

Best (and most underrated) Adidas running shoe 2017

The Questar Boost is a shoe which qualifies as a **lightweight shoe**, based on which size you wear. It may be used for concentrated or maximized speed, and also can be possibly excellent for endurance activities such as marathons, half-marathons, speed assignments or physical fitness exercises. In addition, it can be a perfect choice for short or extended distance running (more easy, relaxed running).



The shoe is **flexible, breathable and comfortable**. There's also an additional amount of safety, since there's a natural component found at the shoe that tremendously propels runners to conduct longer and last longer on the field.

The Questar Boost was constructed to showcase neutral layouts that are generous in quantities of technologies. Its flexible midsole can accommodate a broad selection of foot types in addition to weights, since the entire midsole and insole may also provide customized fits. This premium flex midsole is known as the ADIPRENE+ midsole, which produces the shoe's impartial arch support and impartial values of movement control. It's ideal for runners that are naturally supinators, it might be harder for acute or mild overpronators in regards to heel to toe transitions.

Fit and Terrain

Sufficient for runners to use on terrains which are **even or irregular**. The high flex midsole permits the runner to perform well on streets and gravels, and even on polished fitness

center flooring. The midfoot matching, which is usually where pressure comes down, is ordinary. The shoe is offered in standard sizing for guys, which will be D, and also for girls, a B.



Weight and height

Lightweight running shoes are those that weigh no more than 250 grams. The Questar Boost's lightweight functioning capabilities are determined by the size you wear. On average, the shoe may be over 270 grams for girls and 314 grams for men. The larger the size, the heavier the shoe, the worst for high speed running.



The heel height of the shoe is about 33.5 mm or even less (22.5mm), again based on the shoe size. The heel can also be regarded as being a good deal more bouncy and maybe stiffer in, because it's been recently structured to offer you more leverage.

The forefoot sits slightly lower than the forefoot region and also includes a broadly receptive toe box that's neither limiting nor loose over the feet of their runner.

Heel-to-toe drop

Given that the number of cushioning that this shoe has, the heel to toe drop is of greater value but again it depends upon the model and the size used. The ordinary heel to toe drop is 11mm, which can be especially high measurement over the ground. This is due to the shoe's number of cushioning present that shields the underfoot of the runner.

The technical structure

The new Questar Boost was mainly well-received by a lot of runners who've been running with Adidas for decades. The structure of this shoe is created to **fit nicely to different foot types**, which is very important if a shoe is aiming to succeed with a in a long shot. Technically, the integration of the smooth upper with the extra heel protection in addition to the one on the forefoot, finished with the very reliable midsole and outsole.



Stiffness and Firmness

As a neutral running shoe it is perfect for diverse uses, the shoe has ordinary values of stiffness which are strengthened from the smooth upper that is overlaid with a evenly stretchy upper. The shoe is considered a neutral running trainer that has flexibility attributes, which are also exceptionally stabile.



Verdict

The Adidas Questar Boost is technically an extremely capable shoe. Men and women who have run in it have been pleasantly surprised with how **comfortable** the shoes really are, and just how all the additional features work together to improve the effect the design has on the running speed. The shoe ought to become more lightweight despite the big size, but that's not much of a problem right now. **Highly recommended** to regular runners and challengers!

Get the best price for Adidas Questar Boost at [Sporto prekes – Sport1Outlet](#).