

You have tested

Exciting ideas, fancy inventions, permanently improved concepts – We want to know, how new products on triathlon market prove theirself in sporty everyday life. Our readers need to test.

By Sina Horstthemke

CURREX

Footdisc Proactive

The biomechanics from currex in Hamburg promised their ten test subjects a faster and more healthy running because of a more efficient power transmission with "Footdisc Proactive"-insoles. So the foot should be guided by a dynamic foothold and simultaneously train the foot muscles by integrated gel dots. Thereby the fatigue should be delayed, the power transmission magnified, the performance increased and long-term injuries prevented. A total of 20 high, normal and low arches run with the insoles at an average of two shoes across Germany and Austria – and their users are sure: the currex concept works. At the beginning every third user had problems to diagnose his correct insole, compatible with his leg axis and foot type. But after that everybody was satisfied by comfort, effect and quality of the 29,95 Euro expensive insole. More than every second test subject believes, that long-term injuries could be prevented by the soles and almost half of them felt theirselves faster and fitter for a longer time. So it's no surprise, that 9 of the 10 test subjects will continue using the "Footdisc Proactive" in their running shoes.

Tel. 0 40 / 41 34 60 60
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User opinions

"Noticeable better stability during running! Less muscular hypertonia after long runnings. But it was a bit complicated to install the soles – I first had to cut them, in doing so they curled a little." **Christoph Fürleger (26), Triabolos Triathlon Hamburg**

"For me the insoles felt neutral in the shoe. Anyway I would prefer insoles made by an orthopaedic technician." **Maximilian Ströbl (42), SC Velo Keller Vagen**

"Excellent comfort! I had the feeling to fatigue slower. I will definitely continue running with this insoles and test them in the long term." **Bettina Beinke (38), TSVE 1860 Bielefeld**

"For me there was no significant difference, but I didn't have any discomfort before. So for me these insoles are no necessary purchase for runners with normal arch without any discomfort." **Leif Knoch (29), Eintracht Frankfurt**

"I often used the insoles and I liked them. Especially in the trail shoe I got a much better feeling, so they put the whole shoe on a higher level. Nevertheless I won't use them in short and fast workouts, because the immediate feeling of flat shoes is very important to me." **Sascha Breuß (26), Tri Michels Hamburg**

"The insoles are made of high quality material. The surface is agreeable clean so that you can also use it barefoot in competition. My performance did not noticeably increase, but I had the feeling that my calf did fatigue slower. Even in everyday shoes very pleasant!" **Mike Jordan (18), ATV Geldern**

"Very comfortable, great support on long runs! The insoles are helpful by discomfort because of defective positions. Anyhow they are a bit too expensive for me." **Moritz Kühl (23), Berlin**

"My pain in heel and achilles tendon reduced notable in this short time. So I can really enjoy running again! Because of the perfect fit and the high side frames I didn't even rub a blister – as I did with all other insoles before." **Christine Valentiny (29), 1. TTCI (Österreich)**

"The insoles are comfortable, but after only 2 weeks of testing I really can't judge if they increase your performance." **Katharina Garus (29), Kölner Triathlon Team 01**

"Good support, slower fatigue than usual! Very good overall impression." **Klaus-Georg Deck (44), SG Poseidon Eppelheim**

Your Rating

| | |
|--------------------|-------|
| Quality | ●●●●○ |
| Support | ●●●●○ |
| Price/ Benefit | ●●●●○ |
| Overall Impression | ●●●●○ |