

Supplementary Material

Supplementary Material A. Regression coefficients women's stages.

	Regressor	β_i	p_i	Regression function $Y=b_0+b_1*x+b_2*x^2+b_3*x^3+e$	95% CI [LL, UL]
Stage 1	Watts	β_1 : -1.240 β_2 : 0.201 β_3 : 0.382	p_1 : <0.001 p_2 : 0.094 p_3 : 0.099	$Y=3198025.107-8448.632*watts+53.238*watts^2+1.511*watts^3$	[-11212.661, -5684.604] [-9.630, 116.106] [-0.302, 3.323]
	W/kg	β_1 : -0.833 β_2 : 0.205 β_3 : 0.050	p_1 : <0.001 p_2 : 0.040 p_3 : 0.790	$Y=3214566.553-357537.266*w/kg+200146.597*w/kg^2+46191.472*w/kg^3$	[-517179.518, -197895.013] [9858.221, 390434.973] [-305905.074, 398288.018]
	W/kg 20m	β_1 : -1.312 β_2 : 0.336 β_3 : 0.738	p_1 : <0.001 p_2 : 0.011 p_3 : 0.007	$Y=3227694.808-600229.600*w/kg+352906.764*w/kg^2+787201.913*w/kg^3$	[-817305.073, -383154.127] [86291.104, 619522.423] [233220.914, 1341182.912]
	W/kg 5m	β_1 : -1.205 β_2 : 0.534 β_3 : 0.968	p_1 : <0.001 p_2 : 0.044 p_3 : 0.019	$Y=3217081.757-690794.040*w/kg+618635.523*w/kg^2+1246706.649*w/kg^3$	[-997833.342, -383754.738] [18821.707, 1218449.339] [219801.240, 2273612.057]
	W/kg 1m	β_1 : -0.478 β_2 : 0.421 β_3 : -0.102	p_1 : 0.160 p_2 : 0.008 p_3 : 0.763	$Y=3187042.298-158377.464*w/kg+198099.033*w/kg^2-35533.326*w/kg^3$	[-382974.464, 66219.537] [55881.925, 340316.140] [-274244.318, 203177.665]
	W/kg 30s	β_1 : 0.262 β_2 : 0.712 β_3 : -1.108	p_1 : 0.507 p_2 : 0.001 p_3 : 0.017	$Y=3173355.874+48985.890*w/kg+127166.216*w/kg^2-85740.630*w/kg^3$	[-100157.616, 198129.397] [53173.143, 201159.289] [-154664.175, -16817.084]
	W/kg 15s	β_1 : -0.261 β_2 : 0.551 β_3 : -0.488	p_1 : 0.406 p_2 : 0.093 p_3 : 0.276	$Y=3173932.849-27264.684*w/kg+30137.600*w/kg^2-5823.462*w/kg^3$	[-93427.865, 38898.497] [-5380.868, 65656.067] [-16619.528, 4972.604]
	Weight	β_1 : 0.261 β_2 : 0.081 β_3 : -0.271	p_1 : 0.447 p_2 : 0.833 p_3 : 0.611	$Y=3224510.703+9950.107*kg+368.634*kg^2-80.537*kg^3$	[-16577.850, 36478.064] [-3198.595, 3935.863] [-402.401, 241.327]
	Height	β_1 : -0.352 β_2 : -0.025 β_3 : -0.008	p_1 : 0.365 p_2 : 0.898 p_3 : 0.983	$Y=3225534.985-10763.996*cm-112.295*cm^2-2.881*cm^3$	[-34808.850, 13280.857] [-1909.435, 1684.845] [-276.546, 270.783]
Stage 2	Watts	β_1 : -0.905 β_2 : 0.064 β_3 : 0.184	p_1 : <0.001 p_2 : 0.554 p_3 : 0.351	$Y=3156514.188-8304.604*watts+15.262*watts^2+0.674*watts^3$	[-11905.680, 4703.529] [-36.504, 67.028] [-0.772, 2.122]
	W/kg	β_1 : -0.847 β_2 : 0.264 β_3 : -0.103	p_1 : <0.001 p_2 : <0.001 p_3 : 0.343	$Y=3110550.046-404651.695*w/kg+242916.567*w/kg^2-84360.630*w/kg^3$	[-505439.264, -303864.126] [135903.193, 349929.941] [-262332.613, 93611.353]
	W/kg 20m	β_1 : -0.956 β_2 : 0.161 β_3 : 0.106	p_1 : <0.001 p_2 : 0.055 p_3 : 0.465	$Y=3140762.179-532721.336w/kg+176589.814*w/kg^2+114213.865*w/kg^3$	[-688797.683, -376644.989] [-4087.948, 357267.575] [-199253.556, 427681.285]
	W/kg 5m	β_1 : -0.940 β_2 : 0.188 β_3 : 0.057	p_1 : <0.001 p_2 : 0.107 p_3 : 0.754	$Y=3140427.475-383582.968*w/kg+91317.734*w/kg^2+18795.448*w/kg^3$	[-512371.817, -254794.120] [-20720.835, 203356.304] [-102011.115, 139602.010]
	W/kg 1m	β_1 : -0.890 β_2 : 0.292 β_3 : 0.008	p_1 : <0.001 p_2 : 0.176 p_3 : 0.975	$Y=3128638.685-251571.598*w/kg+51206.984*w/kg^2+524.508*w/kg^3$	[-341819.001, -161324.196] [-34046.970, 126460.937] [-33420.793, 34469.808]
