First-to-Last Race Improvement (Mean ± SD, Excluding Nationals) - 2024 Men (N=[561, 344, 188, 14]) Women (N=[312, 185, 57, 8]) 200 First-to-Last Improvement (seconds) 150 100 50 0 -50 2.0 2.5 3.0 3.5 4.5 5.0 4.0

Number of Races