Participant 2 - $\mu = 128.8$ $\sigma/\mu = 31\%$ T1D duration:9yr data:206days

TRAINING

COMPETITION

Time in glycemic ranges (%)

Legend:
- >250 mg/dL
- >180-250 mg/dL
- 70-180 mg/dL
- <70-54 mg/dL
- <54 mg/dL

TRAINING values: wake 89, exercise 86, recovery 89, sleep 82

COMPETITION values: wake 84, exercise 61, recovery 89, sleep 100