|  | Pingvin | | | Søløve | | |
| --- | --- | --- | --- | --- | --- | --- |
|  | lowest 33% (N=7) | 33-67% (N=7) | highest 33% (N=12) | lowest 33% (N=11) | 33-67% (N=10) | highest 33% (N=5) |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** |  |  |  |  |  |  |
| N | 6 | 6 | 9 | 11 | 9 | 4 |
| Mean (SD) | -0.712 (3.48) | -1.01 (2.85) | -1.81 (3.20) | 1.08 (3.11) | 2.19 (2.91) | -0.598 (3.22) |
| NMISS | 1 | 1 | 3 | 0 | 1 | 1 |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** |  |  |  |  |  |  |
| N | 6 | 6 | 9 | 11 | 9 | 4 |
| Mean (SD) | -64.2 (256) | -93.1 (171) | -137 (240) | 134 (315) | 148 (185) | -96.9 (227) |
| NMISS | 1 | 1 | 3 | 0 | 1 | 1 |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** |  |  |  |  |  |  |
| N | 5 | 6 | 10 | 9 | 7 | 4 |
| Mean (SD) | -0.630 (2.64) | 1.56 (3.54) | 1.54 (3.02) | 2.48 (2.91) | 4.25 (3.89) | -0.685 (3.43) |
| NMISS | 2 | 1 | 2 | 2 | 3 | 1 |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** |  |  |  |  |  |  |
| N | 5 | 6 | 10 | 9 | 7 | 4 |
| Mean (SD) | -64.2 (175) | 111 (282) | 48.8 (181) | 154 (197) | 292 (235) | -106 (294) |
| NMISS | 2 | 1 | 2 | 2 | 3 | 1 |
| **SF-36 Mental Change from baseline** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 10 | 9 | 5 |
| Median [Q1, Q3] | 3.34 [1.63, 5.08] | -4.17 [-7.02, -1.76] | 3.32 [1.26, 9.77] | -0.881 [-4.48, 1.89] | 1.48 [-2.63, 2.93] | 0.879 [-3.28, 1.57] |
| NMISS | 0 | 1 | 2 | 1 | 1 | 0 |
| **SF-36 Physical Change from baseline** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 10 | 9 | 5 |
| Median [Q1, Q3] | -3.63 [-6.15, -3.22] | -1.88 [-4.49, 0.201] | 0.522 [-1.79, 2.91] | 2.05 [-1.46, 3.53] | -0.267 [-2.76, 0.138] | 2.62 [2.45, 4.09] |
| NMISS | 0 | 1 | 2 | 1 | 1 | 0 |
| **Fatigue Severity Scale Change** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 10 | 9 | 5 |
| Mean (SD) | -0.159 (0.271) | 0.204 (0.581) | -0.122 (0.978) | -0.589 (0.959) | -0.0617 (0.996) | 0.778 (1.52) |
| NMISS | 0 | 1 | 2 | 1 | 1 | 0 |
| **Change in energy intake (kJ)** |  |  |  |  |  |  |
| N | 2 | 3 | 6 | 7 | 6 | 3 |
| Mean (SD) | -321 (2610) | -2930 (4040) | -328 (1860) | -356 (1170) | -585 (597) | 1330 (1220) |
| NMISS | 5 | 4 | 6 | 4 | 4 | 2 |
| **Change in MVPA (minutes)** |  |  |  |  |  |  |
| N | 5 | 4 | 7 | 8 | 8 | 4 |
| Median [Q1, Q3] | 21.1 [2.69, 22.4] | -10.1 [-15.7, -6.40] | -3.71 [-9.10, 8.42] | 7.96 [4.60, 17.9] | 2.86 [-6.54, 9.97] | 5.76 [-8.99, 24.9] |
| NMISS | 2 | 3 | 5 | 3 | 2 | 1 |
| **Change in BMI** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 10 | 9 | 5 |
| Median [Q1, Q3] | 0.0107 [-0.288, 0.302] | 0.000708 [-0.425, 0.0398] | -0.230 [-0.470, -0.00251] | -0.126 [-0.576, 0.104] | -0.126 [-0.264, 0.0646] | 0.209 [-1.06, 0.226] |
| NMISS | 0 | 1 | 2 | 1 | 1 | 0 |