

Supplemental Digital Content 1

Supplementary Table 1. Age- and sex-related reference centiles for absolute SRT-WR_{peak}.

Age (years)	SRT-WR _{peak} (W)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
8.0	109	117	126	135	146	158	172	99	107	117	128	140	153	168
8.5	118	127	136	147	159	173	188	108	117	128	140	153	167	183
9.0	126	136	147	159	173	187	204	116	127	139	151	166	181	198
9.5	134	145	158	171	186	202	219	126	137	150	164	180	196	214
10.0	142	155	168	183	199	216	235	135	148	162	177	194	211	231
10.5	151	165	180	196	213	232	252	144	159	174	191	209	227	248
11.0	159	175	191	209	228	248	269	154	170	187	205	224	244	265
11.5	169	186	204	224	244	265	288	164	181	199	219	239	260	282
12.0	178	197	217	238	260	283	306	174	193	212	233	254	276	299
12.5	189	210	232	255	278	303	327	183	203	224	246	268	291	315
13.0	200	223	247	272	297	322	348	192	214	236	259	282	306	331
13.5	213	238	264	290	317	344	371	200	222	246	269	294	319	344
14.0	226	253	281	309	337	366	394	208	231	256	280	306	331	357
14.5	239	268	298	327	357	386	416	213	238	263	289	314	340	367
15.0	252	283	314	345	376	407	438	219	245	271	297	323	350	376
15.5	264	296	329	361	393	425	456	223	250	276	303	329	356	383
16.0	275	310	343	377	410	442	475	227	254	282	309	336	363	390
16.5	285	321	356	390	423	457	489	230	258	286	313	341	368	395
17.0	295	332	368	403	437	471	504	234	262	290	318	346	373	400
17.5	303	342	379	414	449	483	516	236	266	294	322	350	377	404
18.0	312	352	389	426	461	495	528	239	269	298	327	354	382	409
18.5	319	360	399	436	471	506	539	242	272	302	330	358	385	412
19.0	327	369	408	446	482	516	550	244	275	305	334	362	389	416
19.5	333	376	416	455	491	525	558	246	277	307	336	364	391	418
20.0	339	383	424	463	499	534	567	248	280	310	338	366	393	420
20.5	343	389	431	469	506	541	574	249	281	310	339	367	394	420
21.0	348	394	437	476	513	548	581	250	281	311	340	368	394	420
21.5	350	398	441	480	517	552	585	250	281	311	340	367	393	419
22.0	353	402	445	485	522	557	589	251	281	311	339	366	393	418
22.5	355	404	448	488	525	559	592	250	281	310	338	364	390	416
23.0	356	406	450	491	527	562	594	250	280	308	336	363	388	413
23.5	357	408	453	493	530	564	596	249	278	307	334	360	386	410
24.0	358	410	455	495	532	566	598	248	277	305	332	358	383	407
24.5	359	412	457	497	534	568	600	247	275	303	329	355	379	403
25.0	360	414	459	500	536	570	602	245	274	301	326	352	376	400

Abbreviation: SRT-WR_{peak}=peak work rate attained at the Steep Ramp Test

Supplementary Table 2. Age- and sex-related reference centiles for SRT-WR_{peak} normalized for body mass.

