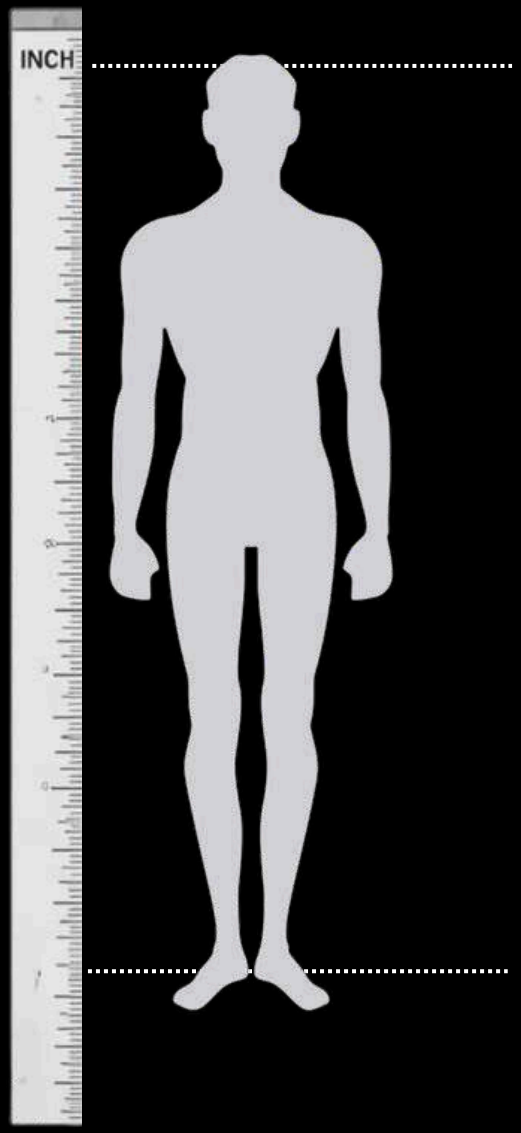
TOP SWEDE

STØRRELSESGUIDE

For best mulig passform bør du ta utgangspunkt i kroppsmålene dine i stedet for å måle et eksisterende plagg. Den offisielle veiledningen fra Top Swede anbefaler uttrykkelig at man tar utgangspunkt i kroppsmålene. (Båstadgruppen)





SLIK MÅLER DU

Bruk kroppsmålene dine i stedet for å måle et eksisterende plagg

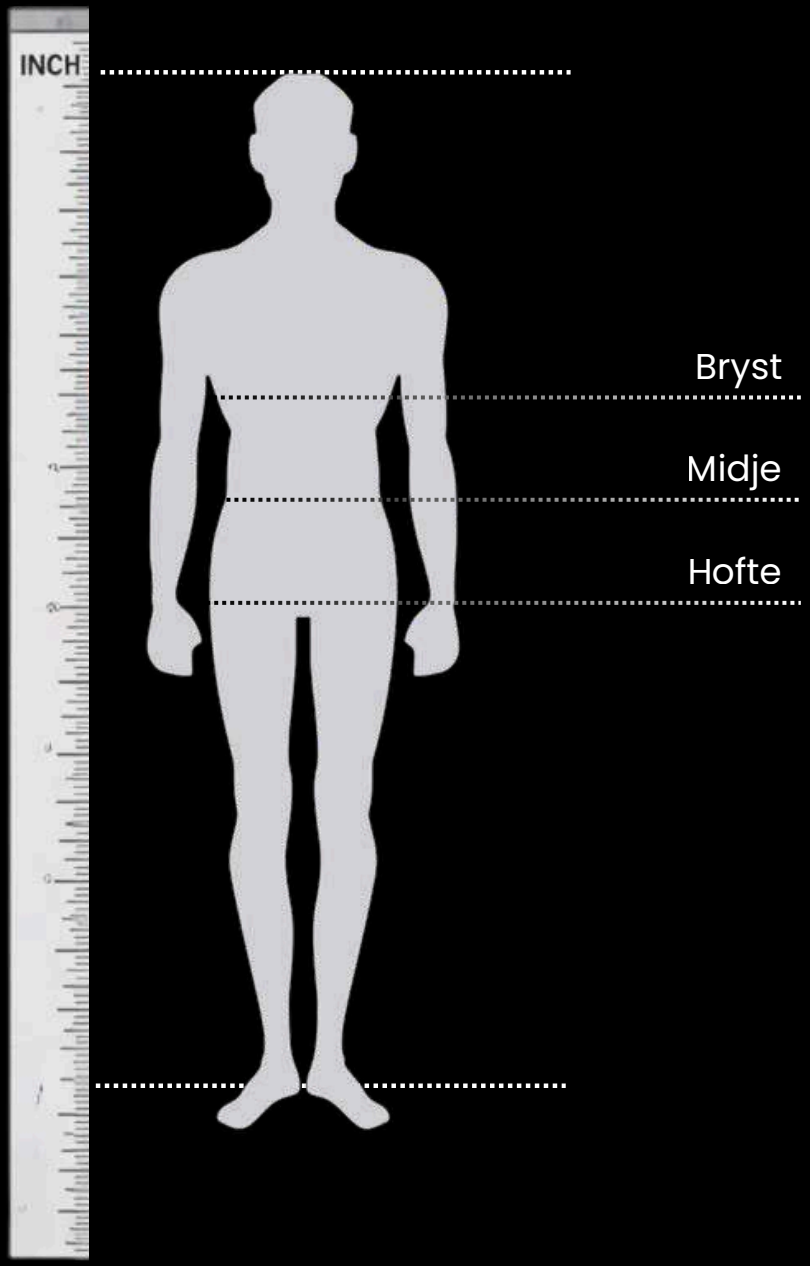
01 **Bryst:** Mål rundt den bredeste delen av brystet.

