Supplementary Digital Content 1. Feed-station location and the quantity of carbohydrate supplement collected at each station for the two half-ironman triathlons.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Bike Transition | Bike 2 | Run Transition | Run 1 | Run 2 | Run 3 | Totals |
| Taupo |  |
| Distance to next feed (km) | 61.6 | 28.4 | 5.5 | 5 | 5.5 | 5.1 | 111.1 |
|  |  |  |  |  |  |  |  |
| CHO Drink (ml) | 822 | 379 | 210 | 191 | 210 | 195 | 2007 |
| Water (ml) | 377 | 174 | 96 | 88 | 96 | 89 | 920 |
| Bar (units) | 1 | 0.4 | 0.6 | - | - | - | 2 |
| Gel (units) | 2 | 1 | - | 1 | 1 | 1 | 6 |
| CHO (g) | 156.5 | 71.5 | 41.7 | 40.4 | 41.7 | 40.7 | 392.5 |
| Tauranga |  |
| Distance to next feed (km) | 65.9 | 24.1 | 5.2 | 6.1 | 4.4 | 5.4 | 111.1 |
|  |  |  |  |  |  |  |  |
| CHO Drink (ml) | 879  | 321 | 199 | 233 | 161 | 214 | 2007 |
| Water (ml) | 403 | 147 | 91 | 107 | 74 | 98 | 920 |
| Bar (units) | 1 | 0.4 | 0.6 | - | - | - | 2 |
| Gel (units) | 2 | 1 | - | 1 | 1 | 1 | 6 |
| CHO (g) | 160.5 | 67.5 | 40.9 | 43.31 | 38.3 | 41.9 | 392.5 |