First-to-Last Race Improvement (Mean ± SD, Excluding Nationals) - 2023 Men (N=[522, 365, 145, 12]) 200 Women (N=[301, 185, 33, 7]) 150 · First-to-Last Improvement (seconds) 100 -50 0 -50 -100-1502.5 3.0 3.5 2.0 4.0 4.5 5.0 Number of Races