

# ONE / WAY

S U M M E R 2 0 2 6

WORKBOOK



# ONE/WAY

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WORKBOOK

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# ESTABLISHED BUT NEW.

ONE WAY is the most highly regarded supplier of poles and accessories for Nordic and Alpine skiing, Nordic walking, and trekking. Born in Finland in 2004, headquartered in Austria since 2018, and relaunched in 2021, ONE WAY products are driven by fresh and clean product design, World Cup proven quality, innovative technologies, and the strong commitment to create real products of desire. Showing the beauty and emotion of being in the outdoors is our passion.



# WHO SAID A POLE IS NO OBJECT OF DESIRE?

MTX CARBON VARIO





## MTX CARBON VARIO DARK

Item no. OZ60023  
 Lengths 115 - 135 (variable)  
 Weight 225g (per pc)  
 Shaft Carbon 100%  
 Grip MT EVA Grip long  
 Strap MT Pro Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Middle Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Metal Quick Lock  
 Folding Lock Push Button

The MTX Carbon Vario Dark is the top model of foldable trekking poles for ambitious people with high demands on their equipment. All 5 segments are made of 100% carbon and are adjustable from 115 to 135cm. The MT EVA grip with grip extension ensures a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets, so that your trekking poles are also ready for use in winter.



Foldable



## MTX CARBON VARIO

Item no. OZ60123  
 Lengths 115 - 135 (variable)  
 Weight 223g (per pc)  
 Shaft Carbon 100%  
 Grip MT EVA Grip long  
 Strap MT Pro Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Middle Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Metal Quick Lock  
 Folding Lock Push Button

The MTX Carbon Vario is the top model of foldable trekking poles in bright orange for sporty hikers with high demands on their equipment. All 5 segments are made of 100% carbon and are adjustable from 115 to 135cm. The MT EVA grip with grip extension ensures a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so that your trekking poles are ready for use in winter.



Foldable



## MTX CARBON VARIO LITE

Item no. OZ60223  
 Lengths 105 - 125 (variable)  
 Weight 220g (per pc)  
 Shaft Carbon 100%  
 Grip MT EVA Grip long  
 Strap MT Pro Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Middle Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Metal Quick Lock  
 Folding Lock Push Button

The MTX Carbon Vario Lite is a visual eye-catcher on the mountain. The foldable trekking pole is adjustable from 105 to 125cm and extremely lightweight due to its shorter length. All 5 segments are made of 100% carbon. The MT EVA grip with grip extension guarantees a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so that your trekking poles are also ready for use in winter.



Foldable



## MTX CARBON

Item no. OZ60323  
 Lengths 100 - 135 (5cm)  
 Weight 193g / 125cm (per pc/sample length)  
 Shaft Carbon 100%  
 Grip MT EVA Grip long  
 Strap MT Pro Strap  
 Shaft ø 16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Middle Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking -  
 Folding Lock Push Button

The MTX Carbon is a true lightweight foldable trekking pole, made of 100% carbon and offered in fixed lengths in 5 cm steps. The MT EVA grip with grip extension guarantees a perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. You can easily replace the MT Basket 40 with the Alpine baskets so your trekking poles are ready for use even in winter. Thanks to the bright orange color you are always an eye-catcher on your tours.



Foldable



## MTX CALU VARIO

Item no. OZ60423  
 Lengths 115 - 135 (variable)  
 Weight 251g (per pc)  
 Shaft Alu 7075, Carbon 100%  
 Grip MT EVA Grip long  
 Strap MT Pro Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Middle Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Metal Quick Lock  
 Folding Lock Push Button

The lightweight MTX Calu is a foldable trekking pole with a durable combination of aluminum and 100% carbon segments. These poles are adjustable in lengths 115 to 135cm. The MT EVA grip with extension guarantees a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Foldable



## MTX CALU VARIO LITE

Item no. OZ60523  
 Lengths 105 - 125 (variable)  
 Weight 244g (per pc)  
 Shaft Alu 7075, Carbon 100%  
 Grip MT EVA Grip long  
 Strap MT Pro Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Middle Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Metal Quick Lock  
 Folding Lock Push Button

With the MTX Calu Vario Lite, lightness is program. Due to its shorter adjustment length from 105 to 125cm, this foldable trekking pole made with a combination of aluminum and 100% carbon segments is even lighter. The MT EVA grip with extension guarantees you perfect hold in any terrain, while the high-quality MT Pro strap is very functional and easy to adjust. You can easily replace the MT Basket 40 with the Alpine baskets so your trekking poles can be ready for use in winter. The eye-catching color combination makes the pole an always welcome companion.



Foldable



## MTX AL VARIO

Item no. OZ60623  
 Lengths 115 - 135 (variable)  
 Weight 295g (per pc)  
 Shaft Alu 7075  
 Grip MX EVA Grip long  
 Strap MT Fusion Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Long Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Quick Lock  
 Folding Lock Push Button

The foldable MTX AL Vario trekking pole is made of durable aluminum and makes it easy for you to start trekking. The poles feature adjustable in lengths from 115 to 135cm and the MX EVA grip, including grip extension, provides a great hold in any terrain and a comfortable feeling on any trek. The MT Fusion Strap provides easy handling and a comfortable feel. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Foldable



## MTX AL VARIO LITE

Item no. OZ60723  
 Lengths 105 - 125 (variable)  
 Weight 280g (per pc)  
 Shaft Alu 7075  
 Grip MX EVA Grip long  
 Strap MT Fusion Strap  
 Shaft ø 18:16:14:9 (mm)  
 Basket MT Basket 40  
 Tip Long Ferrule + Carbide Tip  
 Finish Softtouch  
 Locking Quick Lock  
 Folding Lock Push Button

The foldable MTX AL Vario Lite trekking pole is adjustable from 105 to 125cm and saves weight thanks to its shorter length. The MX EVA grip, including grip extension, provides good grip in any terrain and a comfortable feeling in hand. The strap MT Fusion Strap provides easy handling and a comfortable feel. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



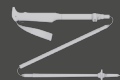
Foldable



## MTX AL 2 VARIO

Item no.	OZ60825
Lengths	110 - 130 (variable)
Weight	307g (per pc)
Shaft	Alu 7075
Grip	MT TPR Grip long
Strap	MT Comfort Strap
Shaft ø	18:16:14:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock
Folding Lock	Push Button

With the foldable MTX AL 2 Vario trekking pole made from robust aluminum, you can start your trekking adventure well equipped. With its adjustable length of 110 to 130 cm, it adapts to your needs and the MT TPR grip with grip extension ensures a secure grip on any surface. The MT Comfort strap offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.

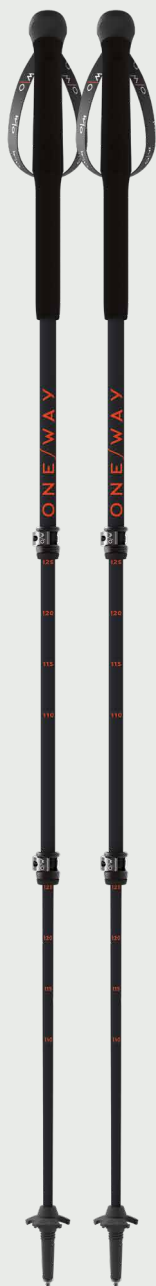


Foldable



FOR  
UNFORGETTABLE  
OUTDOOR  
MOMENTS.

