Table 3. Cycling performance during the race and physical performance of all cyclists involved in Part2 study.

Characteristics	Mean values	Range
Anthropometrics and cycling experience		
Age (years)	25.3 ± 1.8	[22;28]
Height (cm)	180.9 ± 5.8	[172;192]
Body mass (kg)	72.6 ± 2.2	[69.2;76.7]
Body fat (%)	7.2 ± 3.3	[3.4;14.4]
Fixed gear history	> 5 years, n = 5	
	4 years, n = 2	
	< 2 years, n = 2	
Fixed gear bike use	Exclusive, n = 3	
	Recurrent, n = 6	
Average kilometer per week	> 200 km, n = 6	
	100 to 200 km, n = 3	
Performance during the criterium race		
Time trial (s)	103.2 ± 3.6	[96.8;107.8]
Fastest lap during heats (s)	97.7 ± 3.6	[92.9;104.3]
Heats average lap time (s)	104.2 ± 3.0	[98.8;108.0]
Heats fatigue index (%)	-6.7 ± 3.0	[-3.6;-11.5]
Fastest lap during finals (s)	97.8 ± 2.7	[92.8;102.0]
Finals average lap time (s)	101.9 ± 3.8	[95.8;109.7]
Finals fatigue index (%)	-4.1 ± 1.4	[-2.7;-7.6]
Laps number during finals (n)	19.3 ± 4.1	[13;28]
Physical performance		
Maximal aerobic power (W)	356.9 ± 27.1	[316;387]
Maximal heart rate (bpm)	193.2 ± 4.7	[183;201]
VO_{2max} ($mL.min^{-1}.kg^{-1}$)	60.2 ± 5.4	[53.0;72.3]
Counter Movement Jump (cm)	39.0 ± 6.2	[27.3;47.9]
Concentric KE torque (N.m)	212.7 ± 20.5	[190;259]
Eccentric KE torque (N.m)	281.0 ± 39.5	[209;328]
Concentric KF torque (N.m)	123.7 ± 17.9	[101;153]
Eccentric KE torque (N.m)	148.7 ± 23.4	[117;186]
Pedaling frequency decrease (%)	-50.5 ± 12.2	[-31.4;-66.4]

Values are presented as mean ± standard deviation (SD).