

Core exercise metrics

Duration
Intensity factor
Variability index

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

1.27 [1.05–1.55] 0.015*
1.04 [0.89–1.23] 0.613
0.89 [0.75–1.06] 0.187

Power

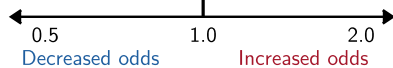
(Active Recovery) Time in power zone 1
(Endurance) Time in power zone 2
(Tempo) Time in power zone 3
(Lactate Threshold) Time in power zone 4
(VO2max) Time in power zone 5
(Anaerobic Capacity) Time in power zone 6

1.08 [0.83–1.40] 0.573
1.17 [0.94–1.45] 0.166
1.07 [0.85–1.36] 0.546
1.00 [0.78–1.30] 0.971
0.92 [0.72–1.18] 0.513
0.95 [0.81–1.13] 0.590

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

0.93 [0.75–1.16] 0.515
1.25 [0.95–1.66] 0.116
0.96 [0.79–1.18] 0.707
0.91 [0.70–1.17] 0.455

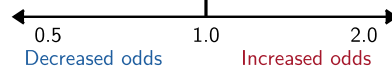


Odds ratio of hypoglycemia
during exercise

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

1.45 [1.24–1.69] < 0.001***
1.53 [1.28–1.84] < 0.001***
1.40 [1.19–1.64] < 0.001***

1.18 [1.04–1.34] 0.011*
1.26 [1.06–1.49] 0.009**
1.49 [1.24–1.80] < 0.001***
1.43 [1.16–1.77] 0.001**
1.40 [1.15–1.71] < 0.001***
1.53 [1.23–1.92] < 0.001***



Odds ratio of hyperglycemia
during exercise