Participants running event
(n = 196)

Signed informed consent
(n = 103)

Race speed
> 2.6 m.s\(^{-1}\)

Race speed
< 2.6 m.s\(^{-1}\)

OBS1 > 2.6 m.s\(^{-1}\) and OBS2 > 2.6 m.s\(^{-1}\)
OBS1 < 2.6 m.s\(^{-1}\) and OBS2 > 2.6 m.s\(^{-1}\)
OBS1 < 2.6 m.s\(^{-1}\) and OBS2 < 2.6 m.s\(^{-1}\)
OBS1 > 2.6 m.s\(^{-1}\) and OBS2 < 2.6 m.s\(^{-1}\)

**Figure supplemental material 1: overview running population.** OBS1 and OBS2 stand for the instantaneous running speed at observation point 1 (0.91 km) and observation point 2 (4.66 km) respectively. Race speed is the average speed over the entire running event. Runners were categorized as slow runners if 1) their race speed was < 2.6 m.s\(^{-1}\) and 2) if their instantaneous speed at both observation points was < 2.6 m.s\(^{-1}\).