

**Supplementary Table S1.** CPET characteristics.

CPET characteristics										
Variable	Mean	TE			SD	Mean	CE			SD
		CI	95%				CI	95%		
			-95%	95%				-95%	95%	
VO <sub>2AT</sub>	38.30	37.56	39.04	4.62	32.52	31.67	33.36	5.27		
VO <sub>2ATA</sub>	2970.25	2913.35	3027.15	355.05	2512.01	2455.11	2568.91	355.05		
RER <sub>AT</sub>	0.89	0.88	0.89	0.04	0.86	0.85	0.87	0.05		
HR <sub>AT</sub>	147.59	145.90	149.27	10.52	134.38	132.47	136.28	11.89		
VE <sub>AT</sub>	81.86	80.10	83.63	11.01	65.63	63.96	67.29	10.39		
fR <sub>AT</sub>	36.54	35.38	37.71	7.27	28.50	27.70	29.30	5.00		
La <sub>CAT</sub>	1.80	1.73	1.87	0.44	1.70	1.64	1.76	0.38		
VO <sub>2RCP</sub>	47.28	46.35	48.20	5.77	43.55	42.36	44.74	7.43		
VO <sub>2RCPA</sub>	3665.26	3595.82	3734.70	433.30	3369.25	3289.07	3449.42	500.28		
VO <sub>2RCP</sub>	3698.03	3622.19	3773.88	421.37	3421.56	3346.81	3496.31	415.31		
RER <sub>RCP</sub>	1.00	1.00	1.00	0.03	1.01	1.00	1.01	0.02		
HR <sub>RCP</sub>	170.90	169.27	172.53	10.19	161.54	159.71	163.37	11.44		
VE <sub>RCP</sub>	118.22	115.68	120.77	15.89	109.08	106.24	111.92	17.72		
fR <sub>RCP</sub>	45.37	43.91	46.82	9.09	38.90	37.76	40.05	7.16		
La <sub>CRCP</sub>	4.22	4.10	4.34	0.74	4.23	4.14	4.33	0.62		
VO <sub>2max</sub>	51.73	50.74	52.72	6.20	49.15	48.04	50.26	6.93		
VO <sub>2maxA</sub>	4008.06	3936.89	4079.23	444.10	3799.83	3725.04	3874.62	466.70		
RER <sub>max</sub>	1.11	1.10	1.11	0.03	1.09	1.07	1.11	0.14		
HR <sub>max</sub>	181.91	180.25	183.57	10.36	176.18	174.51	177.86	10.44		
VE <sub>max</sub>	150.64	147.60	153.69	19.01	157.42	153.45	161.38	24.74		
fR <sub>max</sub>	58.10	56.55	59.65	9.67	56.58	55.05	58.12	9.58		
La <sub>Cmax</sub>	9.52	9.25	9.80	1.71	12.11	10.42	13.80	10.50		
S <sub>AT</sub> /P <sub>AT</sub> *	11.20	10.97	11.43	1.43	177.83	172.91	182.76	30.73		
S <sub>RCP</sub> /P <sub>RCP</sub> *	14.28	14.01	14.55	1.69	260.77	254.40	267.13	39.73		
S <sub>max</sub> /P <sub>max</sub> *	16.15	15.86	16.43	1.76	311.06	303.86	318.27	44.96		

Footnote: Abbreviations: CPET, cardiopulmonary exercise test; TE, trademill; CE, cycle ergometer; CI, confidence interval; SD, standard deviation; VO<sub>2AT</sub>, relative VO<sub>2</sub> at AT (mL·min<sup>-1</sup>·kg<sup>-1</sup>); VO<sub>2ATA</sub>, absolute VO<sub>2</sub> at AT (mL·min<sup>-1</sup>); RER<sub>AT</sub>, respiratory exchange ratio at AT; HR<sub>AT</sub>, heart rate at AT (bpm); VE<sub>AT</sub>, pulmonary ventilation at AT (L·min<sup>-1</sup>); fR<sub>AT</sub>, respiratory frequency at AT (breaths per minute); La<sub>CAT</sub>, lactate concentration at AT (mmol·L<sup>-1</sup>); VO<sub>2RCP</sub>, relative VO<sub>2</sub> at RCP (mL·min<sup>-1</sup>·kg<sup>-1</sup>); VO<sub>2RCPA</sub>, absolute VO<sub>2</sub> at RCP (mL·min<sup>-1</sup>); VO<sub>2RCP</sub>, relative VO<sub>2</sub> at RCP (mL·min<sup>-1</sup>·kg<sup>-1</sup>); RER<sub>RCP</sub>, respiratory exchange ratio at RCP; HR<sub>RCP</sub>, heart rate at RCP (bpm); VE<sub>RCP</sub>, pulmonary ventilation at RCP (L·min<sup>-1</sup>); fR<sub>RCP</sub>, respiratory frequency at RCP (breaths per minute); La<sub>Cmax</sub>, lactate concentration at RCP (mmol·L<sup>-1</sup>); VO<sub>2max</sub>, relative maximal VO<sub>2</sub> (mL·min<sup>-1</sup>·kg<sup>-1</sup>); VO<sub>2maxA</sub>, absolute maximal VO<sub>2</sub> (mL·min<sup>-1</sup>); RER<sub>max</sub>, maximal

respiratory exchange ratio;  $HR_{max}$ , maximal heart rate (bpm);  $VE_{max}$ , maximal pulmonary ventilation ( $L \cdot min^{-1}$ );  $fR_{max}$ , maximal respiratory frequency;  $Lac_{max}$ , maximal lactate concentration ( $mmol \cdot L^{-1}$ );  $S_{AT}$ , speed at AT ( $km \cdot h^{-1}$ );  $P_{AT}$ , power at AT (watt);  $S_{RCP}$ , speed at RCP ( $km \cdot h^{-1}$ );  $P_{RCP}$ , power at RCP (watt);  $S_{max}$ , maximal speed ( $km \cdot h^{-1}$ );  $P_{max}$ , maximal power (watt).  
\*speed for TE, power for CE.