02 **Midje:** Mål rundt midjen.

03 **Hofte:** Mål rundt den bredeste delen av hofte/sete

04 **Innerben:** Mål langs innsiden av benet fra skrittet og ned

zeproc



STØRRELSESGUIDE FOR HERRER/DAMER

zeproc

Normal passform

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
XS	82–85	71–74	90–92	80
S	86–89	75–78	93–96	80
M	90–93	79–82	97–100	80
L	94–97	83–86	101–104	82
XL	98–102	87–90	105–108	82
XXL	103–106	91–95	109–112	82
3XL	107–110	96–100	113–116	82
4XL	111–114	101–106	117–120	84
5XL	115–118	107–112	121–124	84

Normal passform

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
6XL	119–122	113–118	125–128	84
7XL	123–126	119–124	129–132	84
8XL	127–130	125–131	133–136	84
9XL	131–138	132–142	137–144	84
10XL	139–146	143–153	145–152	84
11XL	147–154	154–164	153–160	84

Den offisielle tabellen kobler også denne størrelsesserien til C42–C64. (Båstadgruppen)

zeproc

Herre – lang modell

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
C146	90–93	79–82	97–100	85
C148	94–97	83–86	101–104	87
C150	98–102	87–90	105–108	87
C152	103–106	91–95	109–112	87
C154	107–110	96–100	113–116	87
C156	111–114	101–106	117–120	89

zeproc

Herre – kort modell

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
D88	86–89	81–84	93–96	76
D92	90–93	85–88	97–100	76
D96	94–97	89–92	101–104	78
D100	98–102	93–96	105–108	78
D104	103–106	97–101	109–112	78
D108	107–110	102–106	113–116	78
D112	111–114	107–112	117–120	80
D116	115–118	113–118	121–124	80
D120	119–122	119–124	125–128	80

zeproc

Dame – numeriske størrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
32	75–78	62–64	86–88	80
34	79–82	65–67	89–91	80
36	83–86	68–70	92–94	80
38	87–90	71–74	95–97	80
40	91–94	75–78	98–100	80
42	95–98	79–82	101–104	80
44	99–102	83–86	105–108	80
46	103–108	87–91	109–113	80
48	109–114	92–97	114–118	80
50	115–120	98–103	119–123	80

zeproc

Dame – bokstavstørrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
XS	71–78	61–64	84–88	80
S	79–86	65–70	89–94	80
M	87–94	71–78	95–100	80
L	95–102	79–86	101–108	80
XL	103–114	87–97	109–118	80
XXL	115–126	98–109	119–128	80
3XL	127–138	110–121	129–137	80

zeproc

Unisex

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
XXS	74–81	63–70	83–89	80
XS	82–89	71–78	90–96	80
S	90–97	79–86	97–104	82
M	98–106	87–95	105–112	82
L	107–114	96–106	113–120	84
XL	115–122	107–118	121–128	84
XXL	123–130	119–131	129–136	84
3XL	131–138	132–142	137–144	84
4XL	139–146	143–153	145–152	84
5XL	147–154	154–164	153–160	84

zeproc

Omregningstabell for livvidde – Herre / Generell

MIDJE (INCH)	MIDJE (CM)	MIDJE (INCH)	MIDJE (CM)
28	71	46	117
29	73.5	47	119
30	76	48	122
31	78.5	49	124.5
32	81	50	127
33	84	51	129.5
34	86	52	132
35	89	53	134.5
36	91.5	54	137
37	94	55	139.5

MIDJE (INCH)	MIDJE (CM)	MIDJE (INCH)	MIDJE (CM)
38	96.5	56	142
39	99	57	145
40	101.5	58	147.5
41	104	59	150
42	106.5	60	152.5
43	109	61	155
44	111.5	62	157.5
45	114	63	160
—	—	64	162.5

