Claims

1. Sole for a running shoe with a soft-elastic midsole (1), which comprises an underside (2) coming at least partially into contact with the ground during running, wherein the midsole (1) comprises a plurality of channels (3a, 3b, 3c and 3d) running in the transverse direction (Q), wherein the channels (3a, 3b, 3c and 3d) are arranged in a lateral area (LB) of the midsole (1) in a horizontal plane, and wherein at least a portion of the channels (3a, 3b) is arranged in the forefoot area (VFB) and/or a portion of the channels is arranged in the midfoot area (MFB) and/or a portion of the channels is arranged in the heel area (FB) of the midsole (1), and wherein the channels (3a, 3b, 3c and 3d) are each delimited in the longitudinal direction (L) by a front wall (31) and a rear wall (32), wherein the channels (3a, 3b, 3c and 3d) have an elongated shape in cross-section along the running direction and the channels (3a, 3b, 3c and 3d) are deformable vertically and/or horizontally in the longitudinal direction (L) until closure under the action of forces occurring during running, acting vertically and/or in the longitudinal direction, and wherein the front wall (31) and the rear wall (32) of at least one channel (3a, 3b, 3c, and 3d) each comprise a front folding edge and a rear folding edge (33).

2. The sole according to claim 1, wherein the channels (3a, 3b, 3c and 3d) comprise lateral openings in the lateral area (LB) of the midsole (1), and wherein the channels (3a, 3b, 3c and 3d) are preferably deformable vertically and/or horizontally in the longitudinal direction (L) under the action of forces occurring during running acting vertically and/or in the longitudinal direction (L) until the lateral openings are closed.

3. The sole according to any of the previous claims, wherein a portion of the channels (3d) is arranged in the heel area and at least a portion of the channels is arranged in the forefoot area (VFB) and/or a portion of the channels (3c) is arranged in the midfoot area (MFB).

4. The sole according to any of the previous claims, wherein the channels (3a, 3b, 3c and 3d) are at least in the lateral area (LB) completely delimited by the midsole (1).

5. The sole according to any of the previous claims 3 or 4, wherein the channels (3a, 3b) in the heel area (FB) have a greater channel height than the channels (3d) in the forefoot area (VFB).

6. The sole according to any of the previous claims, wherein the channels (3a, 3b, 3c and 3d) in the heel area (FB) and optionally the channels in the forefoot area (VFB) and/or in the midfoot area (MFB) are arranged in a single horizontal plane.

7. The sole according to any of the previous claims, wherein the channels (3a, 3b, 3c and 3d) have a substantially hexagonal and/or pentagonal cross-section.

8. The sole according to any of the previous claims, wherein the ratio of the channel height to the channel width of each channel (3a, 3b, 3c and 3d) is in the range of 0.15 to 0.6, preferably 0.2 to 0.4.

9. The sole according to any of the previous claims, wherein the channels (3a, 3b, 3c and 3d) are fully compressible during running starting with a force of 1000 N to 3000 N, preferably 1500 N to 2000 N.

10. The sole according to any of the previous claims, wherein the sole comprises an incompressible elastic plate (5) which preferably extends over the entire midsole (1).

11. The sole according to claim 10, wherein at least a portion of the channels (3a, 3b, 3c and 3d), preferably the channels (3d) in the forefoot area (VFB), in a medial area (MFB) of the midsole (2) is delimited on one side by the elastic incompressible plate (5).

12. The sole according to any of the previous claims, wherein the midsole (1) comprises a groove (6) extending in the longitudinal direction (L)from the heel area (FB) to at least the midfoot area (MFB).

13. A running shoe comprising a sole according to any of the previous claims.

14. Use of a sole according to any of the previous claims for the manufacture of a running shoe.