

Supplementary Table 1 Personal characteristics and running characteristics in the total study population, and for men and women separately

	Total (n=1993)[†]	Men (n=891)	Women (n=1095)	p-value men vs women*	Missing (n)
Age, years	44 (34 – 54)	48 (37 – 57)	43 (32 – 52)	<0.001	
BMI, kg/m ²	22.3 (20.8 – 23.9)	22.8 (21.5 – 24.4)	21.6 (20.2 – 23.4)	<0.001	10
Running level				<0.001	
beginner	53 (3)	16 (2)	37 (3)		
intermediate, not competitive	1513 (76)	618 (69)	890 (81)		
competitive (in age group)	414 (21)	250 (28)	162 (15)		
(semi)professional	13 (1)	7 (1)	6 (1)		
Running years				<0.001	3
< 1 year	41 (2)	12 (1)	29 (3)		
1-2 years	155 (8)	62 (7)	93 (9)		
3-5 years	394 (20)	153 (17)	239 (22)		
6-9 years	418 (21)	180 (20)	238 (22)		
≥ 10 years	982 (49)	481 (54)	496 (45)		
Running, times/week	3.0 (2.0 – 4.0)	3.0 (2.5 – 4.0)	3.0 (2.0 – 3.0)	<0.001	1
Running, km/week	30 (20 – 42)	35 (25 – 50)	25 (17 – 40)	<0.001	5
Longest distance per week (km)	15 (10 – 20)	16 (12 – 21)	12 (10 – 17)	<0.001	166
Intensity most intensive training				<0.001	
moderately intensive	492 (25)	197 (22)	293 (27)		
intensive	1019 (51)	442 (50)	575 (53)		
very intensive	482 (24)	252 (28)	227 (21)		
Running in competitions (yes)	1623 (81)	734 (82)	884 (81)	0.330	1
Km on current shoes	450 (200 – 700)	500 (250 – 700)	400 (200 – 650)	0.016	513
Main surface				0.092	
running track	23 (1)	8 (1)	15 (1)		
hard surface	1154 (58)	535 (60)	615 (56)		
soft surface	176 (9)	63 (7)	111 (10)		
treadmill	5 (0)	3 (0)	2 (0)		
various	635 (32)	282 (32)	352 (32)		
Warming up (yes)	1266 (64)	569 (64)	693 (63)	0.954	2
Other sports besides running in the past year (yes)	1203 (60)	459 (52)	738 (67)	<0.001	2
Other sports besides running (hours per week)	3.0 (2.0 – 5.0)	3.0 (2.0 – 5.0)	3.0 (2.0 – 5.0)	0.003	806

Data are presented as median (25th-75th percentile) for continuous variables, and n (%) for categorical variables.

* P-values were obtained with a Mann-Whitney U test for continuous variables and a Pearson Chi-square test for categorical variables; statistical significance (p<0.05) is indicated in bold.

[†] The total population includes 5 gender-neutral runners and 2 runners who did not fill in their gender.