.9	22.5	23.2
Normal Outsole(cm)	16.7	17.3	18	18.7	19.3	20	20.7	21.3	22	22.7	23.3	24