

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															
	165mm												170mm												172.5mm												175mm															
	165mm												170mm												172.5mm												175mm															
	165mm												170mm												172.5mm												175mm															