Age (years)	SRT-WR _{peak} (W/kg)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
8.0	3.1	3.7	4.2	4.7	5.1	5.4	5.8	3.3	3.7	4.1	4.6	5.1	5.7	6.3
8.5	3.2	3.8	4.3	4.7	5.1	5.5	5.8	3.3	3.8	4.2	4.7	5.2	5.7	6.3
9.0	3.3	3.9	4.4	4.8	5.2	5.6	5.9	3.4	3.8	4.3	4.7	5.2	5.8	6.4
9.5	3.4	4.0	4.5	4.9	5.3	5.7	6.0	3.4	3.9	4.3	4.8	5.3	5.8	6.4
10.0	3.5	4.1	4.6	5.0	5.4	5.8	6.1	3.5	3.9	4.4	4.9	5.4	5.9	6.4
10.5	3.6	4.2	4.7	5.1	5.5	5.9	6.3	3.5	4.0	4.4	4.9	5.4	5.9	6.4
11.0	3.6	4.3	4.8	5.2	5.6	6.0	6.4	3.5	4.0	4.5	5.0	5.5	6.0	6.5
11.5	3.7	4.3	4.9	5.3	5.7	6.1	6.5	3.6	4.1	4.5	5.0	5.5	6.0	6.5
12.0	3.8	4.4	5.0	5.4	5.8	6.2	6.6	3.6	4.1	4.6	5.1	5.6	6.0	6.5
12.5	3.9	4.5	5.1	5.5	5.9	6.3	6.7	3.7	4.1	4.6	5.1	5.6	6.1	6.5
13.0	4.0	4.6	5.1	5.6	6.0	6.4	6.8	3.7	4.2	4.7	5.2	5.6	6.1	6.5
13.5	4.0	4.7	5.2	5.7	6.1	6.5	6.9	3.7	4.2	4.7	5.2	5.6	6.1	6.5
14.0	4.1	4.8	5.3	5.8	6.2	6.6	7.0	3.7	4.2	4.7	5.2	5.6	6.1	6.5
14.5	4.2	4.9	5.4	5.9	6.3	6.7	7.1	3.7	4.2	4.7	5.2	5.6	6.0	6.4
15.0	4.3	4.9	5.5	6.0	6.4	6.8	7.2	3.7	4.2	4.7	5.2	5.6	6.0	6.4
15.5	4.4	5.0	5.6	6.1	6.5	6.9	7.3	3.7	4.2	4.7	5.2	5.6	5.9	6.3
16.0	4.5	5.1	5.7	6.2	6.6	7.0	7.4	3.7	4.2	4.7	5.2	5.6	5.9	6.3
16.5	4.5	5.2	5.7	6.2	6.7	7.1	7.5	3.7	4.3	4.7	5.2	5.5	5.9	6.2
17.0	4.6	5.2	5.8	6.3	6.7	7.1	7.5	3.8	4.3	4.8	5.2	5.5	5.9	6.2
17.5	4.7	5.3	5.8	6.3	6.8	7.2	7.6	3.8	4.3	4.8	5.2	5.6	5.9	6.2
18.0	4.7	5.3	5.9	6.3	6.8	7.2	7.6	3.8	4.4	4.8	5.2	5.6	5.9	6.2
18.5	4.8	5.3	5.9	6.3	6.8	7.2	7.6	3.9	4.4	4.9	5.2	5.6	5.9	6.2
19.0	4.8	5.4	5.9	6.3	6.8	7.2	7.6	3.9	4.5	4.9	5.3	5.6	5.9	6.2
19.5	4.8	5.4	5.9	6.3	6.8	7.2	7.6	4.0	4.5	4.9	5.3	5.7	6.0	6.2
20.0	4.9	5.4	5.9	6.3	6.8	7.2	7.5	4.0	4.5	5.0	5.4	5.7	6.0	6.2
20.5	4.9	5.4	5.9	6.3	6.7	7.1	7.5	4.1	4.6	5.0	5.4	5.7	6.0	6.3
21.0	4.9	5.4	5.8	6.3	6.7	7.1	7.5	4.1	4.6	5.1	5.4	5.7	6.0	6.3
21.5	4.9	5.4	5.8	6.3	6.7	7.1	7.5	4.1	4.7	5.1	5.4	5.8	6.0	6.3
22.0	4.9	5.4	5.8	6.2	6.6	7.0	7.4	4.1	4.7	5.1	5.5	5.8	6.0	6.3
22.5	4.9	5.4	5.8	6.2	6.6	7.0	7.4	4.1	4.7	5.1	5.5	5.8	6.1	6.3
23.0	4.9	5.4	5.8	6.2	6.6	7.0	7.4	4.1	4.7	5.2	5.5	5.8	6.1	6.3
23.5	4.9	5.4	5.8	6.2	6.6	7.0	7.4	4.1	4.7	5.2	5.5	5.8	6.1	6.3
24.0	5.0	5.4	5.8	6.2	6.6	7.0	7.4	4.1	4.7	5.2	5.5	5.8	6.1	6.3
24.5	5.0	5.4	5.8	6.2	6.6	7.0	7.4	4.1	4.8	5.2	5.5	5.8	6.1	6.3
25.0	5.0	5.4	5.8	6.2	6.6	7.0	7.5	4.0	4.7	5.2	5.5	5.8	6.1	6.3

Abbreviation: SRT-WR_{peak}=peak work rate attained at the Steep Ramp Test

Supplementary Table 3. Age- and sex-related reference centiles for SRT-WR_{peak} normalized for fat-free mass.

