



## Medieval Armour by Avalon Shop

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### Viking Spangenhelm



Norman helmet is the name used to indicate a particular type of iron helmet with a long nosepiece (hence the name Nasalhelm in German, "Helm with nose piece") widespread in Europe in the 9th century. At the beginning of the 11th century, the nasal helmet was the most widespread type of helmet in Europe.

| REF: **E036**

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