

Figure 1. Relative Performance Improvement Index (RPPI) change of participant aged 37-75.

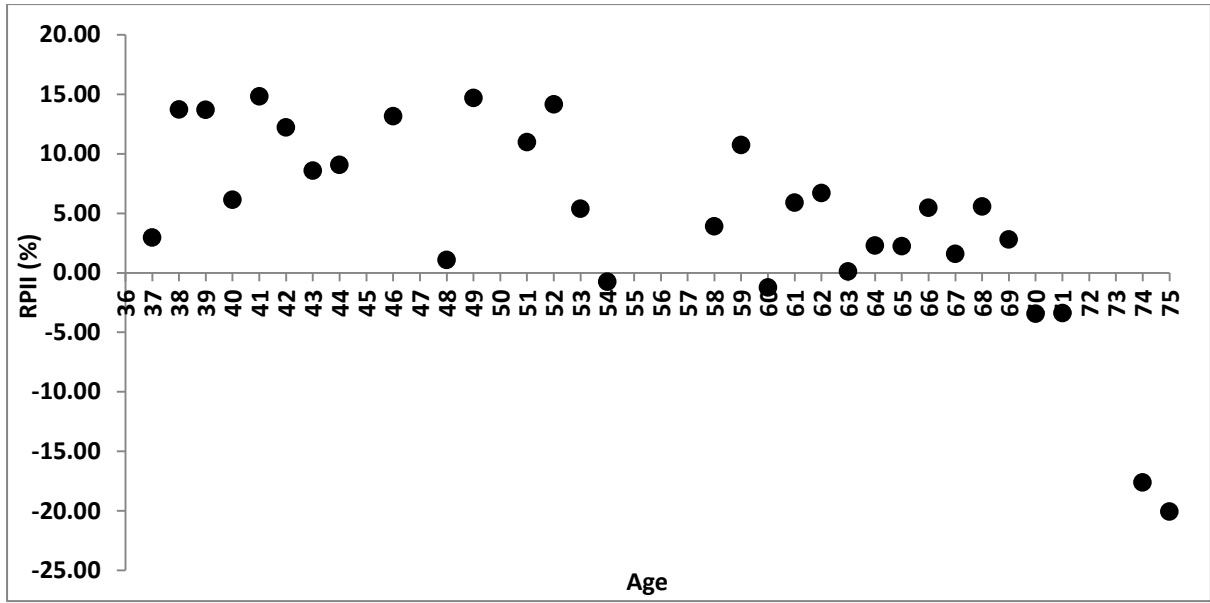


Figure 2. Best six annual Relative Performance Improvement Index (RPII) scores.

