

Review #new CrossLite 2.0, La Sportiva

I have been using them now for several races and i want to write shortly some things about the CrossLite 2.0 (c-lite) from La Sportiva.



I used them once in a race, where they saved my knee with their stable and good footbed support. My old shoes had been quite worn out and after changing them, at the middle of the race against the new crosslite, the foot and my knee got stabilized again and i could finish the race.



Anyway, it's not a bad idea to change shoes in a race anyway. The same applies for training. I now have about 10 shoes, where i can choose from the best, that fits best to my current needs and trail it is going to.

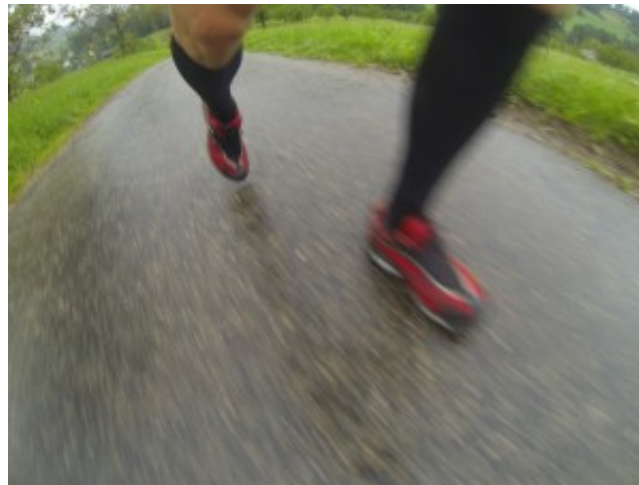
Shiny red color. But for trail running, this shiny state does not last long. :-)



They give good grip, like the raptor, they have a solid and stable sole with enough knobs to give very good support and muddy and slippery ground.



Also they are quite light.



Conclusion

They have been proven as a solid shoe for long ultra races. I have been using them for even more than 100 km races. They stabilize the foot very good. Also the sole is excellent for all terrains. On mud, snow and rocky grounds they work out very good.

They give enough space to the fore foot and have an enhanced cap. That saves your toes from pushing against the race. Some might feel it a little bit too stiff while running downwards. Since this is an Italian model, you have to try them. Someone that has a bigger forefoot, might feel it as too narrow at the front.

Tech Specs:

WEIGHT: 10.7oz / 300g

LAST: Tempo 2

FIT: Medium/Wide

UPPER: [AirMesh](#)/ [Uretech](#)

LINING: Mesh (back half and tongue only)

MIDSOLE: [MEMlex](#)/ [TPU](#) stabilizer

DROP(mm): 8mm

CUSHIONING: 32A

SOLE: [FriXion®](#) AT/ [Impact Brake System](#) V-Groove

SIZES: 38-47.5 (half sizes)

COLOR: Black

ITEM NUMBER: 16F

PRICE: \$110 USD

size 45,5 (UK11) Red