



Bicycle Frame Size Chart: 700c Road Bikes, Adult

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	

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.