

Core exercise metrics

Duration
Intensity factor
Variability index

Odds ratio [95%CI] *p*-value

1.16 [0.96–1.39] 0.115
0.95 [0.80–1.13] 0.549
0.78 [0.61–0.98] 0.033*

Power

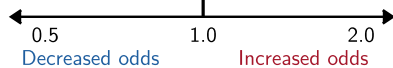
(Active Recovery) Time in power zone 1
(Endurance) Time in power zone 2
(Tempo) Time in power zone 3
(Lactate Threshold) Time in power zone 4
(VO2max) Time in power zone 5
(Anaerobic Capacity) Time in power zone 6

0.91 [0.73–1.13] 0.395
1.16 [0.88–1.52] 0.295
1.03 [0.79–1.35] 0.820
0.93 [0.74–1.16] 0.507
0.83 [0.67–1.02] 0.078
0.73 [0.58–0.93] 0.009**

Heart rate

(Active Recovery) Time in HR zone 1
(Endurance) Time in HR zone 2
(Tempo) Time in HR zone 3
(Lactate Threshold) Time in HR zone 4

0.96 [0.80–1.16] 0.689
1.24 [0.95–1.62] 0.111
0.91 [0.75–1.12] 0.381
0.86 [0.68–1.10] 0.232

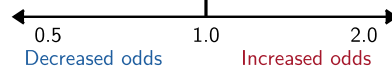


Odds ratio of hypoglycemia
during exercise

Odds ratio [95%CI] *p*-value

1.41 [1.24–1.61] < 0.001***
1.59 [1.36–1.86] < 0.001***
1.58 [1.34–1.87] < 0.001***

1.26 [1.12–1.43] < 0.001***
1.16 [0.97–1.38] 0.104
1.43 [1.20–1.70] < 0.001***
1.38 [1.17–1.63] < 0.001***
1.46 [1.23–1.73] < 0.001***
1.61 [1.30–1.99] < 0.001***



Odds ratio of hyperglycemia
during exercise