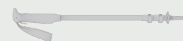




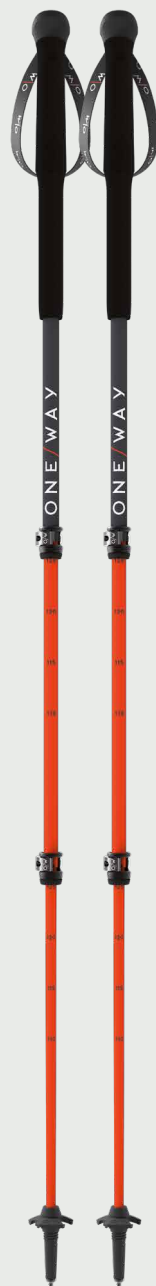
## MT CALU DARK

Item no.	OZ61023
Lengths	110 - 145 (variable)
Weight	248g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MT Calu Dark is the top telescopic pole model and can be variably adjusted in lengths from 110 to 145cm. The upper segment is made of 100% carbon and combined with two segments of aluminum to provide both lightness and stability. The MT EVA grip with extension ensures a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



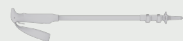
Telescopic



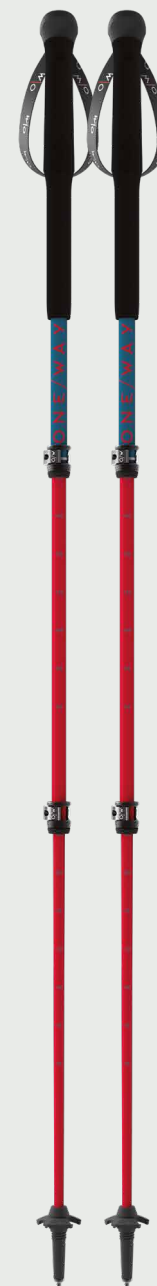
## MT CALU

Item no.	OZ61123
Lengths	110 - 145 (variable)
Weight	246g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MT Calu is the top telescopic pole model in bright orange and can be variably adjusted in lengths from 110 to 145cm. The upper segment is made of 100% carbon and combined with two segments of aluminum to provide both lightness and stability. The MT EVA grip with extension ensures a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



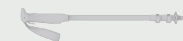
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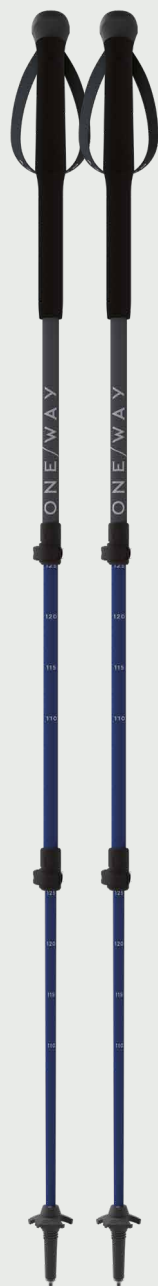
## MT CALU LITE

Item no.	OZ61223
Lengths	90 - 125 (variable)
Weight	229g (per pc)
Shaft	Alu 7075, Carbon 100%
Grip	MT EVA Grip long
Strap	MT Pro Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Metal Quick Lock

The MT Calu Lite impresses with its stylish appearance while being the lightweight champion among the telescopic poles thanks to its shorter length. With an adjustability of 90 to 125cm, this pole's top segment made of 100% carbon and combined with the lower two segments of aluminum to provide both extreme lightness and stability. The MT EVA grip with extension ensures a perfect hold in any terrain, while the high quality MT Pro strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



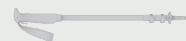
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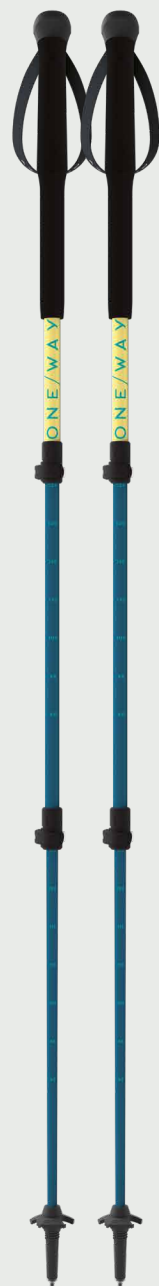
## MT AL 1

Item no.	OZ61323
Lengths	110 - 145 (variable)
Weight	260g (per pc)
Shaft	3S Alu 7075
Grip	MX EVA Grip long
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock

The MT AL 1 is your reliable companion on the mountain! The three segments of aluminum makes the telescopic pole very stable and variably adjustable in lengths from 110 to 145cm. The MX EVA grip with extension guarantees a perfect hold in any terrain, while the comfortable MT Fusion strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



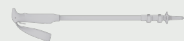
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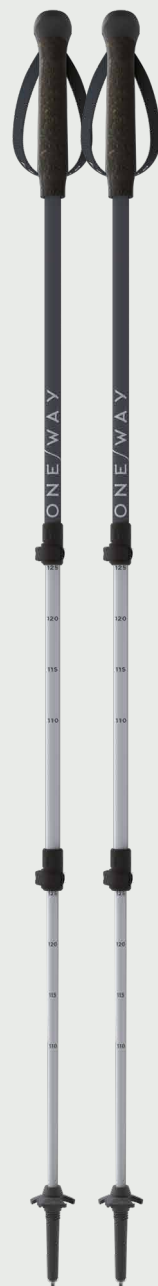
## MT AL 1 LITE

Item no.	OZ61423
Lengths	90 - 125 (variable)
Weight	240g (per pc)
Shaft	3S Alu 7075
Grip	MX EVA Grip long
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Softtouch
Locking	Quick Lock

With three aluminum segments, the MT AL 1 Lite is the lighter version of the MT AL 1 telescopic pole due to its shorter length and adjustability from 90 to 125cm. The pole impresses with its stylish appearance, while the MX EVA grip with extension guarantees a perfect hold in any terrain, while the comfortable MT Fusion strap is very functional and easy to adjust. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



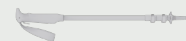
Telescopic



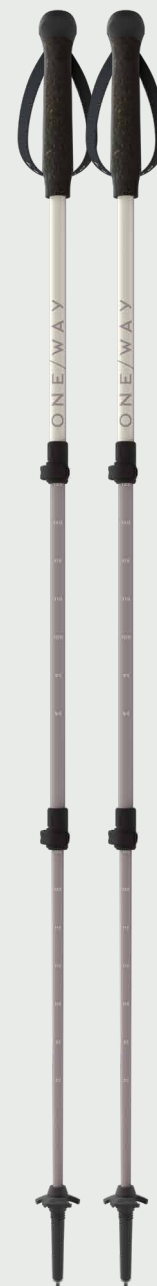
## MT AL 2

Item no.	OZ61523
Lengths	110 - 145 (variable)
Weight	295g (per pc)
Shaft	2S Alu 7075
Grip	MT Fusion Grip short
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Long Ferrule + Carbide Tip
Finish	Matt
Locking	Quick Lock

The MT AL 2 is one that does everything! With three segments of aluminum, the telescopic pole is very stable and variably adjustable to lengths from 110 to 145cm. With the MT Fusion grip and the comfortable MT Fusion strap, you always have the poles securely in hand. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic



## MT AL 2 LITE

Item no.	OZ61623
Lengths	90 - 125 (variable)
Weight	277g (per pc)
Shaft	2S Alu 7075
Grip	MT Fusion Grip short
Strap	MT Fusion Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Long Ferrule + Carbide Tip
Finish	Matt
Locking	Quick Lock

You will be impressed by the stability of the MT AL 2 Lite, the lighter version of the MT AL 2 telescopic pole with drei aluminum segments and a shorter adjustability from 90 to 125cm. With the MT Fusion grip and the comfortable MT Fusion strap, you always have the poles securely in hand. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



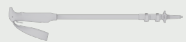
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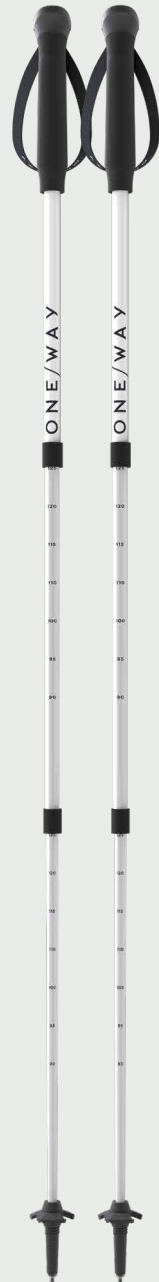
## MT AL 3

Item no.	OZ61723
Lengths	110 - 145 (variable)
Weight	275g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock

