

### Core exercise metrics

Duration

Intensity factor

Variability index

### 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

### 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

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

2.26 [0.70–7.35] 0.175

0.78 [0.28–2.18] 0.629

0.88 [0.34–2.26] 0.795

1.48 [0.62–3.54] 0.381

1.57 [0.55–4.48] 0.396

1.61 [0.53–4.92] 0.399

1.51 [0.45–5.04] 0.501

1.42 [0.46–4.42] 0.546

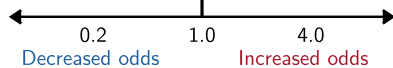
1.11 [0.37–3.35] 0.858

1.10 [0.47–2.56] 0.823

2.60 [0.97–6.94] 0.057

1.63 [0.62–4.27] 0.320

2.17 [0.97–4.84] 0.059



Odds ratio of hypoglycemia during exercise

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

0.59 [0.59–0.59] < 0.001\*\*\*

1.10 [0.67–1.83] 0.703

1.71 [1.03–2.83] 0.038\*

0.69 [0.41–1.14] 0.146

0.65 [0.43–0.99] 0.043\*

0.71 [0.48–1.05] 0.086

0.69 [0.44–1.08] 0.103

0.75 [0.47–1.20] 0.228

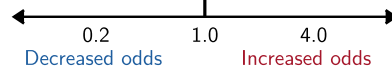
0.78 [0.48–1.27] 0.320

0.92 [0.53–1.59] 0.767

0.61 [0.36–1.03] 0.063

0.65 [0.41–1.02] 0.060

0.94 [0.61–1.44] 0.764



Odds ratio of hyperglycemia during exercise