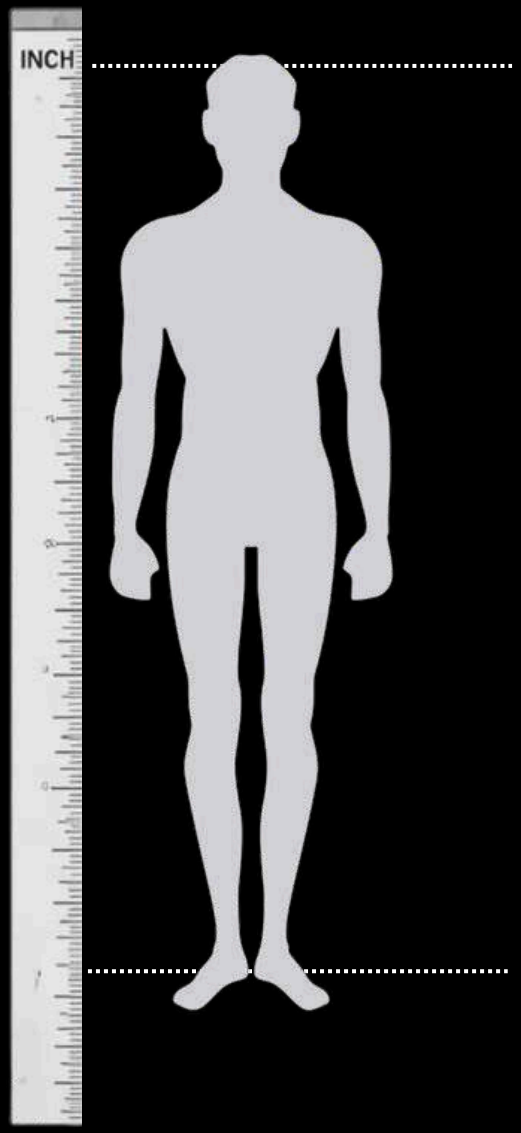
zeproc

TOP SWEDE

SIZE GUIDE

For the most accurate fit, start with your body measurements rather than measuring an existing garment. The official Top Swede guide specifically instructs users to start with their body measurements. (Båstadgruppen)





HOW TO MEASURE

Use your body measurements, rather than measuring an existing garment

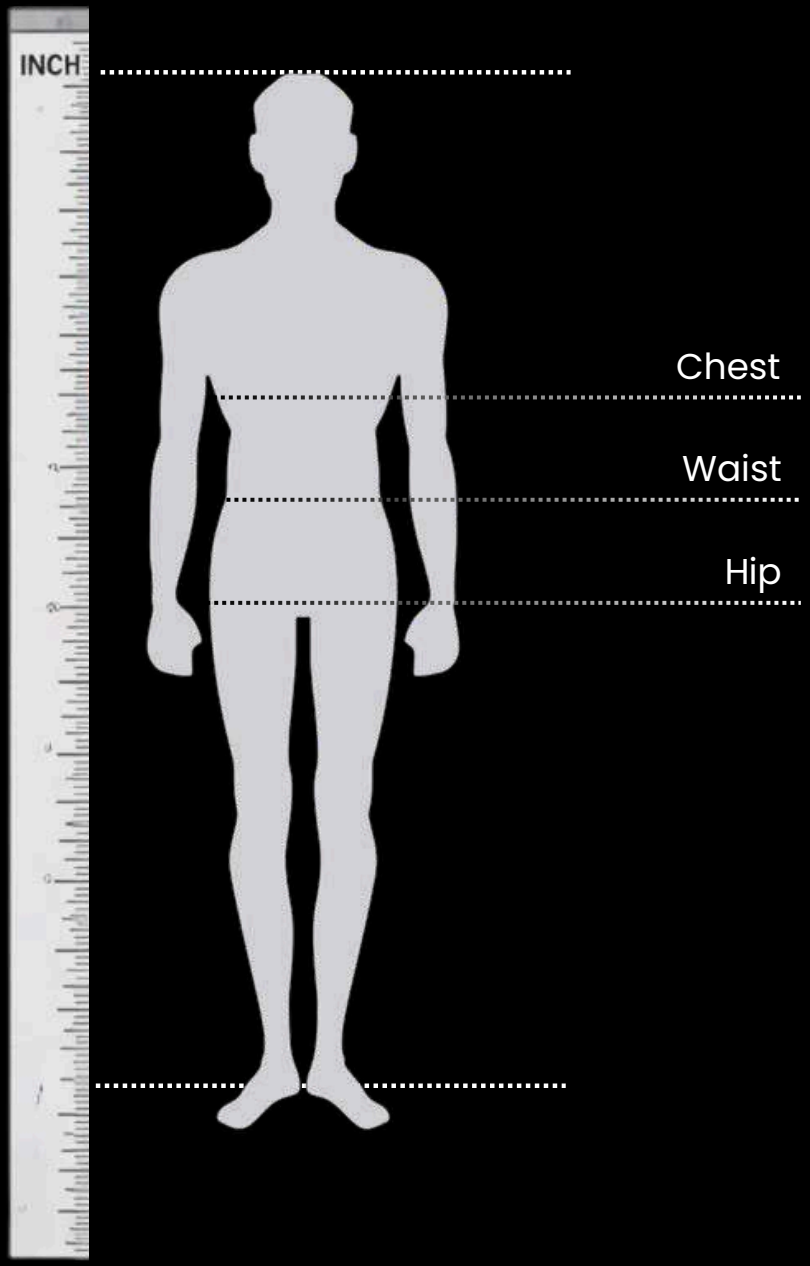
01 **Chest:** Measure around the fullest part of your chest.