Age (years)	SRT-WR _{peak} (W/kg FFM)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
8.0	4.3	4.9	5.3	5.7	6.0	6.3	6.6	4.8	5.1	5.5	5.9	6.4	6.9	7.4
8.5	4.4	5.0	5.4	5.8	6.1	6.4	6.7	4.8	5.2	5.6	6.0	6.5	6.9	7.5
9.0	4.5	5.1	5.5	5.9	6.2	6.5	6.8	4.9	5.2	5.6	6.1	6.5	7.0	7.5
9.5	4.6	5.2	5.6	6.0	6.4	6.7	7.0	4.9	5.3	5.7	6.1	6.6	7.1	7.6
10.0	4.8	5.3	5.7	6.1	6.5	6.8	7.1	5.0	5.4	5.8	6.2	6.7	7.1	7.6
10.5	4.9	5.4	5.8	6.3	6.6	7.0	7.3	5.0	5.4	5.8	6.3	6.7	7.2	7.7
11.0	5.0	5.5	6.0	6.4	6.7	7.1	7.4	5.0	5.5	5.9	6.4	6.8	7.3	7.7
11.5	5.1	5.6	6.1	6.5	6.9	7.2	7.6	5.1	5.5	6.0	6.4	6.9	7.3	7.8
12.0	5.2	5.7	6.2	6.6	7.0	7.4	7.7	5.1	5.6	6.0	6.5	7.0	7.4	7.9
12.5	5.2	5.8	6.2	6.7	7.1	7.5	7.8	5.1	5.6	6.1	6.5	7.0	7.5	7.9
13.0	5.3	5.9	6.3	6.8	7.2	7.6	8.0	5.1	5.6	6.1	6.6	7.1	7.5	8.0
13.5	5.4	5.9	6.4	6.9	7.3	7.7	8.1	5.1	5.7	6.2	6.6	7.1	7.6	8.0
14.0	5.5	6.0	6.5	7.0	7.4	7.8	8.2	5.2	5.7	6.2	6.7	7.1	7.6	8.0
14.5	5.6	6.1	6.6	7.0	7.5	7.9	8.4	5.2	5.7	6.2	6.7	7.2	7.6	8.0
15.0	5.7	6.2	6.6	7.1	7.6	8.0	8.5	5.2	5.7	6.2	6.7	7.2	7.6	8.1
15.5	5.7	6.2	6.7	7.2	7.7	8.1	8.6	5.2	5.7	6.2	6.7	7.2	7.6	8.1
16.0	5.8	6.3	6.8	7.2	7.7	8.2	8.7	5.2	5.7	6.3	6.7	7.2	7.7	8.1
16.5	5.9	6.3	6.8	7.3	7.8	8.3	8.8	5.2	5.8	6.3	6.8	7.2	7.7	8.1
17.0	5.9	6.4	6.8	7.3	7.8	8.3	8.8	5.2	5.8	6.3	6.8	7.3	7.7	8.1
17.5	6.0	6.4	6.9	7.3	7.8	8.3	8.9	5.3	5.8	6.4	6.9	7.3	7.8	8.2
18.0	6.0	6.4	6.9	7.3	7.8	8.4	8.9	5.3	5.9	6.4	6.9	7.4	7.8	8.3
18.5	6.0	6.4	6.9	7.3	7.8	8.4	8.9	5.4	5.9	6.5	7.0	7.4	7.9	8.3
19.0	6.0	6.4	6.8	7.3	7.8	8.3	8.9	5.5	6.0	6.5	7.0	7.5	7.9	8.4
19.5	6.0	6.4	6.8	7.3	7.8	8.3	8.9	5.5	6.1	6.6	7.1	7.6	8.0	8.4
20.0	6.0	6.4	6.8	7.3	7.8	8.3	8.9	5.6	6.1	6.7	7.2	7.6	8.1	8.5
20.5	6.0	6.4	6.8	7.2	7.7	8.3	8.8	5.6	6.2	6.7	7.2	7.7	8.1	8.6
21.0	6.0	6.3	6.7	7.2	7.7	8.2	8.8	5.7	6.2	6.8	7.3	7.7	8.2	8.6
21.5	5.9	6.3	6.7	7.1	7.6	8.2	8.8	5.7	6.3	6.8	7.3	7.8	8.2	8.7
22.0	5.9	6.3	6.7	7.1	7.6	8.1	8.8	5.7	6.3	6.9	7.4	7.8	8.3	8.7
22.5	5.9	6.2	6.6	7.1	7.6	8.1	8.7	5.7	6.3	6.9	7.4	7.9	8.3	8.7
23.0	5.9	6.2	6.6	7.0	7.5	8.1	8.7	5.7	6.4	6.9	7.4	7.9	8.3	8.8
23.5	5.8	6.2	6.5	7.0	7.5	8.0	8.7	5.7	6.4	7.0	7.5	7.9	8.4	8.8
24.0	5.8	6.1	6.5	6.9	7.4	8.0	8.7	5.7	6.4	7.0	7.5	8.0	8.4	8.8
24.5	5.8	6.1	6.5	6.9	7.4	8.0	8.7	5.7	6.4	7.0	7.5	8.0	8.4	8.8
25.0	5.8	6.1	6.4	6.8	7.3	7.9	8.7	5.7	6.4	7.0	7.6	8.0	8.5	8.8

