



Road bike size chart

Find your height, then check the frame with your inseam: $\text{inseam (cm)} \times 0.665 = \text{frame size (cm)}$.

Height	cm	Generic	Specialized Tarmac	Canyon Endurace	bike-discount.de
4'10"-5'1"	148-155	XXS, 44-47 cm	44	3XS	-
5'1"-5'4"	155-163	XS, 48-50 cm	49	3XS or 2XS	50
5'4"-5'7"	163-170	S, 51-53 cm	52	XS	50 or 53
5'7"-5'10"	170-178	M, 54-55 cm	54 or 56	S	56
5'10"-6'1"	178-185	L, 56-58 cm	56 or 58	M	58 or 60
6'1"-6'4"	185-193	XL, 58-60 cm	58 or 61	L or XL	60 or 62
6'4" +	193 +	XXL, 61 cm +	61	XL or 2XL	-

Measure the inseam

Socks on, back to a wall, feet 15-20 cm apart. Pull a hardback book up between the legs, as firm as a saddle. Mark the top of the book on the wall and measure to the floor.

Saddle height and standover

Saddle: $\text{inseam} \times 0.883$, from the centre of the cranks to the top of the saddle. Standover: about 2.5 cm (1") clear over a level top tube, 5 cm (2") over a sloping one.

Sources: Specialized size guide, Canyon geometry, bike-discount.de, REI, calculate.co.nz. Checked 30 Oct 2026. Sizes are guidance: check the brand's chart for the exact model.