	W/kg 30s	β_1 : -0.957 β_2 : 0.982 β_3 : -0.590	p_1 : <0.001 p_2 : 0.007 p_3 : 0.106	$Y=3077446.735-167276.694*w/kg+67907.666*w/kg^2-9517.775*w/kg^3$	[-221112.680, -113440.709] [19863.737, 115951.595] [-21142.451, 2106.902]
	W/kg 15s	β_1 : -0.739 β_2 : 0.566 β_3 : -0.395	p_1 : 0.001 p_2 : 0.024 p_3 : 0.225	$Y=3084797.244-93148.782*w/kg+30488.318*w/kg^2-4724.687*w/kg^3$	[-143605.483, -42692.081] [4169.356, 56807.280] [-12476.144, 3026.771]
	Weight	β_1 : -0.255 β_2 : 0.197 β_3 : 0.562	p_1 : 0.532 p_2 : 0.326 p_3 : 0.205	$Y=3126581.271-10828.243*kg+1288.408*kg^2-306.478*kg^3$	[-45716.088, 24059.603] [-1338.836, 3915.653] [-176.218, 789.174]

	Height	$\beta_1: 0.773$ $\beta_2: -0.046$ $\beta_3: 0.943$	$p_1: 0.019$ $p_2: 0.797$ $p_3: 0.007$	$Y=3102977.398+22046.955*c$ $m-170.329cm^2-236.519*cm^3$	[3917.140, 40176.771] [-1511.829, 1171.171] [-403.259, -69.780]
Stage 3	Watts	$\beta_1: -0.604$ $\beta_2: 0.307$ $\beta_3: -0.139$	$p_1: <0.001$ $p_2: 0.049$ $p_3: 0.479$	$Y=4149483.386-$ $6626.968*watts+63.883*watts^2$ $+0.294*watts^3$	[-9294.155, 3959.782] [0.274, 127.492] [-1.132, 0.544]
	W/kg	$\beta_1: -0.667$ $\beta_2: 0.284$ $\beta_3: -0.093$	$p_1: <0.001$ $p_2: 0.067$ $p_3: 0.614$	$Y=4160439.860-$ $493231.022*w/kg+245028.812$ $*w/kg^2-51936.633*w/kg^3$	[-645177.807, -341284.237] [-18793.717, 508851.340] [-260492.439, 156619.174]
	W/kg 20m	$\beta_1: -0.379$ $\beta_2: 0.295$ $\beta_3: -0.337$	$p_1: 0.019$ $p_2: 0.046$ $p_3: 0.106$	$Y=4122734.790-$ $389025.472*w/kg+545399.107$ $*w/kg^2-634064.971*w/kg^3$	[-709068.269, -68982.675] [9955.437, 1080842.777] [-1411896.646, 143766.703]
	W/kg 5m	$\beta_1: -0.432$ $\beta_2: 0.371$ $\beta_3: -0.278$	$p_1: 0.233$ $p_2: 0.035$ $p_3: 0.463$	$Y=4093999.095-$ $4511637.292*w/kg+1022502.3$ $96*w/kg^2-999728.430*w/kg^3$	[-1212139.351, 308864.766] [79583.090, 1965421.703] [-3759772.644, 1760315.785]
	W/kg 1m	$\beta_1: -0.323$ $\beta_2: 0.786$ $\beta_3: -0.762$	$p_1: 0.155$ $p_2: <0.001$ $p_3: 0.007$	$Y=4014097.134-$ $157118.110*w/kg+450491.731$ $*w/kg^2-251098.267*w/kg^3$	[-377990.887, 63754.667] [276758.324, 624225.139] [-428061.626, -74134.909]
	W/kg 30s	$\beta_1: -0.029$ $\beta_2: 0.478$ $\beta_3: -0.714$	$p_1: 0.939$ $p_2: 0.009$ $p_3: 0.085$	$Y=4095853.470-$ $8107.875*w/kg+87379.516*w/$ $kg^2-45500.935*w/kg^3$	[-225358.469, 209142.726] [23406.376, 151352.655] [-97788.277, 6786.407]
	W/kg 15s	$\beta_1: -0.212$ $\beta_2: 0.469$ $\beta_3: -0.510$	$p_1: 0.543$ $p_2: 0.033$ $p_3: 0.207$	$Y=4107372.333-$ $40129.820*w/kg+35180.029*$ $w/kg^2-8333.177*w/kg^3$	[-174215.783, 93956.143] [3123.082, 67236.977] [-21591.087, 4924.734]
	Weight	$\beta_1: -0.290$ $\beta_2: -0.220$ $\beta_3: 0.249$	$p_1: 0.464$ $p_2: 0.419$ $p_3: 0.582$	$Y=4256498.058-$ $27032.452*kg-$ $4148.604*kg^2+481.511*kg^3$	[-102305.987, 48241.083] [-14588.007, 6290.798] [-1307.305, 2270.328]
	Height	$\beta_1: -0.506$ $\beta_2: 0.024$ $\beta_3: 0.136$	$p_1: 0.121$ $p_2: 0.932$ $p_3: 0.771$	$Y=4141882.332-$ $19366.071*cm+138.329*cm^2+$ $60.209*cm^3$	[-50687.301, 11955.160] [-3184.386, 3461.045] [-366.404, 486.822]
Stage 4	Watts	$\beta_1: -0.614$ $\beta_2: 0.325$ $\beta_3: -0.093$	$p_1: 0.002$ $p_2: 0.043$ $p_3: 0.697$	$Y=4116297.887-$ $6750.897*watts+66.843*watts^2$ $-0.207*watts^3$	[-10895.757, -2606.037] [2.113, 131.573] [-1.281, 0.867]