Abbreviations: FFM=fat-free mass; SRT-WR_{peak}=peak work rate attained at the Steep Ramp Test

Supplementary Table 4. Body height- and sex-related reference centiles for absolute SRT- WR_{peak} .

Body height (cm)	SRT- WR_{peak} (W)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
125	124	128	131	134	137	140	142	110	116	121	126	130	134	138
127	125	130	134	138	142	145	148	110	117	122	128	132	137	141
129	126	132	137	142	146	150	153	110	117	124	130	135	140	145
131	127	134	141	146	151	155	159	111	119	126	133	139	144	150
133	128	136	144	150	155	160	165	113	121	129	137	143	149	155
135	129	139	147	154	161	166	171	115	125	133	141	149	156	162
137	131	142	151	159	166	173	179	118	128	138	147	155	163	170
139	133	146	156	165	173	180	187	122	133	143	153	162	171	179
141	137	150	161	171	180	188	196	126	138	150	160	171	180	190
143	141	155	167	178	188	197	206	132	145	157	169	180	191	202
145	147	161	174	186	197	207	217	138	152	165	178	190	203	215
147	154	168	182	195	207	219	230	145	160	174	188	202	215	229
149	161	176	191	205	219	232	245	153	168	183	198	214	229	245
151	170	185	200	216	231	246	261	162	178	194	210	227	244	261
153	178	194	210	227	244	261	278	171	187	204	222	240	259	278
155	187	204	221	239	257	276	295	181	198	215	234	253	274	296
157	196	214	232	251	271	291	313	191	208	226	246	267	290	314
159	206	224	244	264	285	308	331	202	219	238	258	280	305	332
161	216	235	256	277	300	324	350	212	230	249	270	294	320	349
163	227	247	268	291	316	342	369	223	240	260	281	306	333	364
165	237	259	281	306	332	359	389	232	250	270	292	317	345	378
167	249	271	295	320	348	377	408	241	259	280	302	327	356	389
169	260	283	308	335	364	395	428	250	268	289	312	337	366	398
171	271	296	322	351	381	413	447	258	277	298	321	346	374	406
173	283	309	336	366	397	430	466	267	286	307	329	354	382	412
175	294	321	350	381	413	448	484	275	294	315	338	363	389	419
177	305	334	364	396	429	465	502	284	303	324	347	371	397	425
179	316	346	378	411	446	482	519	293	313	334	356	380	405	431
181	327	359	392	426	462	499	537	302	322	343	365	388	412	438
183	337	371	406	442	478	515	554	312	332	353	374	397	420	444
185	348	383	420	457	494	532	570	322	342	363	384	405	428	450
187	357	395	434	472	510	548	586	333	352	372	393	414	435	457
189	367	407	447	487	525	564	602	343	363	382	402	422	443	463
191	376	419	461	501	541	579	617	353	373	392	412	431	450	470
193	385	430	474	516	556	595	633	364	383	402	421	439	458	476
195	393	442	487	530	571	610	648	374	393	412	430	448	466	483

Abbreviation: SRT- WR_{peak} =peak work rate attained at the Steep Ramp Test

Supplementary Table 5. Body height- and sex-related reference centiles for SRT-WR_{peak} normalized for body mass.

