

Title: Analytics

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Insight 1

"Athletes should drink about 500 ml of water two hours before a race for optimal hydration."

Title of Article: "Optimal Hydration Strategies for Athletes"

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Insight 2

"Dehydration can reduce athletic performance by 30%."

Title of Article: "Effects of Dehydration on Athletic Performance"

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Insight 3

"Isotonic drinks are the most effective in maintaining electrolyte balance during intense exercise."

Title of Article: "Hydration and Electrolyte Balance in Athletes"

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Insight 4

"It is recommended to drink 200-300 ml of water every 20 minutes during a race."

Title of Article: "Guidelines for Hydration During Endurance Events"

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Insight 5

"A weight loss of more than 2% due to dehydration can lead to a significant decrease in cognitive performance."

Title of Article: "Cognitive Effects of Dehydration in Athletes"