

Bicycle Frame Size Chart: 700c Road Bikes, Adult



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NOTES: Frame sizes are in cm, center-to-top (C-T)
Subtract 1.5cm - 2 cm from frame size for center-to-center (C-C) measurement
Frame sizes and crank lengths are starting points only. No guarantees here.
CONSULT YOUR LOCAL BICYCLE SHOP FOR A PROFESSIONAL FITTING.

Common frame size for your height/inseam
 Possible frame size for your height/inseam

Height			Inseam (inches or cm)																																													
			25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	in																		
overall	in	cm	64	65	66	67	69	70	71	72	74	75	76	77	79	80	81	83	84	85	86	88	89	90	91	93	94	95	97	cm																		
4'8"	56.0	142	43	44	45	46	47	47																																								
4'8.5"	56.5	144	43	44	45	46	47	47	48																																							
4'9"	57.0	145		44	45	46	47	47	48																																							
4'9.5"	57.5	146		44	45	46	47	47	48	49																																						
4'10"	58.0	147			45	46	47	47	48	49																																						
4'10.5"	58.5	149			45	46	47	47	48	49	50																																					
4'11"	59.0	150			45	46	47	47	48	49	50																																					
4'11.5"	59.5	151				46	47	47	48	49	50	51																																				
5'	60.0	152				46	47	47	48	49	50	51																																				
5'.5"	60.5	154					47	47	48	49	50	51	52																																			
5'1"	61.0	155						47	47	48	49	50	51	52																																		
5'1.5"	61.5	156							47	48	49	50	51	52	53																																	
5'2"	62.0	157								47	48	49	50	51	52	53																																
5'2.5"	62.5	159									48	49	50	51	52	53	54																															
5'3"	63.0	160										48	49	50	51	52	53	54																														
5'3.5"	63.5	161										48	49	50	51	52	53	54	54																													
5'4"	64.0	163											49	50	51	52	53	54	54																													
5'4.5"	64.5	164												49	50	51	52	53	54	54	55																											
5'5"	65.0	165													50	51	52	53	54	54	55																											
5'5.5"	65.5	166														50	51	52	53	54	54	55	56																									
5'6"	66.0	168															51	52	53	54	54	55	56																									
5'6.5"	66.5	169																51	52	53	54	54	55	56	57																							
5'7"	67.0	170																	51	52	53	54	54	55	56	57																						
5'7.5"	67.5	171																		52	53	54	54	55	56	57	58																					
5'8"	68.0	173																			52	53	54	54	55	56	57	58																				
5'8.5"	68.5	174																				53	54	54	55	56	57	58	59																			
5'9"	69.0	175																					53	54	54	55	56	57	58	59																		
5'9.5"	69.5	177																						54	54	55	56	57	58	59	60																	
5'10"	70.0	178																							54	54	55	56	57	58	59	60																
5'10.5"	70.5	179																								54	55	56	57	58	59	60	60															
5'11"	71.0	180																									54	55	56	57	58	59	60	60														
5'11.5"	71.5	182																									54	55	56	57	58	59	60	60	61													
6'	72.0	183																										55	56	57	58	59	60	60	61													
6'.5"	72.5	184																										55	56	57	58	59	60	60	61	62												
6'1"	73.0	185																											56	57	58	59	60	60	61	62												
6'1.5"	73.5	187																											56	57	58	59	60	60	61	62	63											
6'2"	74.0	188																												57	58	59	60	60	61	62	63											
6'2.5"	74.5	189																												57	58	59	60	60	61	62	63	64										
6'3"	75.0	191																													58	59	60	60	61	62	63	64										
6'3.5"	75.5	192																														58	59	60	60	61	62	63	64	65								
6'4"	76.0	193																															58	59	60	60	61	62	63	64	65							
6'4.5"	76.5	194																																59	60	60	61	62	63	64	65	66						
6'5"	77.0	196																																	59	60	60	61	62	63	64	65	66					
6'5.5"	77.5	197																																		60	60	61	62	63	64	65	66					
6'6"	78.0	198																																			60	60	61	62	63	64	65	66				
6'6.5"	78.5	199																																				60	61	62	63	64	65	66				
6'7"	79.0	201																																				60	61	62	63	64	65	66				
Crank sizes	165mm																																															
													170mm																																			
																									172.5mm																							
																																					175mm											