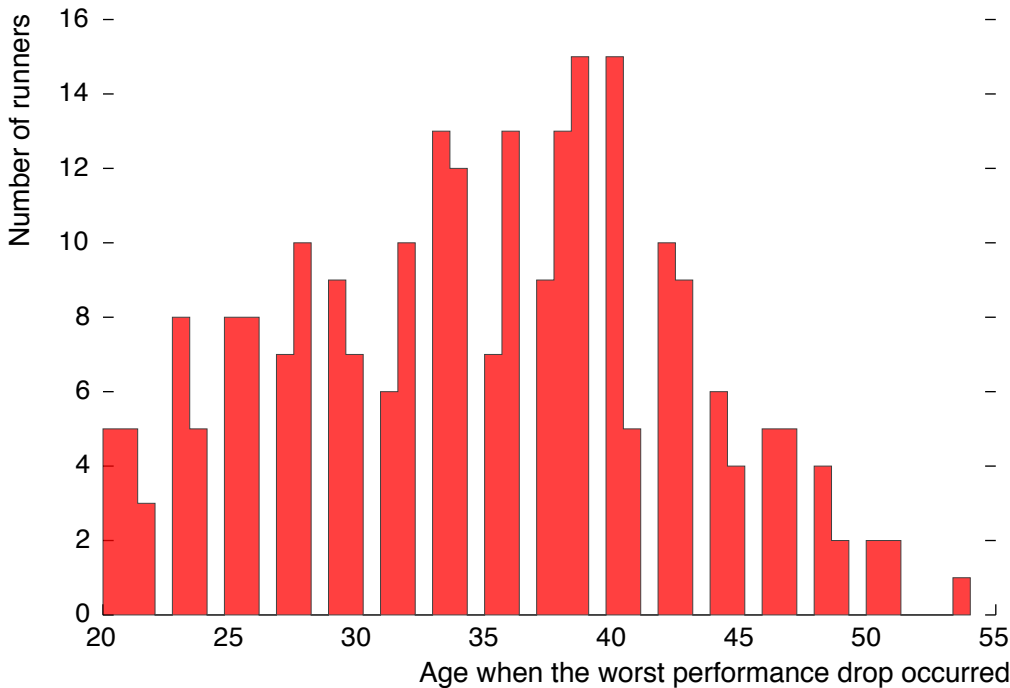


Most runners experience their worst performance drop at 39 and 40

Marathoners of the “Course de l’Escalade” run on a 7 km path. At a certain age, experience and stronger mind don’t compensate for the loss of strength anymore.



Data: Course de l’Escalade, Graph: Paul Ronga