	W/kg	$\beta_1: -0.816$ $\beta_2: 0.400$ $\beta_3: 0.162$	$p_1: <0.001$ $p_2: 0.001$ $p_3: 0.301$	$Y=4127024.869-$ $611122.046*w/kg+337005.857$ $*w/kg^2+89213.212*w/kg^3$	[-756961.005, -465283.086] [139488.265, 534523.450] [-83216.936, 261643.361]
	W/kg 20m	$\beta_1: -1.084$ $\beta_2: 0.497$ $\beta_3: 0.636$	$p_1: <0.001$ $p_2: 0.003$ $p_3: 0.011$	$Y=4071370.267-$ $959660.357*w/kg+622927.102$ $*w/kg^2+720848.650*w/kg^3$	[-1280623.488, -638697.225] [232831.210, 1013022.994] [181170.331, 1260526.968]
	W/kg 5m	$\beta_1: -0.946$ $\beta_2: 0.253$ $\beta_3: 0.269$	$p_1: <0.001$ $p_2: 0.042$ $p_3: 0.201$	$Y=4062513.575-$ $738072.998*w/kg+380199.777$ $*w/kg+380048.145*w/kg^3$	[-1065730.300, -410415.695] [15627.048, 744772.505] [-214219.989, 974316.280]
	W/kg 1m	$\beta_1: -0.053$ $\beta_2: 0.113$ $\beta_3: -0.308$	$p_1: 0.864$ $p_2: 0.564$ $p_3: 0.359$	$Y=4096512.641-$ $31061.497*w/kg+77325.083*$ $w/kg^2-140129.492*w/kg^3$	[-398574.812, 336451.819] [-193421.755, 348071.920] [-447502.316, 167243.332]
	W/kg 30s	$\beta_1: -0.271$ $\beta_2: 0.120$ $\beta_3: -0.164$	$p_1: 0.439$ $p_2: 0.500$ $p_3: 0.639$	$Y=4092442.152-$ $73441.507*w/kg+25914.764*$ $w/kg^2-12457.084*w/kg^3$	[-264655.182, 117772.168] [-51766.301, 103595.829] [-66198.262, 41284.093]
	W/kg 15s	$\beta_1: -0.455$ $\beta_2: 0.165$ $\beta_3: -0.009$	$p_1: 0.246$ $p_2: 0.329$ $p_3: 0.981$	$Y=4070251.736-$ $74566.907*w/kg+15752.568*$ $w/kg^2-188.866*w/kg^3$	[-203364.643, 54230.830] [-16726.378, 48231.515] [-16528.403, 16150.672]
	Weight	$\beta_1: 0.304$ $\beta_2: 0.097$ $\beta_3: -0.197$	$p_1: 0.411$ $p_2: 0.618$ $p_3: 0.610$	$Y=4155834.636+22787.698*k$ $g+1035.235*kg^2-163.786*kg^3$	[-32907.646, 78483.043] [-3149.973, 5220.443] [-812.568, 484.696]
	Height	$\beta_1: 0.113$ $\beta_2: 0.343$ $\beta_3: 0.068$	$p_1: 0.717$ $p_2: 0.069$ $p_3: 0.829$	$Y=4033743.047+3770.455*cm$ $+1181.547*cm^2+13.969*cm^3$	[-17288.193, 24829.083] [-100.270, 2463.364] [-117.336, 145.274]
Stage 5	Watts	$\beta_1: -0.868$ $\beta_2: 0.275$ $\beta_3: 0.070$	$p_1: <0.001$ $p_2: 0.007$ $p_3: 0.715$	$Y=3868765.876-$ $13337.906*watts+107.988*wat$ $ts^2+0.378*watts^3$	[-19270.778, -7405.035] [31.927, 184.050] [-1.716, 2.472]

Stage 6	W/kg	β_1 : -0.870 β_2 : 0.200 β_3 : -0.007	p_1 : <0.001 p_2 : <0.001 p_3 : 0.919	$Y=3871737.780-699642.325*w/kg+278337.624*w/kg^2-69995.975*w/kg^3$	[-783804.178, -615480.472] [171054.788, 385620.461] [-147041.250, 133049.301]
	W/kg 20m	β_1 : -1.044 β_2 : 0.208 β_3 : 0.184	p_1 : <0.001 p_2 : <0.001 p_3 : 0.128	$Y=3903673.002-994654.563*w/kg+319329.970*w/kg^2+255494.710*w/kg^3$	[-1226630.709, -762678.418] [154110.026, 484549.914] [-78423.865, 589413.285]
	W/kg 5m	β_1 : -1.141 β_2 : 0.132 β_3 : 0.362	p_1 : <0.001 p_2 : 0.164 p_3 : 0.039	$Y=3926301.733-1040360.782*w/kg+158787.751*w/kg^2+330020.573*w/kg^3$	[-1349512.292, -731209.273] [-68828.574, 386404.077] [17019.581, 643021.566]
	W/kg 1m	β_1 : -1.088 β_2 : 0.208 β_3 : 0.305	p_1 : <0.001 p_2 : 0.105 p_3 : 0.189	$Y=3878709.109-639264.220*w/kg+108976.273*w/kg^2+81725.991*w/kg^3$	[-896411.214, -382117.226] [-24296.909, 242249.455] [-42650.329, 206102.311]
	W/kg 30s	β_1 : -0.967 β_2 : 0.322 β_3 : 0.119	p_1 : <0.001 p_2 : 0.102 p_3 : 0.665	$Y=3865634.615-433043.433*w/kg+86637.220*w/kg^2+10946.002*w/kg^3$	[-612391.290, -253695.576] [-18171.072, 191445.511] [-40213.689, 62105.693]
