



Bending resistance

Objective

This method is used to evaluate the repeated flex resistance of elastomer outsoles

Principle

The test consists of subjecting a sole to 30,000 flexes, in the flexing zone of the forepart, on a special device known as the Bennewart. A 2 mm notch is pre-cut, and its evolution is noted, as is any spontaneous appearance of deterioration.

The result corresponds to the propagation of the notch after 30,000 flexes, expressed in mm.

Type: [Physical and mechanical test](#)

Standards: [EN ISO 20344 §8.5](#) / [EN ISO 20344 §8.6](#) / [EN ISO 20345 §5.8.5](#)

Product: [Footwear](#)

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

Component: [Outsole](#)



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