Table 1. Anthropometric characteristics at baseline and post-exercise and training history of highly trained ultra-endurance athletes

Parameters	Baseline values (n=17)	Post-exercise values (n=6)
Age (years)	51.3±6.8	
Body weight (Kg)	71.7±6.2	68.8±7.2[a]
BMI (Kg/m^2)	23.5±1.9	22.4±0.8[a]
Body fat (%)	15.4±3.7	13.5±3.1
Body fat mass (Kg)	11.1±3.2	9.3±2.4[a]
Duration of training (years)	18.5±12.3	
Intensity of training (hours/week)	10.2±4.5	
Competitions per year	6.6±6	

Values are expressed as mean± SD
a: $p<0.05$ vs. baseline values.