	W/kg 15s	β_1 : -0.869 β_2 : 0.513 β_3 : -0.129	p_1 : <0.001 p_2 : 0.051 p_3 : 0.696	$Y=3826415.086-303885.024*w/kg+86556.615*w/kg^2-5784.725*w/kg^3$	[-447809.687, -159960.360] [-294.554, 173407.784] [-35808.307, 24238.857]
	Weight	β_1 : 0.205 β_2 : -0.028 β_3 : 0.083	p_1 : 0.650 p_2 : 0.896 p_3 : 0.860	$Y=3978556.631+19429.847*kg-407.813*kg^2+104.961*kg^3$	[-67542.401, 106402.095] [-6748.162, 5932.536] [-1109.929, 1319.852]
	Height	β_1 : 0.070 β_2 : -0.113 β_3 : -0.026	p_1 : 0.871 p_2 : 0.591 p_3 : 0.952	$Y=3922036.330+4998.935*cm-1146.932*cm^2-20.563*cm^3$	[-57754.766, 67752.637] [-5491.298, 3197.435] [-724.073, 682.946]
	Watts	β_1 : -0.741 β_2 : 0.544 β_3 : 0.326	p_1 : 0.002 p_2 : 0.004 p_3 : 0.243	$Y=3519020.538-6238.278*watts+109.569*watts^2+0.816*watts^3$	[-9937.488, -2539.069] [38.352, 180.786] [-0.590, 2.221]
	W/kg	β_1 : -1.015 β_2 : 0.531 β_3 : 0.455	p_1 : <0.001 p_2 : <0.001 p_3 : 0.003	$Y=3529744.185-517249.033*w/kg+383682.368*w/kg^2+245369.108*w/kg^3$	[-640766.259, -393731.808] [256253.130, 511111.605] [89262.886, 401475.330]
	W/kg 20m	β_1 : -0.676 β_2 : 0.431 β_3 : 0.674	p_1 : 0.011 p_2 : 0.016 p_3 : 0.506	$Y=3547829.456-439439.504*w/kg+439185.901*w/kg^2+1733485.597*w/kg^3$	[-767481.720, -111397.288] [90624.026, 787747.776] [-356325.124, 703296.317]
	W/kg 5m	β_1 : -0.387 β_2 : 0.235 β_3 : -0.265	p_1 : 0.180 p_2 : 0.158 p_3 : 0.397	$Y=3569741.557-329353.382*w/kg+409845.332*w/kg^2-580739*w/kg^3$	[-821678.348, 162971.585] [-170625.770, 990316.435] [-1969747.830, 808269.056]
	W/kg 1m	β_1 : -0.565 β_2 : 0.279 β_3 : -0.056	p_1 : 0.047 p_2 : 0.106 p_3 : 0.853	$Y=3546931.938-224125.971*w/kg+142713.730*w/kg^2-16842.394*w/kg^3$	[-445464.262, -2787.679] [-32813.789, 318241.249] [-201618.317, 167933.529]
	W/kg 30s	β_1 : -0.215 β_2 : 0.441 β_3 : -0.496	p_1 : 0.553 p_2 : 0.013 p_3 : 0.198	$Y=3511895.498-46149.307*w/kg+73524.497*w/kg^2-28907.141*w/kg^3$	[-204349.787, 112051.174] [16827.217, 130221.777] [-73911.283, 16097.001]
	W/kg 15s	β_1 : -0.647 β_2 : -0.044 β_3 : 0.359	p_1 : 0.094 p_2 : 0.868 p_3 : 0.432	$Y=3610210.166-99477.782*w/kg-3424.019*w/kg^2+6500.880*w/kg^3$	[-217161.558, 18205.973] [-45344.566, 38496.528] [-10263.969, 23265.728]
	Weight	β_1 : 0.243 β_2 : -0.237 β_3 : -0.198	p_1 : 0.495 p_2 : 0.444 p_3 : 0.668	$Y=3641668.629+13077.576*kg-1345.067*kg^2-72.908*kg^3$	[-25875.355, 52030.507] [-4909.550, 2219.416] [-419.238, 273.422]
	Height	β_1 : 0.081 β_2 : 0.037 β_3 : 0.252	p_1 : 0.848 p_2 : 0.860 p_3 : 0.551	$Y=3551194.674+3052.189*cm+152.969*cm^2+72.781*cm^3$	[-29620.794, 35725.173] [-1628.082, 1934.020] [-176.548, 322.111]

Note. W/kg = relative power in watt per kg bodyweight; Watts = absolute power in watts; W/kg 20m = relative peak power over 20 minutes; W/kg 5m = relative peak power over 5 minutes; W/kg 1m = relative peak power over 1 minute; W/kg 30s = relative peak power over 30 seconds; W/kg 15s = relative peak power over 15 seconds; weight = rider's body weight in kilogram; height = rider's body height in centimeter; β_i = standardized regression coefficient; p_i = p-value; 95% CI = 95% confidence interval; LL and UL indicate the lower and upper limits of a confidence interval.

