

# **Number of finishers and performance of age group women and men in long-distance running: comparison among 10km, half-marathon and marathon races in Oslo**

Pantelis Theodoros Nikolaidis, Ivan Cuk, Vicente Javier Clemente-Suárez, Elias Villiger & Beat Knechtle

## **Abstract**

The aim of the present study was to examine the number of finishers and performance trends in 10 km, half-marathon and marathon races in Oslo. Data (total 115,725 finishers; women,  $n = 50,595$ ; men,  $n = 65,130$ ) from 10 km, half-marathon and marathon races in Oslo from 2008 to 2018 were analysed considering number, sex, age and running speed of finishers. The total men-to-women ratio was the smallest in the 10 km race (0.60) and the largest in the marathon (3.86) ( $p < 0.01$ ,  $\phi = 0.28$ ). In both women and men, the slowest running speed was shown in the older age groups ( $p < 0.01$ ). Based on the findings of the present study, it was concluded that relatively more women finished a 10 km and less a half-marathon and a marathon. Our results indicated that the sex difference in performance was attenuated in the longer race distances and older age groups.

## **Keywords:**

Ageing; endurance; gender; outdoor exercise; race speed; recreational; running