



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.