

### Core exercise metrics

Duration  
Intensity factor  
Variability index

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

1.16 [0.98–1.36] 0.078  
0.89 [0.77–1.04] 0.140  
0.76 [0.61–0.95] 0.014\*

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

1.36 [1.21–1.54] < 0.001\*\*\*  
1.60 [1.38–1.86] < 0.001\*\*\*  
1.66 [1.43–1.93] < 0.001\*\*\*

### 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

0.94 [0.76–1.16] 0.557  
1.21 [0.95–1.53] 0.128  
1.04 [0.82–1.32] 0.752  
0.91 [0.73–1.12] 0.356  
0.78 [0.64–0.95] 0.014\*  
0.69 [0.55–0.86] 0.001\*\*

1.28 [1.14–1.43] < 0.001\*\*\*  
1.11 [0.91–1.36] 0.294  
1.38 [1.13–1.68] 0.002\*\*  
1.40 [1.17–1.68] < 0.001\*\*\*  
1.56 [1.30–1.88] < 0.001\*\*\*  
1.77 [1.41–2.22] < 0.001\*\*\*

### 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

0.97 [0.80–1.16] 0.707  
1.30 [1.02–1.65] 0.036\*  
0.92 [0.77–1.10] 0.364  
0.84 [0.66–1.06] 0.138

1.08 [0.95–1.23] 0.217  
1.12 [0.96–1.29] 0.144  
1.31 [1.13–1.51] < 0.001\*\*\*  
1.45 [1.16–1.81] < 0.001\*\*\*

0.5 1.0 2.0  
Decreased odds Increased odds

Odds ratio of hypoglycemia  
during exercise

0.5 1.0 2.0  
Decreased odds Increased odds

Odds ratio of hyperglycemia  
during exercise