



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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361 DEGREES

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 to ensure accuracy.

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NEW BRAND IN SA

Introduced 8/2017 (01), 2017, 11.2018

STRONG ANTIPRONATION	
MILD ANTIPRONATION	<p>361° - Strata 3 RF21–FF13-HD8mm </p> <p>361° - Sensation 3 RF21–FF12-HD9mm </p>
NEUTRAL	<p>361° - Spire 3 RF21–FF12-HD9mm </p> <p>361° - Meraki RF21–FF12-HD9mm </p>
RACING	
TRAIL	
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER Not in SA	<p>361° – Spinject - N°</p> <p>361° – Feisu, 361° – KgM2 2, 361° – Chaser 2 – RACING / SPEED</p> <p>361° - Quest Tr – TRAINING</p> <p>361° – Yushan, 361° – Taroko, 361° – Ortega 2 - TRAIL</p>

TECHNOLOGY: Quikfoam (45 shore) – EVA rubber blend, Quikfoam insole (35 shore), Quik flex 4 foot engineering – ff flex grooves, Internal Quik spine – carbon fiber plate – External Quik spine – midfoot shank, Fitz-rite system, Pressure free tongue, Morphit lacing system, Stay put tongue lock



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