The telescopic MT AL 3 pole is made of aluminum and is adjustable from 110 to 145cm, making the entry to trekking easy for everyone. The MT TPR handle in combination with the MT Comfort Strap offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



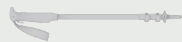
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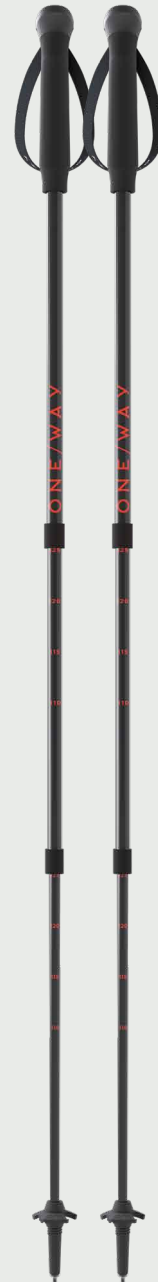
## MT AL 3 LITE

Item no.	OZ61823
Lengths	90 - 125 (variable)
Weight	257g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock

With an adjustability of 90 to 125cm, the AL 3 Lite is the lighter version of the AL 3 telescopic aluminum pole due to its shorter length. The MT TPR grip, in combination with the MT Comfort Strap, offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



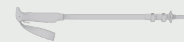
Telescopic



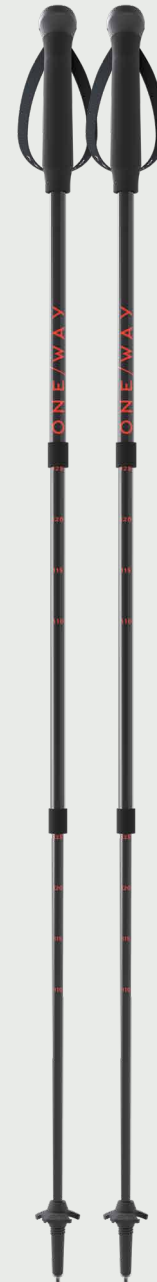
## MT AL 3 AS

Item no.	OZ61923
Lengths	110 - 145 (variable)
Weight	287g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock Antishock

The MT AL 3 AS telescopic aluminum pole can smooth out any vibration, especially when walking downhill. Adjustable in length from 110 to 145cm, the MT AL 3 AS pole features an anti-shock system integrated into the Twist Lock to protect your hands. The MT TPR grip, in combination with the MT Comfort Strap, offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



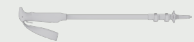
Telescopic



## MT AL 3 LITE AS

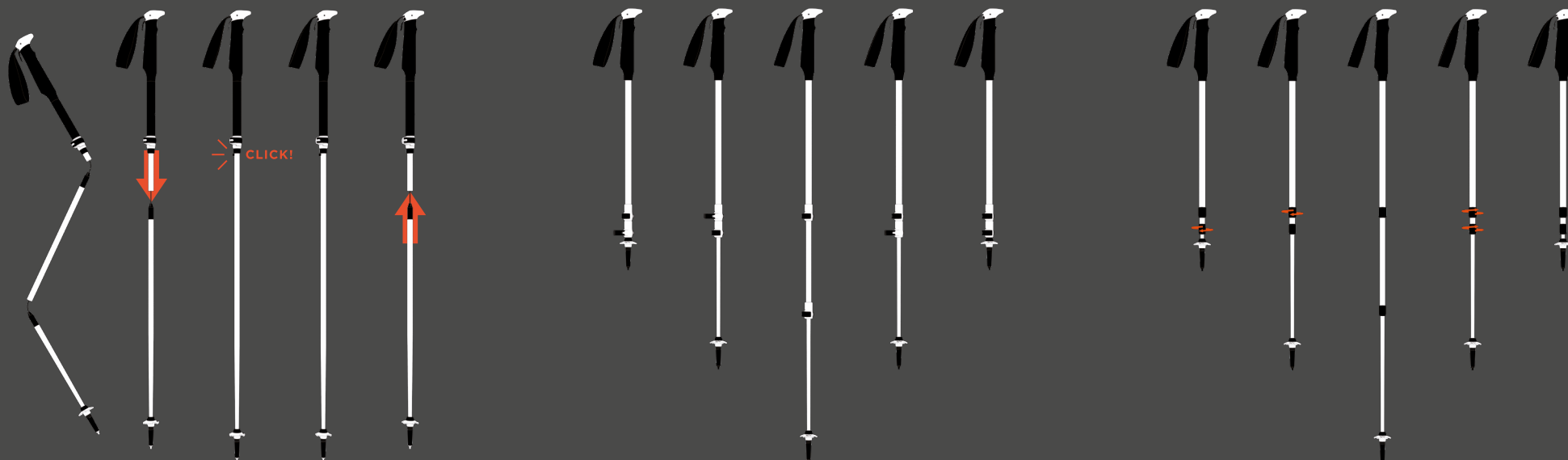
Item no.	OZ62023
Lengths	90 - 125 (variable)
Weight	269g (per pc)
Shaft	2S Alu 7075
Grip	MT TPR Grip short
Strap	MT Comfort Strap
Shaft ø	16:14:12:9 (mm)
Basket	MT Basket 40
Tip	Middle Ferrule + Carbide Tip
Finish	Anodized
Locking	Twist Lock Antishock

The AL 3 Lite AS is, with an adjustability of 90 to 125cm, is the lighter version of the AL 3 AS telescopic aluminum pole due to its shorter length. This unique aluminum pole can smooth out any vibration, especially when walking downhill, thanks to an anti-shock system integrated into the Twist Lock. The MT TPR grip, in combination with the MT Comfort Strap, offers comfort and solid grip for both uphill and downhill adventures. The MT Basket 40 can be easily replaced by the Alpine baskets so your trekking poles can be ready for use in winter.



Telescopic

# TREKKING TECHNOLOGIES



## FOLDING TECHNOLOGY

**Assembly:** Pull the second pole segment down until the Push Button clicks in. You will hear a click sound when the mechanism is locked.

**Stowing:** Press the Push Button to release the folding mechanism. Next, push the overlying pole segment completely into the Grip.

## VARIO TECHNOLOGY

**Assembly:** Open the lever of the first Quick-Lock. Pull out the lowest shaft segment to your preferred length (indicated on the shaft)—close the lever to secure the Quick-Lock. Next, open the lever of the second Quick-Lock and pull out the second shaft segment to your preferred length. Close lever to secure the Quick-Lock.

**Stowing:** Open the lever of the first Quick-Lock. Push the lowest shaft segment up to the stop and close the lever to secure the Quick-Lock. Next, open the lever of the second Quick-Lock, push in the second shaft segment up to the stop, and close the lever to secure the Quick-Lock.

## TWIST VARIO TECHNOLOGY

**Assembly:** Open the first Twist Lock by turning the first and second shafts in opposite directions. Pull out the second shaft segment to your preferred length (indicated on the shaft). Secure the Twist Lock by turning the shafts in opposite directions. Open the second Twist Lock by turning the second and third shafts in opposite directions. Pull out the third shaft segment to your preferred length. Secure the Twist Lock by turning the shafts in opposite directions.

**Stowing:** Open the first Twist Lock by turning the first and second shafts in opposite directions. Push in the second shaft segment up to the stop. Secure the Twist Lock by turning the shafts in opposite directions. Open the second Twist Lock by turning the second and third shafts in opposite directions. Push in the third shaft segment up to the stop. Secure the Twist Lock by turning the shafts in opposite directions.

## MT EVA GRIP LONG & MX EVA GRIP LONG

For maximum comfort and the highest ergonomics while trekking. Cushioned foam material for main grip area and grip extension. Ergonomic handle with comfort cap shape for downhill control. Rubber construction provides Grip in all conditions. MX EVA Grip long with slightly softer cushioned foam.



## MT TPR GRIP LONG

For comfort and highest ergonomics while trekking. Rubberized main grip area for maximum hold. Cushioned foam material used in grip extension. Comfort cap with ergonomic shape for downhill control.



