First-to-Last Race Improvement (Mean  $\pm$  SD) - 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 -150 2.5 3.5 3.0 5.0 2.0 4.0 4.5

**Number of Races**