



## 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   |      |      |    |  |

  

|             |       |       |         |       |
|-------------|-------|-------|---------|-------|
| Crank sizes | 165mm | 170mm | 172.5mm | 175mm |
|             |       |       |         |       |
|             |       |       |         |       |
|             |       |       |         |       |

**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.