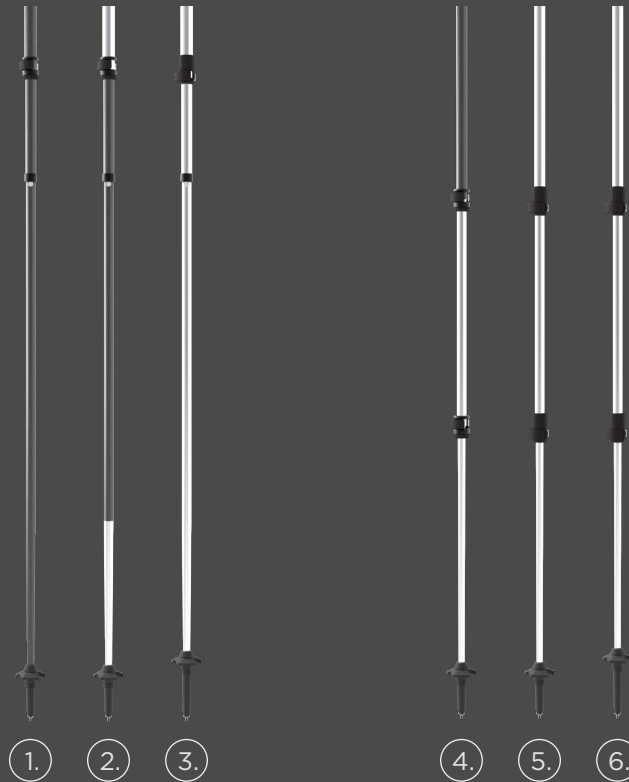
## MT FUSION GRIP SHORT

For enhanced comfort and highest ergonomics while trekking. Premium rubber grip infused with real cork for maximum hold. Comfort cap with ergonomic shape for downhill control.



## MT TPR GRIP SHORT

For comfort and highest ergonomics while trekking. Rubberized main grip area for maximum hold. Comfort cap with ergonomic shape for downhill control.



## FOLDABLE SHAFT

Foldable Poles of four (foldable fixed length) or five segments (foldable adjustable length).

1. Carbon 100 Shaft: All five shaft segments 100% Carbon.
2. Calu Shaft: Top and lowest shaft segments Aluminium 7075. Three middle segments 100% carbon.
3. Alu Shaft: All five segments Aluminium 7075.

## VARIO SHAFTS

Length adjustable with three segments.

4. Calu Shaft: Top shaft segment 100% Carbon. Two lower segments Aluminium 7075.
5. 3S Alu Shaft: All three pole segments Aluminium 7075.
6. 2S Alu Shaft: Top shaft segment Aluminium 6061. Two lower segments Aluminium 7075.



## TWIST ANTISHOCK

System to reduce impact during pole use on your hand and wrist especially for downhill hiking.

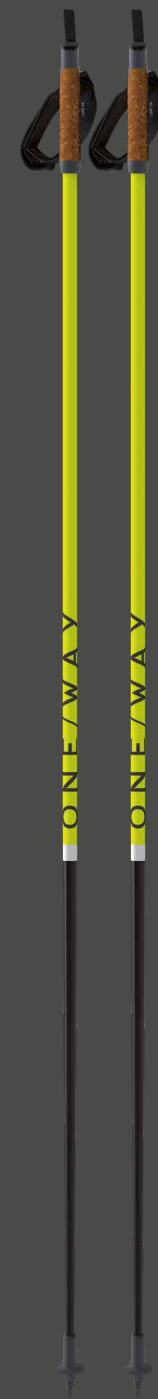
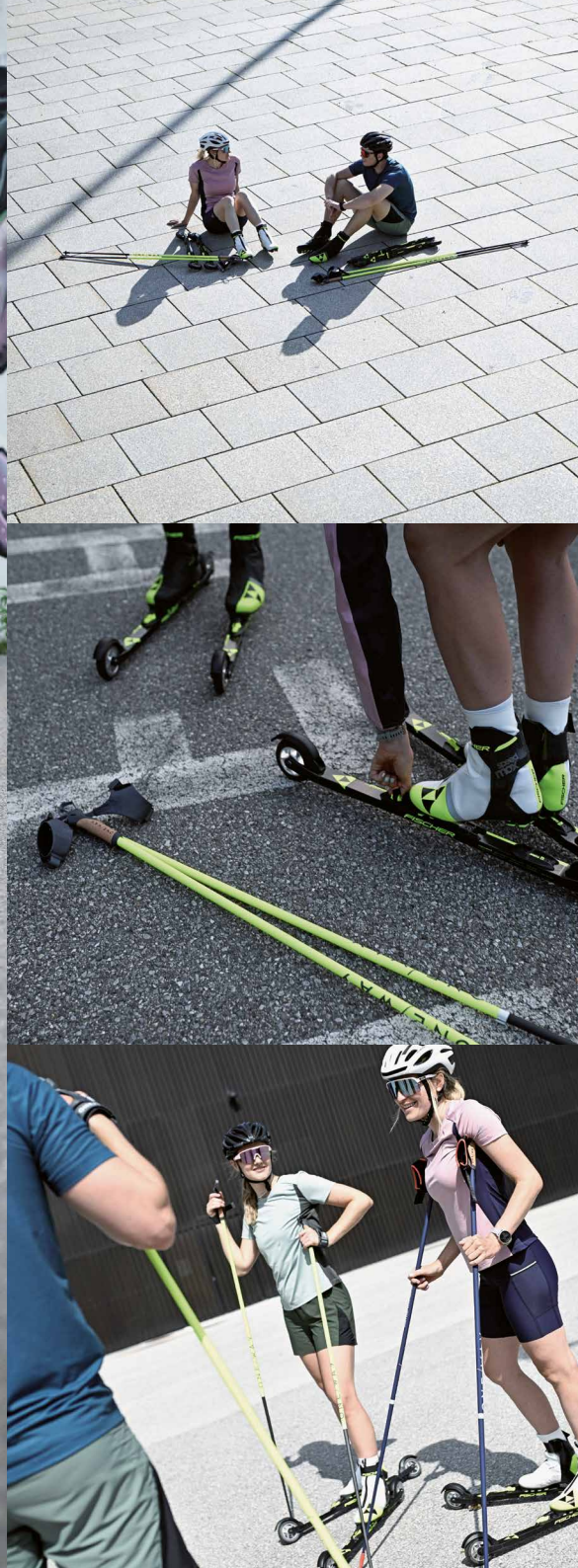
Spring inside the Antishock-System gets compressed when the pole hits the ground and absorbs the impact force to reduce strain on your wrist.

ROLLERSKI



# OUR PUREST BLEND.

STORM 2 STREET KIT



## STORM 2 STREET KIT

Item no.	OZ54222
Lengths	150, 160, 170, 180
Weight	75g (per meter)
Shaft	Carbon 100%
Grip	Carbon Grip
Strap	AV WC Strap
Shaft ø	16:9 (mm)
Basket	Exchange Basket Roller (asphalt)
Tip	Sintered Tip
Finish	Softtouch

This very light and durable 100% Diamond Carbon pole Storm 2 Street Kit is made for ambitious rollerskiers. The easy changeable and extra strong Rollertip comes with a higher shaft to protect the pole at the bottom end and to improve the power transfer on asphalt. AV WC Strap and Carbon Grip provide you top comfort and performance during rollerskiing workouts. The length of the pole shaft can be adjusted with precision. The grip is glued in place using the adhesive supplied.



110kgm<sup>2</sup>



26mm



75g/m



693mm



650N

## EXCHANGE BASKET SYSTEM

O/W



### STORM 5 STREET

Item no.	OZ54422
Lengths	130 - 175 (5cm)
Weight	90g (per meter)
Shaft	Carbon 50%
Grip	Carbon Grip
Strap	AV Race Strap
Shaft ø	16.9 (mm)
Basket	Rollertip (flame)
Tip	Sintered Tip
Finish	Softtouch

The Storm 5 Street is a lightweight pole with solid performance for active skiers. It has a 50% Carbon shaft and extra strong Rollertip with a higher shaft to protect the pole at the bottom end, and to improve the power transfer on asphalt. The high performance AV Race Strap and the ergonomic Carbon Grip offer you comfort and optimal power transfer for an active rollerskiing experience.

