



Heel energy absorption capacity (E)

Objective

This test verifies the ability of a footing to dissipate shocks by deformation under a fixed stress.

Principle

The test consists in performing a compression/relaxation cycle at heel level using a standard-shaped rear, at a speed of 10 mm/min between 50 and 5000 N. Deformation energy is evaluated during compression. The result is the compression energy expressed in Joules (J).

Type: [Physical and mechanical test](#)

Standards: [EN ISO 20344 §5.17](#) / [EN ISO 20345 §6.2.4](#)

Product: [Footwear](#)

Criteria: [Mechanical risk](#) / [PEE](#)

Component: [Whole shoe](#)



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