Supplementary Material B. Regression coefficients men's stages.

	Regressor	β_i	p_i	Regression function $Y=b_0+b_1*x+b_2*x^2+b_3*x^3+e$	95% CI [LL, UL]
Stage 1	Watts	β_1 : -0.889 β_2 : 0.531 β_3 : 0.287	p_1 : <0.001 p_2 : <0.001 p_3 : 0.166	$Y=2805038.679-4476.514*watts+35.487*watts^2+0.161*watts^3$	[-6094.397, -2858.630] [19.750, 51.224] [-0.073, 0.396]
	W/kg	β_1 : -0.990 β_2 : 0.837 β_3 : 0.733	p_1 : <0.001 p_2 : <0.001 p_3 : <0.001	$Y=2799643.284-399708.753*w/kg+332147.842*w/kg^2+178670.852*w/kg^3$	[-468423.601, -330993.905] [213135.805, 451159.879] [95154.632, 262187.073]
	W/kg 20m	β_1 : -1.383 β_2 : 1.819 β_3 : 2.303	p_1 : <0.001 p_2 : 0.005 p_3 : 0.004	$Y=2830561.367-830218.518*w/kg+939677.516*w/kg^2+789965.199*w/kg^3$	[-1336215.789, -524221.247] [320957.947, 1558397.086] [284258.001, 1295682.396]
	W/kg 5m	β_1 : -0.377 β_2 : 0.086 β_3 : -0.299	p_1 : 0.312 p_2 : 0.823 p_3 : 0.601	$Y=2848971.791-201712.883*w/kg+57194.845*w/kg^2-149903.550*w/kg^3$	[-607732.006, 204306.240] [-468995.636, 583385.325] [-738172.013, 438364.913]
	W/kg 1m	β_1 : 0.074 β_2 : 0.519 β_3 : -0.834	p_1 : 0.892 p_2 : 0.004 p_3 : 0.028	$Y=2772235.325+20008.088*w/kg+164201.546*w/kg^2-140580.008*w/kg^3$	[-171136.024, 211152.200] [57990.204, 270412.888] [-264569.791, -16590.225]
	W/kg 30s	β_1 : 0.350 β_2 : 0.695 β_3 : -1.163	p_1 : 0.263 p_2 : <0.001 p_3 : 0.002	$Y=2744595.524+46566.373*w/kg+47334.215*w/kg^2-20520.673*w/kg^3$	[-37775.958, 130908.703] [26234.183, 68434.248] [-32456.665, -8584.682]
	W/kg 15s	β_1 : 0.670 β_2 : 0.545 β_3 : -1.289	p_1 : 0.039 p_2 : <0.001 p_3 : <0.001	$Y=2727087.294+67011.261*w/kg+23050.116*w/kg^2-11006.484*w/kg^3$	[3801.589, 130220.934] [12333.294, 33766.938] [-16341.298, -5671.670]
	Weight	β_1 : -0.102 β_2 : -0.093 β_3 : -0.125	p_1 : 0.823 p_2 : 0.759 p_3 : 0.815	$Y=2878540.316-4645.259*kg-641.837*kg^2-70.857*kg^3$	[-47396.466, 38105.949] [-4940.294, 3656.620] [-694.998, 553.284]
	Height	β_1 : -0.107 β_2 : -0.493 β_3 : 0.377	p_1 : 0.834 p_2 : 0.335 p_3 : 0.621	$Y=2806533.150-2075.051*cm-1149.835*cm^2+60.707*cm^3$	[-22702.642, 18552.540] [-3599.616, 1299.947] [-194.392, 315.807]
Stage 2	Watts	β_1 : -0.454 β_2 : 0.304 β_3 : -0.241	p_1 : 0.079 p_2 : 0.044 p_3 : 0.391	$Y=2590013.004-2554.174*watts+35.773*watts^2-0.337*watts^3$	[-5429.603, 321.255] [1.012, 70.534] [-1.136, 0.462]
	W/kg	β_1 : -0.806 β_2 : 0.312 β_3 : 0.086	p_1 : <0.001 p_2 : 0.047 p_3 : 0.708	$Y=2608318.012-275845.880*w/kg+112229.804*w/kg^2+20218.255*w/kg^3$	[-385323.648, -166368.111] [1453.969, 223005.639] [-90518.964, 130955.473]
	W/kg 20m	β_1 : -0.705 β_2 : 0.273 β_3 : -0.039	p_1 : <0.001 p_2 : 0.088 p_3 : 0.861	$Y=2604154.418-336940.366*w/kg+218292.536*w/kg^2-29238.778*w/kg^3$	[-490647.986, -183232.746] [-35571.211, 472156.282] [-372396.118, 313918.562]
	W/kg 5m	β_1 : -0.882 β_2 : 0.483 β_3 : -0.089	p_1 : 0.004 p_2 : 0.016 p_3 : 0.787	$Y=2569050.769-376242.694*w/kg+346908.586*w/kg^2-58214.222*w/kg^3$	[-617324.008, -135161.379] [70526.850, 623287.322] [-501351.488, 384923.043]
	W/kg 1m	β_1 : -0.870 β_2 : 0.680 β_3 : -0.269	p_1 : 0.003 p_2 : 0.088 p_3 : 0.591	$Y=2568040.786-191180.602*w/kg+105017.052*w/kg^2-16836.439*w/kg^3$	[-311466.863, -70894.340] [-17208.474, 227242.579] [-80945.189, 47272.311]