160kgm <sup>2</sup>	33mm	90g/m
691mm	650N	



## EXCHANGE BASKET SYSTEM

The ONE WAY Exchange Basket System makes changing pole baskets easy for everyone – from World Cup to marathon and fitness level skiers. The lightweight Exchange Basket System offers the option of quickly and easily replacing the basket on all cross country pole models that feature a 9 mm shaft tip.

**REMOVAL:** Pull the retaining clip away from the shaft releases the basket.

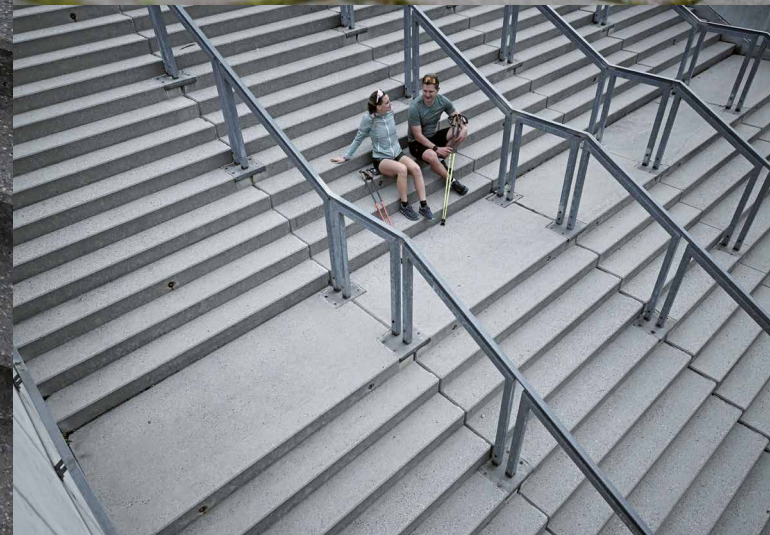
**REPLACING:** The fastening clip guides the basket into the correct position on the pole shaft. Push the basket firmly onto the pole shaft until you hear a click confirming that the basket is fully engaged on the retaining clip.

The ONE WAY Exchange Basket System includes a small basket with a lightweight aluminum tip for compact, non-icy conditions and a medium-sized basket for universal use, and two pairs of rollerski tips. Also included in the package: 2 pair sleeves, one release tool and one storage bag.

NORDIC WALKING

# SIMPLE CLEAR AND CONCISE.

TEAM VARIO MAG





## TEAM VARIO MAG

Item no.	OZ50122
Lengths	95 - 130 (adjustable)
Weight	70g (per meter)
Shaft	Carbon 50%
Grip	Mag Point Grip 2.0
Strap	Mag Point Mesh Strap
Shaft ø	16:14:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team Vario Mag with new strap made of breathable mesh material is adjustable in length. It's 50% carbon so it's very lightweight and easy to handle. The unique Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the strap instantly without opening. The Duotec Basket has a rubber pad for hard surfaces which can be clicked open to reveal a hardened metal point when extra grip is needed.



70g/m



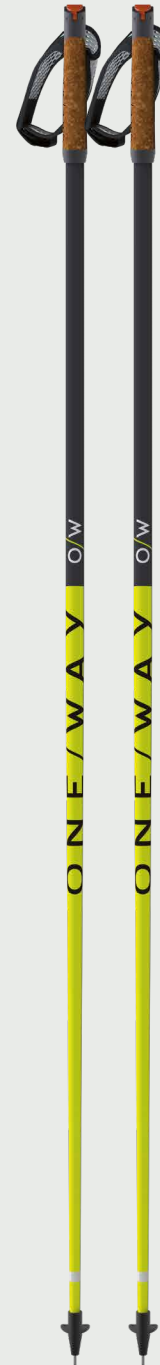
## TEAM 1 MAG

Item no.	OZ50222
Lengths	100 - 135 (5cm)
Weight	75g (per meter)
Shaft	Carbon 90%
Grip	Mag Point Grip 2.0
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Single Basket
Pad	NW Universal Paw
Finish	Softtouch

This extremely lightweight Nordic Walking pole Team 1 Mag comes with breathable mesh strap and is made out of 90% carbon for serious performance walkers. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the strap instantly without opening. The Single Basket is an excellent choice for comfortable and safe Nordic Walking.



75g/m



## TEAM 2 MAG

Item no.	OZ50322
Lengths	100 - 135 (5cm)
Weight	78g (per meter)
Shaft	Carbon 70%
Grip	Mag Point Grip 2.0
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Single Basket
Pad	NW Universal Paw
Finish	Softtouch

This very light Nordic Walking pole Team 2 Mag comes with breathable mesh strap and is made out of 70% Carbon, for dedicated performance skiers. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the strap instantly without opening. The Single Basket is an excellent choice for comfortable and safe Nordic Walking.



78g/m



## TEAM 3

Item no.	OZ50422
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 50%
Grip	Cork Grip full
Strap	AV Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 3 is a lightweight 50% Carbon Nordic Walking pole for active outdoor enthusiasts. It features a high performance AV Mesh Strap made of breathable mesh material and Cork Grip for comfort and ideal power transfer. The Duotec basket with rubber pad, including a sintered tip, provides grip and safety on a variety of surfaces.



80g/m

# NORDIC MAG POINT GRIP & STRAP

The patented Nordic Mag Point System 2.0 provides an intuitive, comfortable click-in and click-out of the strap at the press of a button with no need to open the strap. Ergonomic improvements to the extremely light cork grip, in combination with the optimized Mag Point Strap, also provide maximum power transfer and ideal swing characteristics of the pole.

PUSH THE  
BUTTON, ...

TO RELEASE  
THE STRAP.





## TEAM 4 MAG - BLACKBERRY

Item no.	OZ50522
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Mag Point Grip
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 4 Mag Blackberry is a 10% carbon pole for active outdoor enthusiasts. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the breathable mesh strap instantly without opening. The Duotec Basket has a rubber pad for hard surfaces, which can be clicked open to reveal a hardened metal point when extra grip is needed. Available in two colors.



80g/m



## TEAM 4 MAG - ASPHALT

Item no.	OZ50622
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Mag Point Grip
Strap	Mag Point Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 4 Mag Asphalt is a 10% carbon pole for active outdoor enthusiasts. The Mag Point 2.0 System is a fast and easy magnetic attachment system. Just push a button to attach or detach the breathable mesh strap instantly without opening. The Duotec Basket has a rubber pad for hard surfaces, which can be clicked open to reveal a hardened metal point when extra grip is needed. Available in two colors.



80g/m



## TEAM 4

Item no.	OZ50722
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Cork Grip full
Strap	AV Mesh Strap
Shaft ø	16:9 (mm)
Basket	NW Duotec Basket
Pad	Incl. in the basket
Finish	Softtouch

The Team 4 is a 10% carbon Nordic Walking pole for active outdoor enthusiasts. It features a high performance AV Mesh Strap out of breathable mesh material and a Cork Grip for comfort and ideal power transfer. The Duotec basket with rubber pad, including a sintered tip, provides grip and safety on a variety of surfaces.



80g/m



## TEAM 5




Item no.	OZ50822
Lengths	100 - 135 (5cm)
Weight	80g (per meter)
Shaft	Carbon 10%
Grip	Cork Grip half
Strap	AV Strap
Shaft ø	16:9 (mm)
Basket	NW Single Basket
Pad	NW Universal Paw
Finish	Softtouch

The Team 5 is a basic 10% carbon pole for recreational Nordic Walkers to enjoy their workout. Equipped with AV Strap, Cork Grip, and Universal Paw for outdoor activities in all terrain.



