



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

INOV-8

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Including Minimalistic running shoes, Natural running shoes, Minimalistic Running Shoe Scale, Football / Soccer, Rugby, Court sports shoes, Hockey, Netball, Cycling, and socks. Some Safety boots are included. Only shoe models that are available in South Africa are included.



As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

The information contained in this guide is current at the time of publication, and every attempt has been made to ensure accuracy.

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STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	Roadclaw 275 V2 M & W RF–FF–HDmm 2 arrow
RACING	Road Talon 240
TRAIL	Trailroc 285 M & W RF21.5–FF13.5–HD8mm 2 arrow Trailroc 270 M & W RF15.5–FF11.5–HD4mm 1 arrow Trailtalon 250 M only RF–F–HDmm Trailtalon 250 M only RF–F–HDmm Roclite 290 M & W RF–FF–HD4mm 1 arrow Parkclaw 275 M only RF–FF–HDmm 2 arrow Parkclaw 275 GTX M & W RF–FF–HDmm 2 arrow
ROAD	
MINIMALIST / NATURAL	
OTHER	TRAINING F-lite 235 V2 M & W RF–FF–HD0mm F-lite 195 V2 M & W RF–FF–HD40m 1 Arrow All train 215 V2 M & W RF–FF–HD0m 2 Arrow

OLD TECHNOLOGY: MORE TRAIL with a bit of road shoes.

Outersole – Reclire, f-lite, Griproc, Terroc, Roclite, Flyroc, Mudroc, x-talon, Oroc, Mudclaw
Rubber – sticky rubber, endurance rubber, translucent rubber.

Shoc-zones – 4 ↑ - 12mm ff – 24mm rf =12mm differential, 3↑ 9mm ff – 18mm rf =9mm differential,
2↑ 7mm ff – 13mm rf = 6mm differential, 1↑ 6mm ff – 9mm rf =3mm differential,
ZERO – 0mm differential.

Fit – performance, women's , comfort, anatomic.

Lacing – Rey-wrap, Met-cradle. Upper – Gore-tex. Thermosteering heel counter – steam adjustable.

Insoles – 3mm or 6mm

NEW TECHNOLOGY

1 ARROW – 4mm HD

2 ARROW – 8mm HD

3 ARROW

Powerflow midsole, 5th generation Metashank – rock plate, Adapterfit / adapterweb,
Tri C rubber compound, 360 degree rope-tec, Meta flex groove

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Roadclaw 275

