

# Size Guide

## Sweat-free Sports Undies, No-see-through Leggings and Loose-fit Pants:

Runes	Waist (cm)	Hips (cm)	Europe	UK
xs	60-67	84-91	36	8
s	67-74	91-98	38	10
m	74-81	98-105	40	12
l	81-88	105-112	42	14
xl	88-95	112-120	44	16

## Super Absorbent Sports Undies

Runes	Waist (cm)			Hips (cm)	Europe	UK
	Narrow	Straight	Wide			
xs	60-67	67-74	74-81	84-91	36	8
s	67-74	74-81	81-88	91-98	38	10
m	74-81	81-88	88-95	98-105	40	12
l	81-88	88-98	95-102	105-112	42	14
xl	88-95	95-102	102-109	112-120	44	16