80g/m

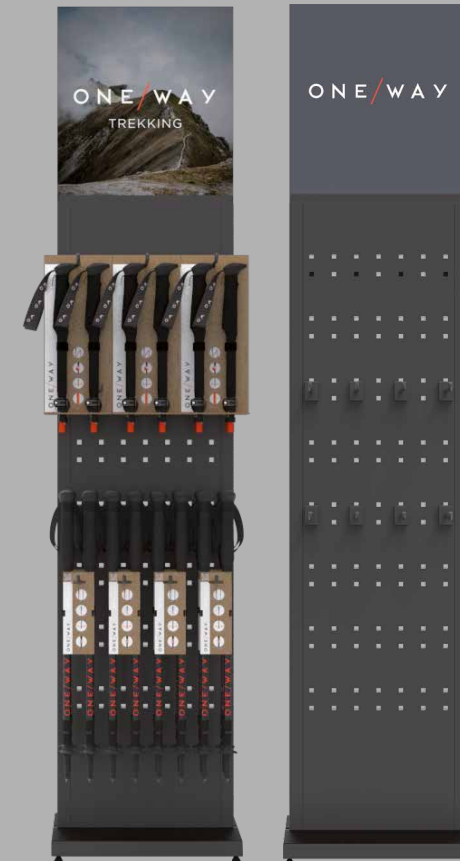
## ERSATZTEILE TREKKING

Artikel Nr.	Modell	Beschreibung, Kompatibilität
<b>SCHLAUFEN</b>		
OZ67024	<b>MT PRO STRAP</b> 	Ultra dünne und leichte Schlaufe für Trekking Stöcke. Kompatibel mit allen Trekking Griffen.
OZ67124	<b>MT FUSION STRAP</b> 	Komfortorientierte Trekking Schlaufe mit Polsterung. Kompatibel mit allen Trekking Griffen.
OZ67224	<b>MT COMFORT STRAP</b> 	Einfache Komfortschlaufe für Trekking Stöcke. Kompatibel mit allen Trekking Griffen.
<b>TELLER</b>		
OZ68024	<b>MT BASKET</b> 	Kleiner und leichter Teller für den Trekking Bereich. Kompatibel mit allen Trekking und Alpenen Stöcken.
OZ93121	<b>ON PISTE BASKET</b> 	Mittelgroßer Teller für den Einsatz auf der Piste. Kompatibel mit allen trekking & alpinen Stöcken. Farben: asphalt gray / flame orange / navy blue / blackberry.
OZ93222	<b>OFF PISTE BASKET</b> 	Großer Teller für den Einsatz abseits der Piste. Kompatibel mit allen trekking & alpinen Stöcken. Farben: asphalt gray / flame orange / blackberry / navy blue / neon orange.
<b>FERRULES</b>		
OZ69024	<b>MT FERRULE MIDDLE + CARBIDE TIP</b> 	Mittellange Hülse für Trekking Stöcke mit gehärteter Stahlspitze.
OZ69124	<b>MT FERRULE LONG + CARBIDE TIP</b> 	Lange Hülse für Trekking Stöcke mit gehärteter Stahlspitze.

Artikel Nr.	Modell	Beschreibung, Kompatibilität
<b>SPECIALS</b>		
OZ65124	<b>METAL EASY LOCK 16 / 14 - COMPONENTS</b> 	Hebel, Schraube und Unterlegscheibe für Schnellverschluss. Kompatibel mit Stöcken mit 16 und 14 mm Durchmesser.
OZ65224	<b>METAL EASY LOCK 18 - COMPONENTS</b> 	Hebel, Schraube und Unterlegscheibe für Schnellverschluss. Kompatibel mit Stöcken mit 18 mm Durchmesser.
<b>ZUBEHÖR</b>		
OZ69625	<b>MT STORAGE BAG</b> 	Aufbewahrungstasche für faltbare Stöcke. 50 x 14cm.

# DAS NEUE POS TOOL

Ein modulares System - viele Ausstattungsmöglichkeiten.





Zweiseitiges, modulares Display für alle Stöcke. Mehrere Konfigurationsmöglichkeiten. Kleine Stellfläche: 42 x 40cm.





Artikel Nr: OW32123

## SPARE PARTS ROLLERSKI & NORDIC WALKING

Article no.	Model	Description, Compatibility
<b>STRAPS</b>		
OZ81121	<b>AV RACE STRAP</b> 	High comfort strap. Compatible with all grips with wedge solution. Sizes: XS / S / M / L / XL / XXL.
OZ81221	<b>AV STRAP</b> 	Compact strap. Compatible with all grips with wedge solution. Sizes: S / M / L.
OZ81621	<b>AV WC STRAP</b> 	High performance strap from Worldcup. Compatible with all grips with wedge solution. Sizes: XXS / XS / S / M / L / XL / XXL.
OZ82022	<b>MAG POINT MESH STRAP</b> 	Quick release strap. Blocks 360° rotation. Compatible with Mag Point Grip and Mag Point Grip 2.0. Sizes: XXS / XS / S / M / L / XL / XXL.
OZ82122	<b>AV MESH STRAP</b> 	High comfort strap. Compatible with all grips with wedge solution. Sizes: XS / S / M / L / XL / XXL.

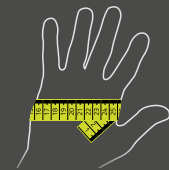
<b>WEDGE</b>		
OZ80921	<b>WEDGE</b> 	Locks the Strap in the Grip. Compatible with all Grips with wedge solution except TPR Grip and MultiGrip.

<b>BASKETS</b>		
OZ83521	<b>EXCHANGE BASKET ROLLER</b> 	Quick exchangeable basket for roller skiing with carbide tip. According to FIS regulations. Compatible with all 9 mm shafts.
OZ84421	<b>ROLLERTIP</b> 	Long shaft for high performance rollerskiing. Compatible with all 9 mm shafts.

Article no.	Model	Description, Compatibility
<b>GRIPS</b>		
OZ80021	<b>CARBON GRIP</b> 	Fibre-reinforced Grip with 360° cork shield. Compatible with all 16 mm shafts.
OZ80121	<b>MAG POINT GRIP 2.0</b> 	Quick-release Grip with 360° cork shield. Blocks 360° rotation of the Strap. Compatible with all 16 mm shafts.
OZ80221	<b>CORK GRIP FULL</b> 	Grip with 360° cork shield. Compatible with all 16 mm shafts.
OZ80321	<b>CORK GRIP HALF</b> 	Grip with partly cork shield. Compatible with all 16 mm shafts.

<b>NORDIC WALKING SPECIALS</b>		
OZ87119	<b>NW SINGLE BASKET</b> 	Basket especially for Nordic Walking. Compatible with all Nordic Walking models.
OZ87222	<b>NW DUOTEC BASKET</b> 	2 in 1 Basket and Pad system. Compatible with all Nordic Walking models.
OZ87319	<b>NW AIR CELL PAW</b> 	Exchangeable Pad. Compatible with Single Basket.
OZ87419	<b>NW DUOTEC PAW</b> 	Exchangeable pad. Compatible with Duotec Basket.
OZ87519	<b>NW UNIVERSAL PAW</b> 	Exchangeable Pad. Compatible with Single Basket.
oz87223	<b>NW DUOTEC WING + PAW</b> 	Duotec replacement wing. Compatible with NW Duotec Basket.

