1 **FISCHER Spider 62 Crown Xtralite Cross-country Skis**

* Width: 62mm
* Sizes: 169 cm, 179 cm, 189 cm, 199 cm

2 **SALOMON RC+ Grip Cross-country Skis with Prolink Access Binding - Kids'**

* Width: Not specified (generally narrower, around 45-50mm for kids’ classic cross-country)
* Sizes: 121 cm, 131 cm, 141 cm, 151 cm, 161 cm

3 **FISCHER Aerolite Skate 60 IFP Cross-country Skis - Unisex**

* Width: 41mm (skate skis are narrower for speed and efficiency)
* Sizes: 176 cm, 181 cm, 186 cm

4 **SALOMON RC7+ eSKIN Cross-country Skis with Prolink Shift Binding**

* Width: 44mm (eSkin series often has this width for speed and efficiency)
* Sizes: 174 cm, 182 cm, 190 cm, 198 cm, 206 cm

5 **SALOMON RC8+ eSKIN Cross-country Skis with Prolink Shift Binding**

* Width: 44mm
* Sizes: 174 cm, 182 cm, 190 cm, 198 cm, 206 cm

6 **SALOMON Escape Snow 59 POSI Cross-country Skis with Prolink Auto Binding**

* Width: 59mm
* Sizes: L, M, S, TTG, XL

7 **FISCHER Twin Skin Power EF Cross-country Skis**

* Width: 51mm
* Sizes: 184 cm, 189 cm, 194 cm, 199 cm

8 **FISCHER Sports Crown EF Cross-country Skis**

* Width: 50mm
* Sizes: 179 cm, 184 cm, 189 cm, 194 cm, 199 cm

9 **ROSSIGNOL Evo Xc 60 R-Skin Cross-country Skis with Control SI Ski Bindings**

* Width: 60mm
* Sizes: 165 cm, 175 cm, 185 cm, 195 cm

10 **ROSSIGNOL Evo OT 65 Positrack IFP Cross-country Skis with Control SI Ski Bindings**

* Width: 65mm
* Sizes: 165 cm, 175 cm, 185 cm, 195 cm

11 **ATOMIC Pro C2 Skintec Med Cross-country Skis with Prolink Shift CL Binding**

* Width: 45mm
* Sizes: 174 cm, 181 cm, 188 cm, 195 cm, 202 cm, 209 cm

12 **ATOMIC Pro C1 Skintec Med Cross-country Skis with Prolink Shift CL Binding**

* Width: 45mm
* Sizes: 174 cm, 181 cm, 188 cm, 195 cm, 202 cm, 209 cm

13 **FISCHER Twin Skin Sport EF Cross-country Skis**

* Width: 51mm
* Sizes: 179 cm, 184 cm, 189 cm, 194 cm, 199 cm

14 **ROSSIGNOL BC 80 Positrack Cross-country Skis**

* Width: 80mm (wider for backcountry terrain)
* Sizes: 166 cm, 176 cm, 186 cm, 196 cm

15 **ROSSIGNOL XT Venture WXLS Cross-country Skis**

* Width: 70mm
* Sizes: 176 cm, 186 cm, 191 cm

16 **ATOMIC Savor 48 Skintec Med + PA Cross-country Skis**

* Width: 48mm
* Sizes: 174 cm, 184 cm, 194 cm, 204 cm

17 **ATOMIC Savor 52 Grip + Prolink Access CL Cross-country Skis**

* Width: 52mm
* Sizes: 177 cm, 184 cm, 191 cm, 198 cm, 205 cm

18 **ATOMIC Savor 48 Skintec Hard Cross-country Skis with Prolink Shift Pro CL Binding**

* Width: 48mm
* Size: 204 cm

**1. Classic Cross-Country Ski Length**

* **Basic Formula**: For classic skiing, the ski length is usually around **110-120% of the skier's height**.
* **Formula**: Classic Ski Length=Skier’s Height (cm)×1.1 to 1.2\text{Classic Ski Length} = \text{Skier's Height (cm)} \times 1.1 \text{ to } 1.2Classic Ski Length=Skier’s Height (cm)×1.1 to 1.2
* **Skill Level Adjustment**:
  + **Beginner**: Aim for the shorter end (110-115% of height) for better control.
  + **Intermediate to Advanced**: Use the longer end (115-120% of height) for more speed and glide.
* **Weight Adjustment**: If a skier is heavier or lighter than average, adjust by about **5 cm** up or down.

**Example**: For a skier who is 170 cm tall:

Classic Ski Length=170×1.1 to 1.2=187 to 204 cm\text{Classic Ski Length} = 170 \times 1.1 \text{ to } 1.2 = 187 \text{ to } 204 \text{ cm}Classic Ski Length=170×1.1 to 1.2=187 to 204 cm

**2. Skate Cross-Country Ski Length**

* **Basic Formula**: Skate skis are generally shorter, around **105-110% of the skier's height**.
* **Formula**: Skate Ski Length=Skier’s Height (cm)×1.05 to 1.1\text{Skate Ski Length} = \text{Skier's Height (cm)} \times 1.05 \text{ to } 1.1Skate Ski Length=Skier’s Height (cm)×1.05 to 1.1
* **Skill Level Adjustment**:
  + **Beginner**: Opt for 105% of height for better maneuverability.
  + **Advanced**: Closer to 110% of height for better glide.
* **Weight Adjustment**: Similar to classic, add or subtract **5 cm** for a heavier or lighter skier.

**Example**: For a 170 cm tall skier:

Skate Ski Length=170×1.05 to 1.1=178.5 to 187 cm\text{Skate Ski Length} = 170 \times 1.05 \text{ to } 1.1 = 178.5 \text{ to } 187 \text{ cm}Skate Ski Length=170×1.05 to 1.1=178.5 to 187 cm

**3. Adjustments Based on Terrain and Conditions**

* **Groomed Trails**: Stick closely to the recommended length from the formula.
* **Backcountry**: For more challenging or mixed terrain, shorter skis provide better control and stability.

**4. Quick Reference Table**

Here’s a simplified table you could add to your app for easier reference:

| **Height (cm)** | **Classic Ski Length (cm)** | **Skate Ski Length (cm)** |
| --- | --- | --- |
| 150 | 165 - 180 | 158 - 165 |
| 160 | 176 - 192 | 168 - 176 |
| 170 | 187 - 204 | 178 - 187 |
| 180 | 198 - 216 | 189 - 198 |
| 190 | 209 - 228 | 199 - 209 |