# Participants running event ( $\mathrm{n}=196$ ) <br>  <br> Signed informed consent <br> ( $\mathrm{n}=103$ ) 



$$
\begin{aligned}
& \text { OBS } 1>2.6 \mathrm{~m} . \mathrm{s}^{-1} \text { and OBS2 }>2.6 \mathrm{~m} \cdot \mathrm{~s}^{-1} \\
& \text { OBS1 }<2.6 \mathrm{~m} . \mathrm{s}^{-1} \text { and OBS2 }>2.6 \mathrm{~m} \cdot \mathrm{~s}^{-1} \\
& \text { OBS1 }<2.6 \mathrm{~m} . \mathrm{s}^{-1} \text { and OBS2 }<2.6 \mathrm{~m} \cdot \mathrm{~s}^{-1} \\
& \text { OBS1 }>2.6 \mathrm{~m} . \mathrm{s}^{-1} \text { and OBS2 }<2.6 \mathrm{~m} \cdot \mathrm{~s}^{-1}
\end{aligned}
$$

Race speed
$<2.6$ m.s ${ }^{-1}$

Figure supplemental material 1: overview running population. OBS1 and OBS2
stand for the instantaneous running speed at observation point $1(0.91 \mathrm{~km})$ and observation point $2(4.66 \mathrm{~km})$ 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

$$
\text { was }<2.6 \mathrm{~m} \cdot \mathrm{~s}^{-1} .
$$