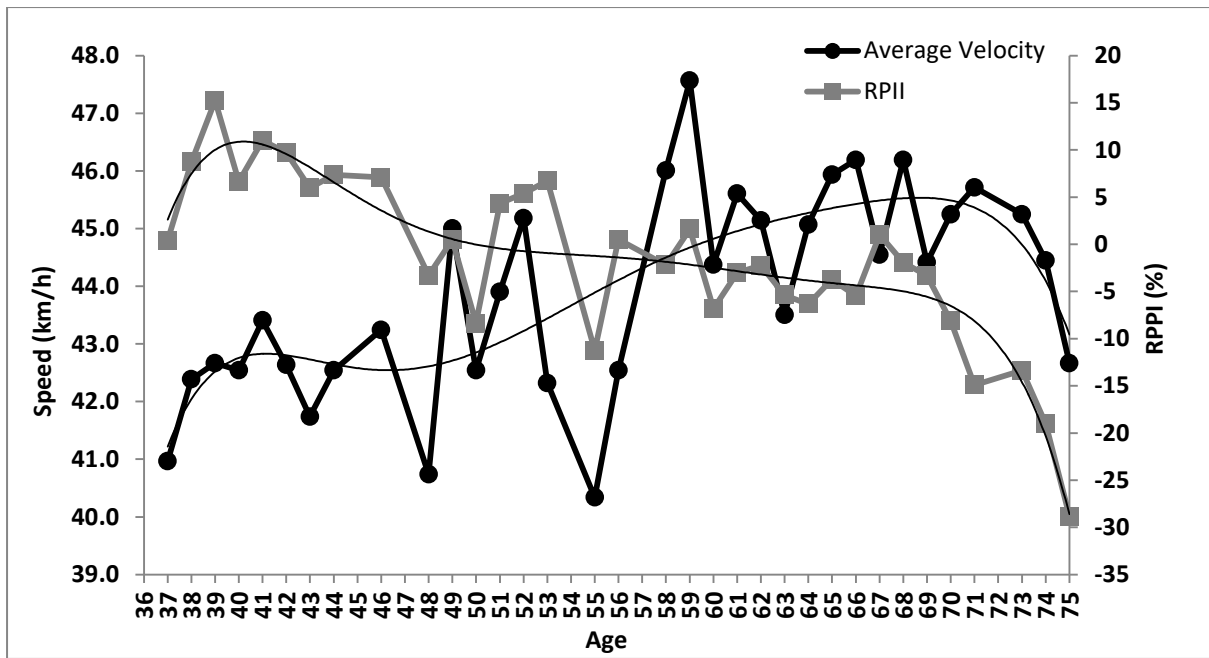


Figure 3. Best annual 16.1km Relative Performance Improvement Index (RPII) score.

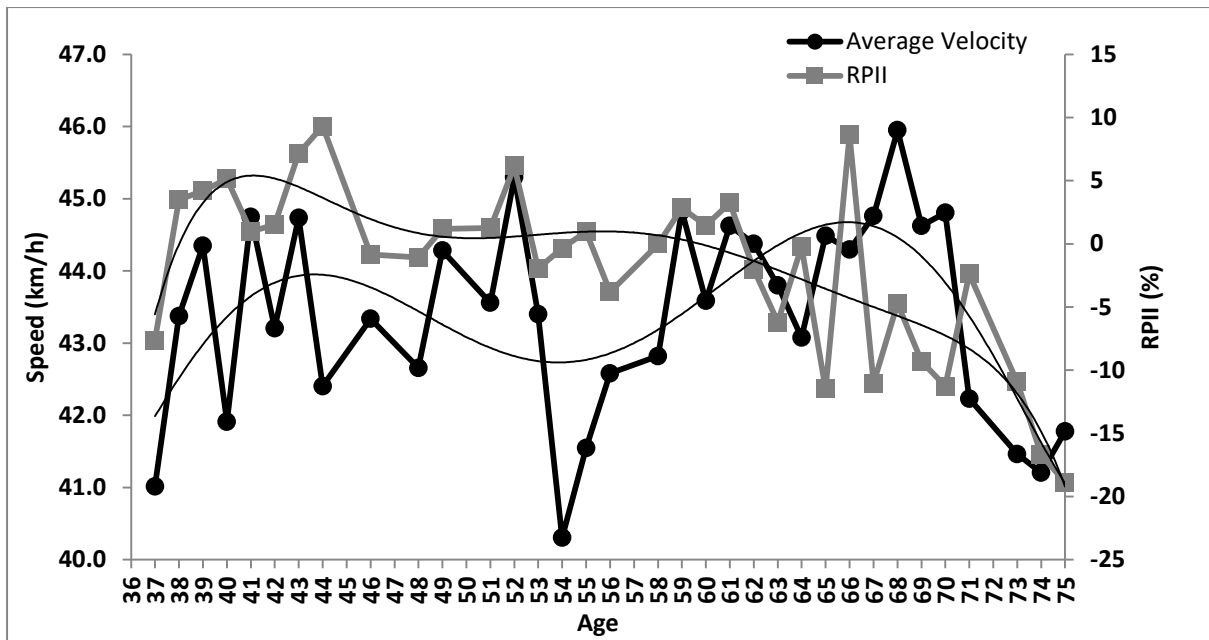


Figure 4. Best annual 40.2km Relative Performance Improvement Index (RPII) score.