

MEN'S SIZES																					
US					6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14
UK					5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13.5
EU					39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46	46.5	47	48	48.5	49
CM					24.5	25	25.25	25.5	26	26.5	27	27.5	28	28.25	28.5	29	29.5	30	30.5	30.75	31

WOMEN'S SIZES																	
US	5.0	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
UK	3.0	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
EU	35.5	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46
CM	22.5	22.75	23	23.5	24	24.5	25	25.5	25.75	26	26.5	27	27.5	28	28.5	28.75	29

MBT Running Size Conversion Chart

September 2015