

Comparison of cep® Running socks and short sport socks

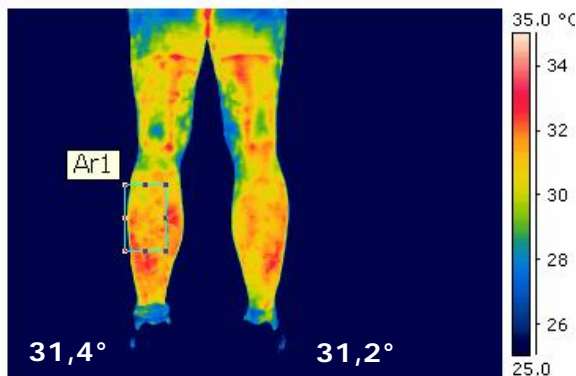


Experiment

Continued running for 15 minutes, medium speed at a temperature of 20° Celcius. After the run the radiation of heat was measured at the calf with the socks pulled down. The measurement was conducted using a modern and precise thermographic camera.

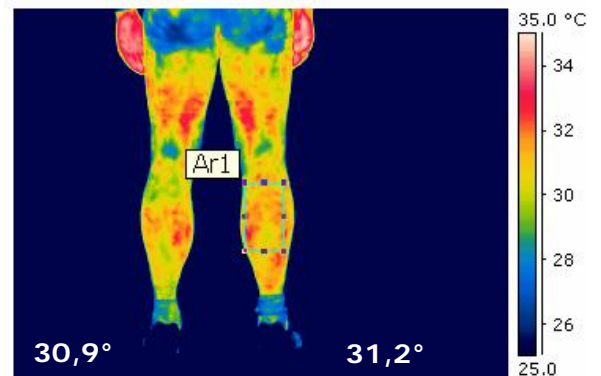
After the run with a dry cep® Running sock

Person 1



left: dry cep® Running sock
right: short sock

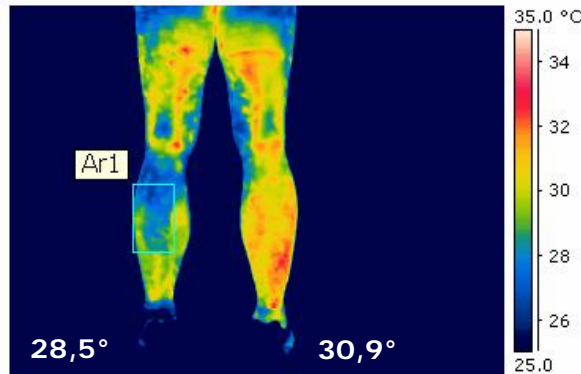
Person 2



left: short sock
right: dry cep® Running sock

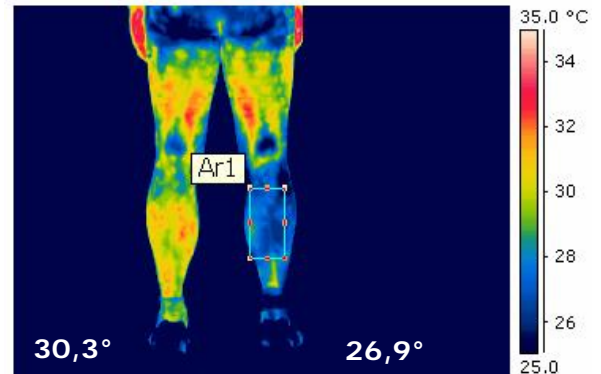
After the run with a wet cep® Running sock

Person 1



left: wet cep® Running sock
right: short sock

Person 2



left: short sock
right: wet cep® Running sock

Summary

The calf is slightly warmed with a dry cep® Running sock while the wet cep® Running sock has a noticeable cooling effect on the calf.

Interpretation

The warming effect is surely a benefit during cold seasons. The common concern with regard to the warming properties of the sock in high outside temperatures and consequently impeding the running performance is legitimate and understandable, yet this is not the case when the sock is wet. If the sock gets wet due to sweating in high temperatures and by applying water (at water stations) then the sock has a cooling effect and in turn can enhance the running performance.

The increase in blood circulation is not impeded by the cooling effect since the circulation is primarily caused by the compression from the outside. This property expands the arteries. The working musculature receives more oxygen and nutrition due to an increased arterial blood flow.