	W/kg 30s	β_1 : -0.631 β_2 : 0.572 β_3 : -0.404	p_1 : 0.030 p_2 : 0.016 p_3 : 0.280	$Y=2553172.338-56603.995*w/kg+20779.914*w/kg^2-2755.619*w/kg^3$	[-107231.667, -5976.323] [4354.342, 37205.487] [-7924.308, 2413.069]
	W/kg 15s	β_1 : -0.687 β_2 : 0.296 β_3 : -0.090	p_1 : 0.041 p_2 : 0.095 p_3 : 0.792	$Y=2590314.402-49716.568*w/kg+6956.735*w/kg^2-332.965*w/kg^3$	[-97122.861, -2310.275] [-1308.419, 15221.886] [-2923.124, 2257.193]
	Weight	β_1 : 1.092 β_2 : -0.375 β_3 : -0.972	p_1 : 0.009 p_2 : 0.106 p_3 : 0.026	$Y=2691372.834+37560.801*kg-1766.605*kg^2-318.035*kg^3$	[10678.836, 64442.765] [-3942.944, 409.735] [-593.486, -42.584]
	Height	β_1 : 0.408 β_2 : 0.214 β_3 : -0.381	p_1 : 0.498 p_2 : 0.597 p_3 : 0.606	$Y=2537621.278+5348.884*cm+500.165*cm^2-71.050*cm^3$	[-11137.030, 21834.798] [-1484.523, 2484.853] [-359.459, 217.360]

Stage 3	Watts	β_1 : -1.063 β_2 : -0.151 β_3 : 0.146	p_1 : 0.002 p_2 : 0.524 p_3 : 0.712	$Y=3939967.762-5797.802*watts-11.468*watts^2+0.087*watts^3$	$[-9053.897, -2541.706]$ $[-48.757, 25.821]$ $[-0.404, 0.578]$
	W/kg	β_1 : -1.056 β_2 : 0.059 β_3 : 0.183	p_1 : <0.001 p_2 : 0.707 p_3 : 0.471	$Y=3892604.501-456179.290*w/kg+32643.633*w/kg^2-61909.356*w/kg^3$	$[-624426.559, -287932.021]$ $[-148436.239, 213723.504]$ $[-115855.998, 239674.709]$
	W/kg 20m	β_1 : -1.003 β_2 : 0.237 β_3 : 0.303	p_1 : 0.009 p_2 : 0.228 p_3 : 0.431	$Y=3830789.804-549018.239*w/kg+192331.236*w/kg^2+197681.519*w/kg^3$	$[-937775.908, -160260.570]$ $[-134633.179, 519295.651]$ $[-325384.568, 720747.605]$
	W/kg 5m	β_1 : -1.182 β_2 : 0.123 β_3 : 0.460	p_1 : 0.002 p_2 : 0.448 p_3 : 0.163	$Y=3835648.390-772324.203*w/kg+147146.966*w/kg^2+520872.096*w/kg^3$	$[-1212201.446, -332446.961]$ $[-257148.320, 551442.253]$ $[-237734.392, 1279478.583]$
	W/kg 1m	β_1 : -1.077 β_2 : 0.313 β_3 : 0.182	p_1 : 0.003 p_2 : 0.521 p_3 : 0.304	$Y=3805130.416-375316.682*w/kg+79517.774*w/kg^2+19738.218*w/kg^3$	$[-596018.345, -154615.019]$ $[-179272.307, 338307.854]$ $[-119338.712, 158815.148]$
	W/kg 30s	β_1 : -1.073 β_2 : 0.759 β_3 : -0.229	p_1 : 0.005 p_2 : 0.287 p_3 : 0.776	$Y=3765334.840-226793.118*w/kg+66874.767*w/kg^2-5267.681*w/kg^3$	$[-371398.699, -82187.537]$ $[-62576.358, 196325.892]$ $[-44140.913, 33605.551]$
	W/kg 15s	β_1 : -0.906 β_2 : -0.605 β_3 : 0.992	p_1 : 0.044 p_2 : 0.495 p_3 : 0.338	$Y=3890062.386-142057.174*w/kg-27669.451*w/kg^2+8586.563*w/kg^3$	$[-279814.314, -4300.033]$ $[-112424.245, 57085.342]$ $[-9988.778, 27161.905]$
	Weight	β_1 : 0.386 β_2 : 0.170 β_3 : -0.437	p_1 : 0.485 p_2 : 0.825 p_3 : 0.670	$Y=3816394.859+14390.716*k g+518.258*kg^2-65.799*kg^3$	$[-25828.689, 54610.121]$ $[-4385.143, 5421.659]$ $[-388.348, 256.751]$
	Height	β_1 : 0.542 β_2 : -0.293 β_3 : -0.246	p_1 : 0.513 p_2 : 0.635 p_3 : 0.825	$Y=3789120.869+19881.259*c m-1798.819*cm^2-129.954*cm^3$	$[-46093.806, 85856.325]$ $[-10079.382, 6481.744]$ $[-1419.500, 1159.592]$
Stage 4	Watts	β_1 : -1.021 β_2 : 0.504 β_3 : 0.676	p_1 : <0.001 p_2 : 0.130 p_3 : 0.135	$Y=3674042.574-7959.950*watts+67.364*watts^2+0.867*watts^3$	$[-11881.047, -4038.853]$ $[-21.303, 156.032]$ $[-0.289, 2.023]$
