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| Supplementary Digital Content 4. Estimate of correlation between the psychometric scales for gastrointestinal comfort and respective leg times. |
|  | GLUFRU |  | GLU |
|  | r | Lower | Upper | Pvalue |  | r | Lower | Upper | Pvalue |
| Swim: nausea level | 0.05 | −0.19 | 0.28 | 0.69 |  | −0.10 | −0.33 | 0.14 | 0.39 |
| Swim: gut discomfort | −0.11 | −0.34 | 0.12 | 0.34 |  | −0.15 | −0.37 | 0.09 | 0.22 |
| Swim: energy level | −0.26 | −0.46 | −0.03 | 0.03 |  | −0.28 | −0.49 | −0.05 | 0.02 |
| Bike: nausea level | −0.09 | −0.31 | 0.15 | 0.48 |  | −0.24 | −0.45 | −0.01 | 0.04 |
| Bike: gut discomfort | −0.23 | −0.44 | 0.00 | 0.05 |  | −0.18 | −0.39 | 0.06 | 0.13 |
| Bike: energy level | 0.10 | −0.14 | 0.33 | 0.40 |  | −0.09 | −0.31 | 0.15 | 0.48 |
| Run: nausea level | 0.13 | −0.11 | 0.35 | 0.30 |  | 0.02 | −0.21 | 0.25 | 0.86 |
| Run: gut discomfort | 0.30 | 0.06 | 0.50 | 0.01 |  | 0.01 | −0.23 | 0.24 | 0.97 |
| Run: energy level | −0.45 | −0.62 | −0.24 | 0.00 |  | −0.49 | −0.65 | −0.29 | 0.00 |

Lower and Upper are the lower and upper 95% confidence interval.