## STRAP ADVICE



### STRAP ADVICE WOMEN

Hand circumference in cm	Glove size	Glove size international	Strap size
18	6,5	S	XS
18,5			
19	7	M	S
20			
21			
22	7,5	M	M
23,5	8	L	L
24	8,5	XL	
24,5	9		
25,5			XL
26			

### STRAP ADVICE MEN

Hand circumference in cm	Glove size	Glove size international	Strap size
18	6,5	XS	XS
18,5	7	S	
19,5	7,5		S
20			
21	8	M	M
22,5	8,5		
23,5	9	L	L
24,5	9,5		
25,5			
26	10	XL	XL
26,5			
27,5	10,5	XL	XXL
29	11	XXL	

# SOFTGOODS




Artikel Nr.	Modell	Maße	Volumen (L)	Material
<b>BACKPACKS</b>				
OZ11025	TRAIL HYDRO BACKPACK 20L	46 x 24 x 18cm	20	300D RPET
OZ11225	TRAIL HYDRO BACKPACK 15L	47 x 21 x 16cm	15	300D RPET
OZ11423	TEAM BAG LARGE - 50L	74 x 31 x 21cm	50	900D RPET
OZ11525	TEAM BAG MEDIUM - 30L	50 x 31 x 20cm	30	900D RPET
OZ12025	TEAM BAG RACE - 100L	71 x 40 x 35,5cm	100	900D RPET
<b>TRAVEL BAGS</b>				
OZ20223	DUFFLE BAG EXTRA LARGE - 130L	90 x 39 x 39 cm	130	900D RPET
OZ20123	DUFFLE BAG LARGE - 100L	82 x 36 x 36 cm	110	900D RPET
OZ20023	DUFFLE BAG MEDIUM - 65L	63 x 32,5 x 32,5 cm	65	900D RPET
OZ21024	TEAM TOURER - 126L	81 x 39 x 40 cm	130	900D RPET

Artikel Nr.	Modell	Maße	Material
<b>POLE TUBES &amp; CASES</b>			
OZ18023	SKI POLE TUBE TELESCOPE - 8 PAIRS	155-185 x 19 x 10cm	900D RPET
OZ18123	SKI POLE TUBE SMALL - 4 PAIRS	178 x 18 x 18cm	900D RPET
OZ18223	SKI POLE CASE 180CM - 2 PAIRS	180 x 15 x 12cm	900D RPET
OZ18323	SKI POLE CASE 160CM - 2 PAIRS	160 x 15 x 12cm	900D RPET
OZ18525	ALPINE POLES BAG - 6 PAIRS	150 x 32cm	900D RPET
<b>HIP / DRINKBELTS</b>			
OZ10225	THERMO BELT LIGHT - FLAME	50 x 8 x 13cm	300D RPET
OZ10325	THERMO BELT LIGHT - ASPHALT	50 x 8 x 13cm	300D RPET
OZ10425	WAIST BAG 10L	48 x 16 x 13cm	300D RPET

# APPAREL

Artikel Nr.	Modell	Größen	Farbe	Material
<b>GLOVES</b>				
OG94024	<b>ROLLERSKI GLOVE STREET STORM</b> 	5.0, 6.0, 7.0, 8.0, 9.0, 10.0, 11.0, 12.0	asphalt grey	Oberhand: 100% Spandex - Innenhand: Synthetic Leather, Amara Fabric

Artikel Nr.	Modell	Größen	Farbe	Material
<b>ESSENTIALS</b>				
OG97021	<b>BANDANA LIGHT - ASPHALT</b> 	one size	asphalt grey / flame orange	100% Polyester - Microlite
OG97121	<b>BANDANA LIGHT - FLAME</b> 	one size	flame orange / asphalt grey	100% Polyester - Microlite










Artikel Nr.	Modell	Größen	Farbe	Material
<b>HEADWEAR</b>				
OG98321	<b>BEANIE LIGHT</b> 	S/M, L/XL	asphalt grey / flame orange	89% Polyester, 11% Elastane
OG98421	<b>HEADBAND LIGHT</b> 	one size	asphalt grey / flame orange	89% Polyester, 11% Elastane
OG98521	<b>BEANIE</b> 	one size	asphalt grey /	50% Merinowolle / 50% Polyacryl

Artikel Nr.	Modell	Größen	Farbe	Material
<b>POLEFIX</b>				
OZ19123	<b>POLEFIX PODIUM (1 PC)</b> 	12 x 6cm (fold)	asphalt grey	900D RPET

Artikel Nr.	Modell	Größen	Farbe	Material
<b>APPAREL</b>				
OG01021	<b>HOODY</b> 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Baumwolle
OG01121	<b>HOODY</b> 	XS, S, M, L, XL, XXL	flame orange / asphalt grey	100% Baumwolle
OG01221	<b>HOODY WITH ZIPPER</b> 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Baumwolle
OG01521	<b>WOMEN HOODY</b> 	34, 36, 38, 40, 42, 44, 46	asphalt grey / anemone	100% Baumwolle
OG02021	<b>SWEAT-SHIRT</b> 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Baumwolle



Artikel Nr.	Modell	Größen	Farbe	Material
<b>APPAREL</b>				
OG03021	<b>T-SHIRT</b> 	XS, S, M, L, XL, XXL	asphalt grey / flame orange	100% Baumwolle
OG03121	<b>T-SHIRT</b> 	XS, S, M, L, XL, XXL	white / flame orange	100% Baumwolle
OG03521	<b>WOMEN T-SHIRT</b> 	34, 36, 38, 40, 42, 44, 46	asphalt grey / anemone	100% Baumwolle
OW33623	<b>OW CAP SPANEL GRAY BK LOGO</b> 	One size fits most	asphalt grey / black	100% Baumwolle
OW33723	<b>OW CAP SPANEL GRAY OR LOGO</b> 	One size fits most	asphalt grey / flame orange	100% Baumwolle




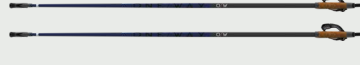




# LINE-UP TREKKING / MTX SERIES

Artikel Nr.	Modell	Bild	Material Schaft	Griff	Schlaufe	Schaft ø (mm)	Gewicht	Teller	Längen	Verschluss	Faltsystem	Spitze	Finish
<b>MTX SERIES</b>													
OZ60023	<b>MTX CARBON VARIO DARK</b>		Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	225g (pro Stück)	MT Basket 40	115 - 135 (variable)	Metal Quick Lock	Push Button	Middle Ferrule + Carbide Tip	Softtouch
OZ60123	<b>MTX CARBON VARIO</b>		Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	223g (pro Stück)	MT Basket 40	115 - 135 (variable)	Metal Quick Lock	Push Button	Middle Ferrule + Carbide Tip	Softtouch
OZ60223	<b>MTX CARBON VARIO LITE</b>		Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	220g (pro Stück)	MT Basket 40	105 - 125 (variable)	Metal Quick Lock	Push Button	Middle Ferrule + Carbide Tip	Softtouch
OZ60323	<b>MTX CARBON</b>		Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:9	193g (bei Länge 125cm)	MT Basket 40	100 - 135 (5cm)	-	Push Button	Middle Ferrule + Carbide Tip	Softtouch
OZ60423	<b>MTX CALU VARIO</b>		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	251g (pro Stück)	MT Basket 40	115 - 135 (variable)	Metal Quick Lock	Push Button	Middle Ferrule + Carbide Tip	Softtouch
OZ60523	<b>MTX CALU VARIO LITE</b>		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	18:16:14:9	244g (pro Stück)	MT Basket 40	105 - 125 (variable)	Metal Quick Lock	Push Button	Middle Ferrule + Carbide Tip	Softtouch
OZ60623	<b>MTX AL VARIO</b>		Alu 7075	MX EVA Grip long	MT Fusion Strap	18:16:14:9	295g (pro Stück)	MT Basket 40	115 - 135 (variable)	Quick Lock	Push Button	Long Ferrule + Carbide Tip	Softtouch
OZ60723	<b>MTX AL VARIO LITE</b>		Alu 7075	MX EVA Grip long	MT Fusion Strap	18:16:14:9	280g (pro Stück)	MT Basket 40	105 - 125 (variable)	Quick Lock	Push Button	Long Ferrule + Carbide Tip	Softtouch
OZ60825	<b>MTX AL 2 VARIO</b>		Alu 7075	MT TPR Grip long	MT Comfort Strap	18:16:14:9	307g (pro Stück)	MT Basket 40	110 - 130 (variable)	Quick Lock	Push Button	Middle Ferrule + Carbide Tip	Softtouch