	W/kg	β_1 : -0.791 β_2 : 0.164 β_3 : -0.003	p_1 : <0.001 p_2 : 0.641 p_3 : 0.994	$Y=3703902.853-498738.394*w/kg+101600.809*w/kg^2-995.187*w/kg^3$	$[-664541.027, -332935.762]$ $[-343824.892, 547026.509]$ $[-282559.162, 280568.788]$
	W/kg 20m	β_1 : -1.491 β_2 : 0.698 β_3 : 0.756	p_1 : <0.001 p_2 : <0.001 p_3 : <0.001	$Y=3596485.262-1057511.054*w/kg+3009740.662*w/kg^2-1692342.182*w/kg^3$	$[-1430328.760, -684693.348]$ $[1554201.215, 4465280.109]$ $[874125.370, 2510558.995]$
	W/kg 5m	β_1 : -0.877 β_2 : 0.781 β_3 : 0.655	p_1 : <0.001 p_2 : 0.084 p_3 : 0.236	$Y=3632588.412-424263.327*w/kg+228688.288*w/kg^2+81159.344*w/kg^3$	$[-632651.280, -215875.373]$ $[-33472.290, 490848.866]$ $[-57668.576, 219987.264]$
	W/kg 1m	β_1 : -0.709 β_2 : 0.459 β_3 : 0.000	p_1 : 0.003 p_2 : 0.005 p_3 : 0.999	$Y=3597917.986-222144.559*w/kg+91549.453*w/kg^2-11.693*w/kg^3$	$[-360408.613, -83880.505]$ $[30831.181, 152267.724]$ $[-37394.435, 37371.049]$
	W/kg 30s	β_1 : -0.575 β_2 : 0.531 β_3 : -0.294	p_1 : 0.003 p_2 : <0.001 p_3 : 0.100	$Y=3569918.932-114974.557*w/kg+51293.145*w/kg^2-7243.635*w/kg^3$	$[-186884.331, -43064.784]$ $[31984.563, 70601.727]$ $[-16018.439, 1531.168]$
	W/kg 15s	β_1 : -0.099 β_2 : 0.348 β_3 : -0.648	p_1 : 0.678 p_2 : 0.010 p_3 : 0.013	$Y=3592792.110-15196.514*w/kg+22483.634*w/kg^2-8636.309*w/kg^3$	$[-90544.458, 60151.430]$ $[5994.198, 38973.070]$ $[-15263.781, -2008.838]$
	Weight	β_1 : 0.367 β_2 : 1.041 β_3 : 0.268	p_1 : 0.302 p_2 : 0.016 p_3 : 0.635	$Y=3548249.424+13207.911*k g+3603.357*kg^2+53.932*kg^3$	$[-12739.624, 39155.447]$ $[757.083, 6449.630]$ $[-179.035, 286.900]$
	Height	β_1 : -0.377 β_2 : 0.113 β_3 : 0.247	p_1 : 0.482 p_2 : 0.640 p_3 : 0.644	$Y=3595350.654-11131.534*cm+569.005*cm^2+94.757*cm^3$	$[-43803.292, 21540.224]$ $[-1953.200, 3091.210]$ $[-329.913, 519.427]$
Stage 5	Watts	β_1 : -1,379 β_2 : -0.258 β_3 : 0.809	p_1 : 0.005 p_2 : 0.313 p_3 : 0.106	$Y=3449517.092-17581.006*watts-69.524*watts^2+2.629*watts^3$	$[-28798.334, -6363.679]$ $[-214.155, 75.107]$ $[-0.655, 5.913]$
	W/kg	β_1 : -0.900 β_2 : 0.148 β_3 : -0.097	p_1 : <0.001 p_2 : <0.001 p_3 : 0.150	$Y=3345322.026-512643.698*w/kg+103863.672*w/kg^2-40855.099*w/kg^3$	$[-5911104.042, -434183.354]$ $[62789.007, 1449938.337]$ $[-99018.018, 17307.819]$

Stage 6	W/kg 20m	β_1 : -1.142 β_2 : 0.078 β_3 : 0.252	p_1 : 0.003 p_2 : 0.630 p_3 : 0.456	$Y=3359976.418-862343.902*w/kg+84615.675*w/kg^2+211664.252*w/kg^3$	[-1355714.573, -368973.231] [-291203.863, 460435.204] [-391728.797, 815057.301]
	W/kg 5m	β_1 : -1.222 β_2 : 0.062 β_3 : 0.350	p_1 : 0.002 p_2 : 0.714 p_3 : 0.309	$Y=3350583.080-964280.339*w/kg+73152.713*w/kg^2+335448.779*w/kg^3$	[-1476868.706, -451691.972] [-355666.167, 501971.594] [-357029.201, 1027926.759]
	W/kg 1m	β_1 : -0.932 β_2 : 0.296 β_3 : -0.040	p_1 : 0.036 p_2 : 0.138 p_3 : 0.927	$Y=3274793.377-640406.865*w/kg+336018.399*w/kg^2-33548.237*w/kg^3$	[-1228863.987, -51949.742] [-126511.068, 798547.867] [-821705.280, 754608.807]
	W/kg 30s	β_1 : -1.185 β_2 : 0.174 β_3 : 0.469	p_1 : 0.020 p_2 : 0.395 p_3 : 0.321	$Y=3318148.290-725462.567*w/kg+149254.246*w/kg^2+259666.491*w/kg^3$	[-1312471.250, -138453.883] [-222037.958, 520546.450] [-290038.653, 809371.636]
