Table 1: Characteristics of swimmers divided by gender

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| --- | --- | --- | --- | --- | --- |
|  | Average (± SD) | | | t\* | p (2-tailed)\* |
|  | All (N= 19) | Male swimmers (N= 6) | Female swimmers (N=13) |  |  |
| Age (years) | 14,95 ± 1,22 | 16,17 ± 0,75 | 14,38 ± 0,96 | 3,99 | 0,001 |
| Body hight (cm) | 173,97 ± 7,70 | 181,92 ± 4,32 | 170,31 ± 5,91 | 4,28 | 0,001 |
| Body weight (kg) | 62,35 ± 10,07 | 73,33 ± 4,88 | 57,28 ± 7,35 | 4,84 | 0,000 |
| BMR (kcal/day)  (kJ/day) | 1608,50 ± 180,30  (6729,96 ± 745,38 | 1827,88 ± 91,55  (7647,85 ± 383,04) | 1507,25 ± 100,50  (6306,33 ± 420,49) | 6,63 | 0,000 |
| FFM (kg) | 51,58 ± 9,39 | 62,97 ± 3,80 | 46,33 ± 5,62 | 6,54 | 0,000 |
| Fat mass (%) | 17,44 ±3,77 | 14,08 ± 1,75 | 18,99 ± 3,43 | 3,28 | 0,004 |
| Training load (h/week) | 20,78 ± 2,59 | 21,42 ± 3,52 | 20,48 ± 2,15 | 0,72 | 0,480 |
| Energy availability (kcal/kg FFM)  (kJ/kg FFM) | 37,01 ± 12,99  (155,23 ± 54,35) | 43,48 ± 9,16  (181,92 ± 38,32) | 34,02 ± 13,69  (143,09 ± 57,28) | 1,53 | 0,144 |

BMR – basal metabolic rate, FFM –fat free mass \*Difference between male and female swimmers