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Asics men's gel-contend 3 x-wide running shoe

New version available: Asics Gel Contend 6 4.5 / 5 based on 605 ratings Rate this shoe 10241 users say it is true to size. Tip: Asics Gel Contend 5 (new version) sells for only €40 Corescore is a score from 0 to 100 that summarizes reviews from users and experts. Below shows the distribution of scores for all running shoes. Size: True to size. Terrain: Road weight: Men 298g/ Women 241g Fall: 10mm Arch Support: Neutral /100 by , posted on May 15, 2017. The Asics Contend 3 is a neutral running shoe that can make you wonder (after a while) why you paid three times more for the more luxurious models. This shoe could be greatly improved by updating the lining of socks. A good shoe Well made, a little dated, but well assembled with tried and true materials and techniques, with no high-tech printed overlays and none of the latest state-of-the-art damping materials such as DNA or FlyteFoam. This shoe performs well in all areas except one, cushioning! Design asics look good. Jumping counter and midfoot-uppers use some fine, very beautiful wees material. Durability With just under 70 miles of easy running, I see no more wear on the outersoles of the Contend than with the Asics GT-2000 as a half-foot editter. The Asics GT series has AHAR (Asics High Abrasive Rubber) on the heel, the Contend does not, so some runners will see the fastest heel wear without this model. The White Arrows show that the Asics GT 2000 has an additional layer of density foam and gel added to the heel, the Contend has only simple white eva let alone gel. The weight is 348 grams for size 44. Safety Is not a lot of dark reflectors except on the back. These shoes are a candidate for reflective shoelaces or some reflective material, however, the fact is that even if you had 20 reflectors and a big flashing light on your hat, it may not help at all because many drivers just aren't looking! Bring your reflective shoelaces just in case they are moving as you run and this movement helps. And remember that you simply should be ready to jump out of the way! Not for the Beginner This is not a shoe for the beginner, a rookie runner should be running in a more substantial shoe such as the ASICS GT, Cumulus or something like the Brooks Ghost to avoid injuries so common in the early years of racing. Once a runner has built a few miles and become stronger and more durable, his shoe choices increase. Conclusion This shoe is best suited for a very light and experienced runner on a tight budget, like a trainer every day, leaving the Nike Pegasus or Asics GT for longer races. Said there seems to be no substitute for quality, we have what we pay for and after adding the cost of upgrades it would be better to wait for a sale on a better shoe. Run Happy. Run safe! A mid-forefoot and forefoot are the main features of Gel Contend 3. It has good space space the toe box and a comfortable low leg. This is an adjustment that is very similar to the previous model. The available widths are D and B. Sizes are at the point with 7 to 14 for men and 5 to 11 for women. A textured sole provides decent grip and durability on the road and track. Flex slots are located near the forefoot for better flexibility and smoother transitions. A single standard EVA layer acts as the main damping component of the insole. The same high quality EVA material is also used in Asics Contende 4. Asics patented gel cushioning, which is a silicon-based material, is placed on the heel for proven shock absorbing features. Asics uses regular mesh for proper breathability, while synthetic overlays provide additional support and structure. A thread of sock, a thread of a sock, a removable sock offers greater comfort and support for the arch. Corescore: 54-573 shoes (0.32% of shoes)Corescore: 58-616 shoes (0.64% of shoes)Corescore: 62-6515 shoes (2% of shoes)Corescore: 66-6919 shoes (2% of shoes)Corescore: 70-7355 shoes (6% of shoes)Corescore: 74 -7660 shoes (6% of shoes)Corescore: 77-80210 shoes (22% of shoes)Corescore: 81-84264 shoes (28% of shoes)Corescore: 85-88208 shoes (22% of shoes)Corescore: 89-9394 shoes (10% of shoes) Price: €50 - €80115 shoes (12% of shoes)Price: €80 - €120268 shoes (29% of shoes)Price: €120 - €150272 shoes (29% of shoes)Price: €150 - €190170 shoes (18% of shoes)Price: €190 - €22060 price: €29010 shoes Price : €290 - €3301 shoes (0.11% of shoes)Price: €330 - €3602 shoes (0.21% of shoes)Price : €360 - €4001 shoes (0.11% of shoes) Weight: 100g - 133g6 shoes (0.77% of shoes)Weight: 134g - 166g16 shoes (2% shoes)Weight: 167g - 200g41 shoes (5% shoes)Weight: 201g - 234g113 shoes (14% shoes)Weight: 235g - 268g195 shoes (25% shoes)Weight: 269g - 301g213 shoes (27% shoes)Weight: 302 335g134 shoes (17% shoes)Weight: 336g - 369g47 shoes (6% shoes)Weight: 370g - 402g12 shoes (2% shoes)Weight: 403g - 436g3 shoes (0.38% of shoes shoes)Weight: 437g - 437g 1 shoes (0.13% of shoes) Sale 6 6.5 7 7.5 8 8.5 9.5 11 11 11 11.5 12 12.5 13 14 15 There was an error processing your order. I reviewed the Asics Gel Contend 3s alongside three other budget shoes: the New Balance 490v2s, The Adidas Duramo 7s and the Saucony Cohesion 8s. Asics performed well overall, but they weren't my favorite shoes in the group, lagging behind the Saucony Cohesion 8s and the New Balance 490s. The Asics Gel Contend 3s is still a high-performance shoe, and I would recommend them for entry-level runners. The Ascics Gel Contend 3s Budget trainers who come from a successful line of Gel Contend shoes. What makes this shoe stand out compared to other in the same market is cushioning. Asics Gel Contend 3 – Toel didn't notice much damping going on, compared to the high-end saucony zealots, or the Nike Lunar Trainers, but there was more cushioning in the Asics than the other budget shoes I was testing. It's the first time I've tried these shoes and noticed how solid the heel cup is. It's moderately stiff, which is great if the shoes fit well, as it won't change shape on you during your races. However, you will have to strive extra to make fit if your feet are too wide or narrow, so I recommend trying these guys before buying. I really liked the components put in this shoe. The Contend 3s feature a durable sole, breathable mesh, strong overlays and a stable foam sole with Gel technology. It's rare to have all this in a shoe that costs less than an Amazon Prime subscription. However, all this durability comes with a cost: flexibility and weight. The Contend 3 are marginally heavier and feel a little tougher than their counterparts. Asics Gel Contend 3 Single UnitThe sole in Contend 3s is very basic, and is actually a step down in complexity compared to the previous model. The Contend 2s had several different patterns on the sole, while the Contend 3s essentially have a criss-cross pattern. This simplifies the sole that makes the shoe better for trail racing. Foam is basic when it comes to running shoe foam technology. The only single part of the foam midsole is gel inserts that help reduce foot shock. The outer sole has some grooves throughout the bottom exposing the foam from the sole below to improve the flexibility of the shoe. This is a small change instead of the previous model that had grooves only at the edges. There is also a slight depression in the entresol a foam under the heel that hits up to the forefoot. This groove helps reduce heel shock, and also assists in traction under the forefoot. Asics did a little extra work on their insole when they did it. They shaped it to pack the foot, and formed into some channels at the bottom of the insole. I think I could have done without the channels formed at the bottom of the insole, since I think that's what was making the shoes occasionally squeal while I walked around in them. It never affected my run, but it was weird to hear a new shoe squeals occasionally like that. Asics Gel Contend 3 Upper InfoO superior in Contend 3s works. What do I mean by that? He has enough breath to prevent his feet from getting too hot, and he holds his foot in the shoe moderately well. The top doesn't surprise you, it just does the job; Works. Asics Gel Contend 3 – SideMy sidereal flu with the top is I think the are very stiff, which becomes a problem if you are like me and your fingers sometimes brush against the finger box and rub the overlays. This East a problem with most budget shoes since staying light, close to fitting and durable overlays is not something a cheap shoe can do. Fortunately, this means that overlays are at least durable. Asics hasn't changed much since the Contend 2s, which is a smart move at its end due to the success of contend 2s. However, I think they could have improved the shoe a bit more by removing some of the overlays and going with a thinner mesh. One last note at the top is that I was happy to see the use of a reflective material on the heel. Few shoes in this price range even bother with reflective materials, which is something important to consider if you run after dusk or before dawn. Asics Gel Contend 3 – InsideAsics Gel Contend 3 Conclusions Want to make your running tennis budget go far? Get those shoes. You're not getting the lightest ride, nor the latest technology, but you're getting a reliable shoe with a well-tested heritage. In addition to my small grips with the insole and the slightly hard ride, I was impressed by the overall quality and comfort in these shoes. I would avoid recommending them to experienced runners, but I would definitely recommend them to an entry level runner who wants a reliable cheap shoe with decent cushioning. We bought these shoes at our expense. Expense.

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