

Mens size	insole length		Kids size	insole length
7	250mm		4C	115MM
8	260mm		5C	125MM
9	270mm		6C	135mm
10	280mm		7C	145mm
11	290mm		8C	150mm
12	300mm		9C	160mm
womens size	insole length		10C	170mm
4	220MM		11C	175mm
5	225MM		12C	185mm
6	235MM		13C	195mm
7	240MM		1Y	200mm
8	245MM		2Y	210mm
9	250MM		3Y	220mm
10	255MM			
11	260MM			
12	265MM			
13	270MM			