



# Medieval Armour

by Avalon Shop

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## Norman Spangenhelm



The Spangenhelm was composed of several metal segments welded together with rivets. The cap was made up of four or six segments welded by a metal strip that runs along the entire circumference in the lower part; between one segment and another there were metal bands that converged on the top of the tile.

| REF: **E122**

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