Claims

1. Sole for a running shoe having a soft-elastic midsole (1) which has an underside (2) which comes at least partially into contact with the ground (B) during running, the midsole (1) comprising a plurality of channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) extending in the transverse direction (Q), the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) being arranged in a lateral area of the midsole (1) in at least a first and a second horizontal plane, wherein the first and second horizontal plane are vertically offset from one another, and wherein the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) are each delimited in the longitudinal direction (L) by a front wall (31) and a rear wall (32) and wherein the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) are vertically and/or horizontally in the longitudinal direction (L) deformable until their closure under the action of forces occurring during running, acting vertically (V) and/or in the longitudinal direction, and wherein at least one channel (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) has an inclination (8) in the vertical direction.

2. The sole according to claim 1, wherein the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) have lateral openings in the lateral area of the midsole (1), and wherein the channels (3a, 3b, 3c, 3d, 3e 4a, 4b, 4c) are preferably vertically and/or horizontally in the longitudinal direction deformable under the action of forces occurring during running acting vertically and/or in the longitudinal directionuntil the lateral openings are closed.

3. The sole according to any one of the preceding claims, wherein the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) have an elongated shape in cross-section.

4. The sole according to any of the preceding claims, wherein the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) in the lateral area of the midsole (1) are completely delimited by the soft-elastic midsole (1).

5. The sole according to any of the preceding claims, wherein the channels (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) in a medial area of the midsole (1) are delimited on one side by a layer extending

over the heel area (FB), the midfoot area (MB) and the forefoot area (VB), the layer (5) preferably consisting of an elastic incompressible plate.

6. The sole according to any of the preceding claims, wherein the midsole (1) has a groove (6) extending longitudinally from the heel area (FB) to at least the midfoot area (MB).

7. The sole according to any one of the preceding claims, wherein a width of the soft-elastic midsole (1) between at least one channel (3a, 3b, 3c, 3d, 3e, 4a, 4b, 4c) and the underside is thinner in the lateral area of the midsole than in the medial area of the midsole.

8. The sole according to any one of the preceding claims, wherein the channels (3a, 3b, 3c, 3d, 3e) of the first horizontal plane are horizontally in the longitudinal direction offset from the channels (4a, 4b, 4c) of the second horizontal plane.

9. The sole according to any of the preceding claims, wherein the channels (3e) in the forefoot area (VB) are arranged in a single horizontal plane only.

10. The sole according to any of the preceding claims, wherein the channels (3a, 3b, 3c, 3d, 3e ,4a, 4b, 4c) have a hexagonal and/or pentagonal cross-section.

11. The sole according to any one of the preceding claims, wherein the front wall (31) of at least one channel (3a, 3b) in the first horizontal plane in the heel area (FB) has a folding edge (33) and the rear wall (32) of the at least one channel (3a, 3b) in the first horizontal plane in the heel area (FB) is formed as a stable wall.

12. The sole according to any one of the preceding claims, wherein the front wall (31) of at least one channel (3e) in the first horizontal plane in the front foot area (VB) is formed as a stable wall and the rear wall (32) of the at least one channel (3e) in the first horizontal plane in the front foot area (VB) has a folding edge (33).

13. The sole according to any one of the preceding claims, wherein the front wall (31) and the rear wall (32) of at least one channel (3d) each have a folding edge (33) in the first horizontal plane in the midfoot area (MB).

14. The sole according to any one of the preceding claims, wherein the front wall (31) and the rear wall (32) of at least one channel (4a, 4b, 4c) in the second horizontal plane each have a folding edge (33).

15. The sole according to any of the preceding claims, wherein the channels (3a, 3b, 3c, 3d, 4a, 4b, 4c) in the heel area (FB) and midfoot area (MB) have an inclination (8) in the vertical direction and preferably the channels (3e) in the forefoot area (VB) have no inclination in the vertical direction.