02 **Waist:** Measure around your waist where the garment will sit.

03 **Seat:** Measure around the fullest part of your seat/hips

04 **Inseam:** Measure along the inside of the leg from the crotch to the bottom of the leg

zeproc



MEN'S/ WOMEN'S SIZE GUIDE

zeproc

Regular Fit

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
XS	82–85	71–74	90–92	80
S	86–89	75–78	93–96	80
M	90–93	79–82	97–100	80
L	94–97	83–86	101–104	82
XL	98–102	87–90	105–108	82
XXL	103–106	91–95	109–112	82
3XL	107–110	96–100	113–116	82
4XL	111–114	101–106	117–120	84
5XL	115–118	107–112	121–124	84

zeproc

Regular Fit

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
6XL	119–122	113–118	125–128	84
7XL	123–126	119–124	129–132	84
8XL	127–130	125–131	133–136	84
9XL	131–138	132–142	137–144	84
10XL	139–146	143–153	145–152	84
11XL	147–154	154–164	153–160	84

The official guide also associates the regular men's range with C42–C64. (Båstadgruppen)

zeproc

Men's Long Fit — Normal Waist

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
C146	90–93	79–82	97–100	85
C148	94–97	83–86	101–104	87
C150	98–102	87–90	105–108	87
C152	103–106	91–95	109–112	87
C154	107–110	96–100	113–116	87
C156	111–114	101–106	117–120	89

Men's Short Fit — Slightly Larger Waist

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
D88	86–89	81–84	93–96	76
D92	90–93	85–88	97–100	76
D96	94–97	89–92	101–104	78
D100	98–102	93–96	105–108	78
D104	103–106	97–101	109–112	78
D108	107–110	102–106	113–116	78
D112	111–114	107–112	117–120	80
D116	115–118	113–118	121–124	80
D120	119–122	119–124	125–128	80

All men's regular, long and short measurements above come directly from the official Top Swede table. (Båstadgruppen)

zeproc

Women's Numeric Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
32	75–78	62–64	86–88	80
34	79–82	65–67	89–91	80
36	83–86	68–70	92–94	80
38	87–90	71–74	95–97	80
40	91–94	75–78	98–100	80
42	95–98	79–82	101–104	80
44	99–102	83–86	105–108	80
46	103–108	87–91	109–113	80
48	109–114	92–97	114–118	80
50	115–120	98–103	119–123	80

zeproc

Women's Alpha Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
XS	71–78	61–64	84–88	80
S	79–86	65–70	89–94	80
M	87–94	71–78	95–100	80
L	95–102	79–86	101–108	80
XL	103–114	87–97	109–118	80
XXL	115–126	98–109	119–128	80
3XL	127–138	110–121	129–137	80

These women's measurements are directly from the official Top Swede guide.
(Båstadgruppen)

zeproc

Unisex Size Guide

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
XXS	74–81	63–70	83–89	80
XS	82–89	71–78	90–96	80
S	90–97	79–86	97–104	82
M	98–106	87–95	105–112	82
L	107–114	96–106	113–120	84
XL	115–122	107–118	121–128	84
XXL	123–130	119–131	129–136	84
3XL	131–138	132–142	137–144	84
4XL	139–146	143–153	145–152	84
5XL	147–154	154–164	153–160	84

zeproc

Waist Conversion Chart - Men's / General

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
28	71	46	117
29	73.5	47	119
30	76	48	122
31	78.5	49	124.5
32	81	50	127
33	84	51	129.5
34	86	52	132
35	89	53	134.5
36	91.5	54	137
37	94	55	139.5

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
38	96.5	56	142
39	99	57	145
40	101.5	58	147.5
41	104	59	150
42	106.5	60	152.5
43	109	61	155
44	111.5	62	157.5
45	114	63	160
—	—	64	162.5

The official page provides the full conversion range from 28–64 inches. (Båstadgruppen)