

With table Determine the DIN-value



Adjustment the binding to the person

The DIN value has to be set according to the personal data of the skier in order to get the correct lateral and forward release, therefore body weight, height, age, boot sole length and type of skier has to be used correctly.

1. Find the line of the skier's weight in the first column and the skier's height in the second column. If these parameters are in different lines, choose the line furthest up the chart.
2. Choose the column with the corresponding boot sole length in mm
3. The intersection between the column of the sole length and the line found under point 1 indicates the setting for a type 1 skier. For type 2 skiers, go down one line and for type 3 skiers go down two lines.
4. For skiers older than 50 years go up one line.

Parameter skier		Sole length and DIN value						Test parameter	
Body weight	Height	1	2	3	4	5	6	Torsion	Forward fall
		≤ 250 mm	251 till 270 mm	271 till 290 mm	291 till 310 mm	311 till 331 mm	≥ 331 mm		
31 - 35 kg		2.75	2.5	2.25	2	1.75	1.75	23 Nm	87 Nm
36 - 41 kg		3.5	3	2.75	2.5	2.25	2	27 Nm	102 Nm
42 - 48 kg	≤148 cm		3.5	3	3	2.75	2.5	31 Nm	120 Nm
49 - 57 kg	149 - 157 cm		4.5	4	3.5	3.5	3	37 Nm	141 Nm
58 - 66 kg	158 - 166 cm		5.5	5	4.5	4	3.5	43 Nm	165 Nm
67 - 78 kg	167 - 178 cm		6.5	6	5.5	5	4.5	50 Nm	194 Nm
79 - 94 kg	179 - 194 cm		7.5	7	6.5	6	5.5	58 Nm	229 Nm
≥95 kg	≥195 cm			8.5	8	7	6.5	67 Nm	271 Nm
				10	9.5	8.5	8	78 Nm	320 Nm
				11.5	11	10	9.5	91 Nm	380 Nm
								105 Nm	452 Nm

We recommend using a ski binding adjustment and testing equipment according to DIN ISO 11110.