

Sex differences in human running performance: smaller gaps at shorter distances?

Literature Consensus



Performance Determinants

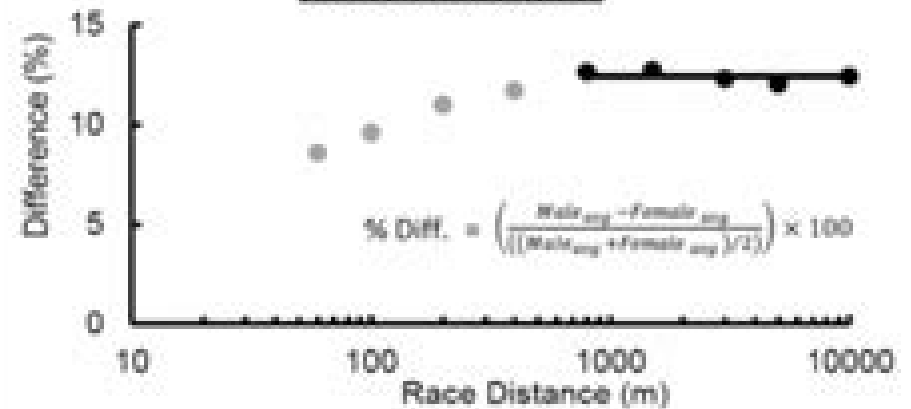


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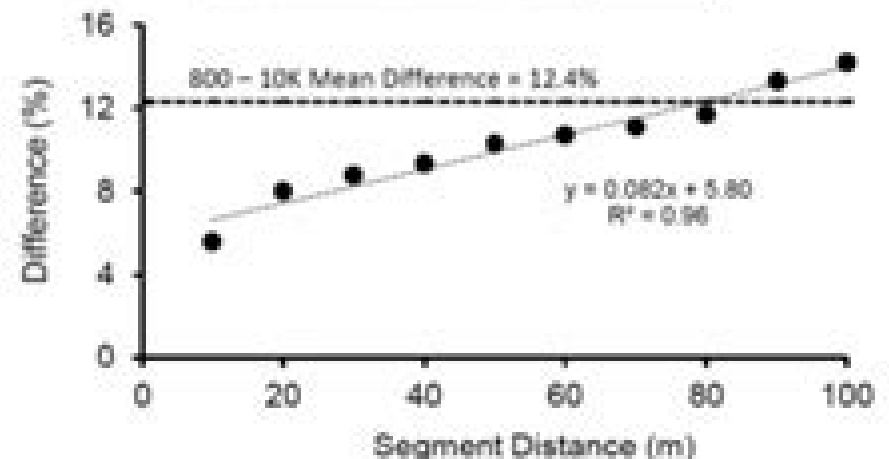
World Athletics (top lists & biomechanical reports)

- Standard race times (60 - 10K m)
n = 40 male & female per event
- 100 m (10-meter segment times)
n = 14 male, *n* = 12 female

Standard Races



100 Meter Race Segments



Conclusion

Sex differences in sprint running performance are relatively small and increase with running distance.

Sex Differences In Human Performance

Léo Pomar



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