

Supplementary Table 1: Selected characteristics related to dehydration in trail runners on race-day

	Number of participants with dehydration (n=28)	Male (n=24)	Female (n=4)
Symptoms/ signs of dehydration			
Yes	28 (31.5%)	24 (85.7%)	4 (14.3%)
Distance (km)			
38	0 (0.0%)	0 (0.0%)	0 (0.0%)
65	0 (0.0%)	0 (0.0%)	0 (0.0%)
100	28 (100.0%)	24 (100.0%)	4 (100.0%)
Severity of dehydration			
Mild	17 (60.7%)	14 (100.0%)	3 (100%)
Moderate	3 (10.7%)	3 (100.0%)	0 (0.0%)
Severe	2 (7.1%)	2 (100.0%)	0 (0.0%)
Severity unspecified	6 (21.4%)	5 (100.0%)	1 (100%)
Urine colour			
Normal	1 (3.6%)	1 (100.0%)	0 (0.0%)
Light	2 (7.1%)	2 (100.0%)	0 (0.0%)
Dark	3 (10.7%)	3 (100.0%)	0 (0.0%)
Unspecified	8 (28.6%)	8 (100.0%)	0 (0.0%)
Race completion status			
Finished	23 (82.1%)	19 (79.2%)	4 (100.0%)
Did not finish	5 (17.9%)	5 (20.8%)	0 (0.0%)

Supplementary Table 2: Selected characteristics of fatigued trail runners

Characteristics	Participants with fatigue (n=21)	Male (n=13)	Female (n=8)
Sex			
Male	13 (61.9%)	13 (100.0%)	0 (0.0%)
Female	8 (38.1%)	0 (0.0%)	8 (100.0%)
Age (years)			
Min; Max	32; 53	32; 46	32; 53
Mean (CI)	41.57 (38.68-44.46)	43.00 (39.07-46.93)	39.25 (35.39-43.11)
Race Distance (km)			
38	0 (0.0%)	0 (0.0%)	0 (0.0%)
65	1 (4.8%)	0 (0.0%)	1 (12.5%)
100	20 (95.2%)	13 (100.0%)	7 (87.5%)
Race completion status			
Did not finish	13 (61.9%)	7 (53.8%)	6 (75.0%)
Finished	8 (38.1%)	6 (46.2%)	2 (25.0%)