**Participant 10** -  $\mu = 171.0$   $\sigma/\mu = 39\%$  T1D duration:17yr data:113days **TRAINING** COMPETITION 100% Time in glycemic ranges (%) 80% >250 mg/dL 60% >180-250 mg/dL 70-180 mg/dL 78 <70-54 mg/dL 40% <54 mg/dL 65 58 56 60 56 51 50 20% 0%

wake

exercise

recovery

sleep

wake

exercise

recovery

sleep