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跑得快靠對鞋？

Can High-tech Shoes Boost You Up?

世界知名跑手 Eliud Kipchoge 於 2018 年柏林馬拉松中跑出了驚人的世界紀錄，時間為 2:01:39 (舊紀錄是 2:02:57)。但他所穿著的運動鞋卻引起很大的爭議，原因是加厚的鞋底可能隱藏著高科技的設計技術，造成賽事不公。因此，世界田聯於 2020 年 7 月 28 日執行針對比賽鞋的新賽例，訂立了各項目鞋子的最大厚度，而相關條例亦於 2022 年 1 月再度作出更新。

Professional runner Eliud Kipchoge ran a world record of 2:01:39 (Previous: 2:02:57) to win the Berlin Marathon 2018. However, his running shoes seemed to use a high technology design which may provide an unfair advantage. Therefore, World Athletics set new regulations relating to athletic shoes on 28th July 2020, including the maximum sole thickness in each event. Amendments were made again recently in January 2022.



跑手所穿著的高科技跑鞋惹起爭議。

Use of high technology running shoes raised fairness concerns. (Photo: Runner's World)