

Table S1. Modified Naughton Protocol.

Stage	min	km/h	%GR	Stage	min	km/h	%GR
1	2	1.6	0	6	12	4.8	7.5
2	4	2.4	0	7	14	4.8	10
3	6	3.2	3.5	8	16	4.8	12.5
4	8	3.2	7.0	9	18	4.8	15
5	10	3.2	10.5	10	20	4.8	17.5

GR: Gradient Ratio