**Participant 8** -  $\mu = 148.6 \ \sigma/\mu = 44\% \ T1D$  duration:11yr data:323days **TRAINING** COMPETITION >250 mg/dL >180-250 mg/dL 60 70-180 mg/dL 72 54-<70 mg/dL 68 69 69 68 <54 mg/dL 58 51

wake

exercise

sleep

recovery

100%

80%

60%

40%

20%

0%

wake

exercise

recovery

sleep

Time in glycemic ranges (%)