	W/kg 15s	β_1 : -0.839 β_2 : 0.182 β_3 : 0.285	p_1 : 0.216 p_2 : 0.461 p_3 : 0.450	$Y=3339824.358-441637.761*w/kg+121154.793*w/kg^2+109161.221*w/kg^3$	[-1181381.240, 298105.719] [-227560.876, 469870.462] [-424527.510, 642849.952]
	Weight	β_1 : 0.581 β_2 : 0.345 β_3 : 0.158	p_1 : 0.219 p_2 : 0.076 p_3 : 0.738	$Y=3224791.414+35511.156*kg+2957.750*kg^2+89.278*kg^3$	[-24834.988, 95857.300] [-376.530, 6292.030] [-488.570, 667.125]
	Height	β_1 : 0.510 β_2 : 0.014 β_3 : 0.202	p_1 : 0.442 p_2 : 0.961 p_3 : 0.756	$Y=3257167.562+23997.561*cm+61.775*cm^2+55.464*cm^3$	[-45684.870, 93679.992] [-2839.675, 2963.224] [-350.652, 461.579]
	Watts	β_1 : -0.978 β_2 : 0.592 β_3 : 0.528	p_1 : <0.001 p_2 : 0.004 p_3 : 0.055	$Y=3207055.564-5144.631*watts+42.972*watts^2+0.303*watts^3$	[-6883.581, -3405.681] [16.269, 69.674] [-0.007, 0.613]
	W/kg	β_1 : -0.894 β_2 : 0.542 β_3 : 0.363	p_1 : <0.001 p_2 : <0.001 p_3 : 0.015	$Y=3196205.687-383505.158*w/kg+277128.880*w/kg^2+120216.421*w/kg^3$	[-463391.043, -303619.274] [178332.952, 375924.808] [26609.979, 213822.864]
	W/kg 20m	β_1 : -1.060 β_2 : 0.844 β_3 : 0.939	p_1 : <0.001 p_2 : 0.005 p_3 : 0.010	$Y=3230695.145-599899.472*w/kg+521786.597*w/kg^2+418973.257*w/kg^3$	[-797047.775, -402751.168] [178753.091, 864820.103] [115498.268, 722448.246]
	W/kg 5m	β_1 : -0.605 β_2 : 0.331 β_3 : -0.045	p_1 : 0.117 p_2 : 0.109 p_3 : 0.902	$Y=3229505.668-524800.428*w/kg+547054.205*w/kg^2-89248.906*w/kg^3$	[-1197205.901, 147605.044] [-136922.651, 1231031.061] [-1608667.574, 1430169.762]
	W/kg 1m	β_1 : -0.603 β_2 : 0.865 β_3 : -0.620	p_1 : 0.054 p_2 : 0.024 p_3 : 0.207	$Y=3130311.163-162408.812*w/kg+180702.964*w/kg^2-48510.967*w/kg^3$	[-328058.468, 3240.844] [27277.866, 334128.062] [-126898.500, 29876.566]
	W/kg 30s	β_1 : -0.576 β_2 : 1.354 β_3 : -1.100	p_1 : 0.086 p_2 : 0.066 p_3 : 0.191	$Y=3129475.509-93267.749*w/kg+75933.893*w/kg^2-12113.065*w/kg^3$	[-201615.907, 15080.409] [-5549.329, 157417.115] [-30955.637, 6729.507]
	W/kg 15s	β_1 : -0.577 β_2 : 1.101 β_3 : -0.842	p_1 : 0.094 p_2 : 0.067 p_3 : 0.241	$Y=3153976.183-71742.317*w/kg+36348.309*w/kg^2-4258.026*w/kg^3$	[-157167.583, 13682.949] [-2928.477, 75625.094] [-11690.628, 3174.575]
	Weight	β_1 : -0.447 β_2 : -0.392 β_3 : 0.119	p_1 : 0.359 p_2 : 0.581 p_3 : 0.899	$Y=3311616.654-23425.424*kg-2401.026*kg^2+52.121*kg^3$	[-76391.749, 29540.902] [-11517.767, 6715.714] [-810.465, 914.707]
	Height	β_1 : -0.086 β_2 : -0.347 β_3 : -0.023	p_1 : 0.877 p_2 : 0.286 p_3 : 0.969	$Y=3198044.473-1858.850*cm-862.988*cm^2-4.138*cm^3$	[-27548.601, 23830.902] [-2545.574, 819.598] [-230.260, 221.984]

Note. W/kg = relative power in watt per kg bodyweight; Watts = absolute power in watts; W/kg 20m = relative peak power over 20 minutes; W/kg 5m = relative peak power over 5 minutes; W/kg 1m = relative peak power over 1 minute; W/kg 30s = relative peak power over 30 seconds; W/kg 15s = relative peak power over 15 seconds; weight = rider's body weight in kilogram; height = rider's body height in centimeter; β_i = standardized regression coefficient; p_i = p-value; 95% CI = 95% confidence interval; LL and UL indicate the lower and upper limits of a confidence interval.