



Hi, <<First Name>>!

This will be the last Ultra Clan Digest. I am redirecting my efforts to developing novel content for you. Summarizing the episodes has been fun but I think that I can help you even more by creating additional resources and generating new tools and actionable information for you in your journey to becoming your ultra best!

This week, I interviewed Beat Knechtle, MD. He is the most prolific scientist in the area of ultra-endurance performance predictors. You can look at [all of his paper on PubMed](#) or read the [subset of articles specific to what we talked about in the episode](#).

The three major questions I asked, and his answers, are:

1. How does age affect ultra marathon performance?

We found that the age of peak ultra-marathon performance is higher compared to marathon performance. For 100km and 100miles, the athletes are about 5 years older. In longer distances, the best athletes can be up to 50 years in age

2. How does sex affect ultra marathon times - does the male/female gap close with increasing distance?

We found for some races (very long races with very few women) that women closed the gap to men. In any given race, it is possible that an elite woman could win a race overall. However, using adequate statistics, women will never be able to outrun men in ultra-marathon running. There is no distance at which women would generally be predicted to outperform men based on extrapolation

of the currently available data.

3. What are the best predictors of ultra marathon performance...how good are anthropometry, training time/mileage, etc. at predicting performance?

Following our studies, previous experience, low body fat, personal best marathon time, and training speed (more than training volume or distance) is the best predictor.

Science Of Ultra is a passion, and I do this for you. Please become a sustaining partner in the Ultra Clan and support the podcast [HERE](#). Have a great run today!

All the Best,

Shawn

Chief Running Officer, [Science Of Ultra](#)

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