Artikel Nr.	Modell	Bild	Material Schaft	Griff	Schlaufe	Schaftø (mm)	Gewicht pro Stück	Teller	Längen	Verschluss	Faltsystem	Spitze	Finish
<b>MT SERIES</b>													
OZ61023	<b>MT CALU DARK</b>		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:12:9	248g	MT Basket 40	110 - 145 (variable)	Metal Quick Lock	-	Middle Ferrule + Carbide Tip	Softtouch
OZ61123	<b>MT CALU</b>		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:12:9	246g	MT Basket 40	110 - 145 (variable)	Metal Quick Lock	-	Middle Ferrule + Carbide Tip	Softtouch
OZ61223	<b>MT CALU LITE</b>		Alu 7075, Carbon 100%	MT EVA Grip long	MT Pro Strap	16:14:12:9	229g	MT Basket 40	90 - 125 (variable)	Metal Quick Lock	-	Middle Ferrule + Carbide Tip	Softtouch
OZ61323	<b>MT AL 1</b>		3S Alu 7075	MX EVA Grip long	MT Fusion Strap	16:14:12:9	260g	MT Basket 40	110 - 145 (variable)	Quick Lock	-	Middle Ferrule + Carbide Tip	Softtouch
OZ61423	<b>MT AL 1 LITE</b>		3S Alu 7075	MX EVA Grip long	MT Fusion Strap	16:14:12:9	240g	MT Basket 40	90 - 125 (variable)	Quick Lock	-	Middle Ferrule + Carbide Tip	Softtouch
OZ61523	<b>MT AL 2</b>		2S Alu 7075	MT Fusion Grip short	MT Fusion Strap	16:14:12:9	295g	MT Basket 40	110 - 145 (variable)	Quick Lock	-	Long Ferrule + Carbide Tip	Matt
OZ61623	<b>MT AL 2 LITE</b>		2S Alu 7075	MT Fusion Grip short	MT Fusion Strap	16:14:12:9	277g	MT Basket 40	90 - 125 (variable)	Quick Lock	-	Long Ferrule + Carbide Tip	Matt
OZ61723	<b>MT AL 3</b>		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	275g	MT Basket 40	110 - 145 (variable)	Twist Lock	-	Middle Ferrule + Carbide Tip	Anodized
OZ61823	<b>MT AL 3 LITE</b>		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	257g	MT Basket 40	90 - 125 (variable)	Twist Lock	-	Middle Ferrule + Carbide Tip	Anodized
OZ61923	<b>MT AL 3 AS</b>		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	287g	MT Basket 40	110 - 145 (variable)	Twist Lock Antishock	-	Middle Ferrule + Carbide Tip	Anodized
OZ62023	<b>MT AL 3 LITE AS</b>		2S Alu 7075	MT TPR Grip short	MT Comfort Strap	16:14:12:9	269g	MT Basket 40	90 - 125 (variable)	Twist Lock Antishock	-	Middle Ferrule + Carbide Tip	Anodized

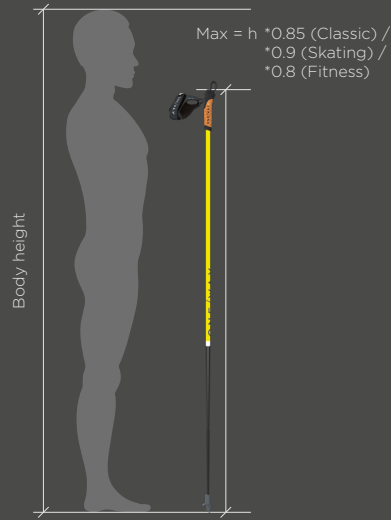
## LINE-UP ROLLERSKI & NORDIC WALKING

Artikel Nr.	Modell	Bild	Material Schaft	Griff	Schlaufe	Größe Schlaufe	Schaft ø (mm)	Gewicht pro Meter	Teller	Längen	Spitze	Finish
<b>ROLLERSKI</b>												
OZ54222	<b>STORM 2 STREET KIT</b>		Carbon 100%	Carbon Grip	AV WC Strap	L 150 - 170cm M 135 - 145cm S 130cm	16:9	75g	Exchange Basket Roller (asphalt)	150, 160, 170, 180	Sintered Tip	Softtouch
OZ54422	<b>STORM 5 STREET</b>		Carbon 50%	Carbon Grip	AV Race Strap	L 150 - 170cm M 135 - 145cm S 130cm	16:9	90g	Rollertip (flame)	130 - 175 (5cm)	Sintered Tip	Softtouch

<b>NORDIC WALKING</b>												
OZ50122	<b>TEAM VARIO MAG</b>		Carbon 50%	Mag Point Grip 2.0	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:14:9	70g	NW Duotec Basket	95 - 130 (adjustable)	Incl. in the basket	Softtouch
OZ50222	<b>TEAM 1 MAG</b>		Carbon 90%	Mag Point Grip 2.0	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	75g	NW Single Basket	100 - 135 (5cm)	NW Universal Paw	Softtouch
OZ50322	<b>TEAM 2 MAG</b>		Carbon 70%	Mag Point Grip 2.0	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	78g	NW Single Basket	100 - 135 (5cm)	NW Universal Paw	Softtouch
OZ50422	<b>TEAM 3</b>		Carbon 50%	Cork Grip full	AV Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50522	<b>TEAM 4 MAG - BLACKBERRY</b>		Carbon 10%	Mag Point Grip	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50622	<b>TEAM 4 MAG - ASPHALT</b>		Carbon 10%	Mag Point Grip	Mag Point Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50722	<b>TEAM 4</b>		Carbon 10%	Cork Grip full	AV Mesh Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Duotec Basket	100 - 135 (5cm)	Incl. in the basket	Softtouch
OZ50822	<b>TEAM 5</b>		Carbon 10%	Cork Grip half	AV Strap	L 120 - 135cm M 105 - 115cm S 100cm	16:9	80g	NW Single Basket	100 - 135 (5cm)	NW Universal Paw	Softtouch

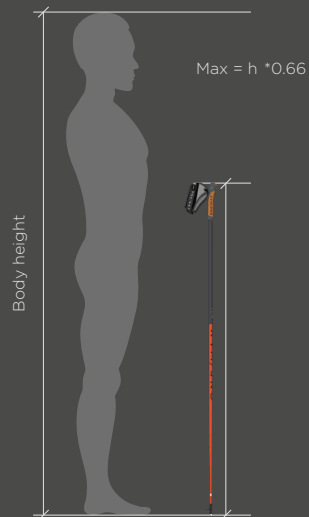
# POLE LENGTH ADVICE

## ROLLERSKI



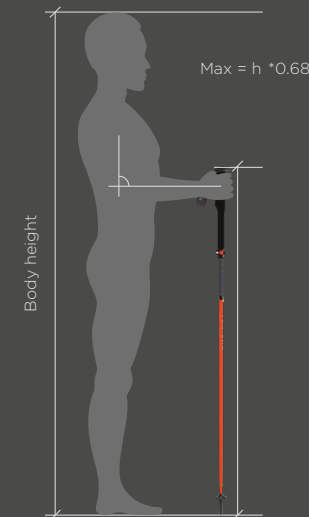
Body Height cm	Skating		Classic	
	from	to	from	to
200	175	180	167.5	172.5
195	170	175	162.5	167.5
190	167.5	172.5	157.5	162.5
185	162.5	167.5	155	160
180	160	165	150	155
175	155	160	145	150
170	150	155	140	145
165	145	150	137.5	142.5
160	140	145	135	137.5
155	135	140	130	135
150	130	135	125	130
145	125	130	120	125
140	120	125	115	120
135	115	120	110	115
130	110	115	105	110
125	105	110	100	105

## NORDIC WALKING



Body Height cm	Nordic Walking		Calculated pole length cm
	from	to	
200	130	135	134
195	130	135	130,7
190	125	130	127,3
185	125	130	124
180	120	125	120,6
175	115	120	117,3
170	115	120	113,9
165	110	120	110,6
160	105	110	107,2
155	100	105	103,9
150	100	105	100,5
145	95	100	97,2
140	95	100	93,8
135	90	95	90,5
130	85	90	87,1
125	85	90	83,8

## TREKKING



Body Height cm	Trekking
195	132,6
190	129,2
185	125,8
180	122,4
175	119
170	115,6
165	112,2
160	108,8
155	105,4
150	102
145	98,6
140	95,2
135	91,8
130	88,4
125	85

Length should be adapted according to steepness and inclination: Uphill 5-10 cm shorter / Downhill 5-10 cm longer.

O/W

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