Body height (cm)	SRT-WR _{peak} (W/kg)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
125	3.3	4.0	4.5	5.0	5.5	5.9	6.2	3.3	3.7	4.2	4.8	5.4	6.0	6.8
127	3.2	3.9	4.5	5.0	5.4	5.8	6.2	3.3	3.7	4.2	4.7	5.3	5.9	6.7
129	3.2	3.9	4.5	4.9	5.4	5.8	6.1	3.3	3.7	4.2	4.7	5.3	5.9	6.6
131	3.2	3.9	4.4	4.9	5.3	5.7	6.1	3.3	3.7	4.2	4.7	5.2	5.8	6.5
133	3.2	3.9	4.4	4.9	5.3	5.7	6.0	3.3	3.7	4.2	4.7	5.2	5.8	6.4
135	3.2	3.9	4.4	4.9	5.3	5.7	6.0	3.3	3.7	4.2	4.7	5.2	5.8	6.4
137	3.3	3.9	4.4	4.9	5.3	5.7	6.0	3.3	3.8	4.2	4.7	5.2	5.8	6.4
139	3.3	3.9	4.4	4.9	5.3	5.7	6.1	3.4	3.8	4.2	4.7	5.2	5.8	6.4
141	3.3	3.9	4.5	5.0	5.4	5.8	6.1	3.4	3.8	4.3	4.8	5.3	5.8	6.4
143	3.4	4.0	4.5	5.0	5.4	5.8	6.2	3.4	3.9	4.3	4.8	5.3	5.8	6.4
145	3.4	4.1	4.6	5.1	5.5	5.9	6.3	3.5	3.9	4.4	4.8	5.3	5.9	6.4
147	3.5	4.1	4.7	5.2	5.6	6.0	6.4	3.5	4.0	4.4	4.9	5.4	5.9	6.4
149	3.6	4.2	4.8	5.3	5.7	6.2	6.6	3.6	4.0	4.5	5.0	5.4	5.9	6.5
151	3.7	4.3	4.9	5.4	5.9	6.3	6.7	3.6	4.1	4.5	5.0	5.5	6.0	6.5
153	3.7	4.4	4.9	5.5	6.0	6.4	6.9	3.7	4.1	4.6	5.1	5.5	6.0	6.5
155	3.8	4.5	5.0	5.6	6.1	6.5	7.0	3.7	4.2	4.6	5.1	5.6	6.0	6.5
157	3.9	4.5	5.1	5.6	6.2	6.6	7.1	3.7	4.2	4.7	5.2	5.6	6.0	6.5
159	3.9	4.6	5.2	5.7	6.2	6.7	7.2	3.7	4.2	4.7	5.2	5.6	6.1	6.5
161	4.0	4.6	5.2	5.8	6.3	6.8	7.3	3.8	4.3	4.8	5.2	5.7	6.1	6.5
163	4.0	4.7	5.3	5.8	6.4	6.9	7.3	3.8	4.3	4.8	5.3	5.7	6.1	6.4
165	4.1	4.7	5.3	5.9	6.4	6.9	7.4	3.8	4.3	4.8	5.3	5.7	6.1	6.4
167	4.1	4.8	5.4	5.9	6.5	7.0	7.4	3.8	4.4	4.9	5.3	5.7	6.0	6.4
169	4.2	4.8	5.4	6.0	6.5	7.0	7.4	3.7	4.4	4.9	5.3	5.7	6.0	6.3
171	4.2	4.9	5.5	6.0	6.5	7.0	7.5	3.7	4.3	4.8	5.3	5.6	5.9	6.2
173	4.3	4.9	5.5	6.1	6.6	7.0	7.5	3.7	4.3	4.8	5.2	5.6	5.9	6.2
175	4.3	5.0	5.6	6.1	6.6	7.0	7.4	3.6	4.3	4.8	5.2	5.5	5.8	6.1
177	4.4	5.0	5.6	6.1	6.6	7.0	7.4	3.6	4.3	4.8	5.2	5.5	5.8	6.0
179	4.4	5.1	5.6	6.1	6.6	7.0	7.4	3.5	4.3	4.8	5.2	5.5	5.7	6.0
181	4.5	5.1	5.6	6.1	6.6	7.0	7.4	3.4	4.3	4.8	5.1	5.4	5.7	5.9
183	4.6	5.2	5.7	6.2	6.6	7.0	7.3	3.4	4.3	4.7	5.1	5.4	5.6	5.8
185	4.6	5.2	5.7	6.2	6.6	7.0	7.3	3.3	4.2	4.7	5.1	5.3	5.6	5.8
187	4.7	5.3	5.8	6.2	6.6	6.9	7.3	3.2	4.2	4.7	5.0	5.3	5.5	5.7
189	4.8	5.3	5.8	6.2	6.6	6.9	7.2	3.1	4.2	4.6	5.0	5.2	5.4	5.6
191	4.9	5.4	5.8	6.2	6.5	6.9	7.2	3.0	4.1	4.6	4.9	5.1	5.3	5.5
193	5.0	5.4	5.8	6.2	6.5	6.8	7.1	2.9	4.1	4.6	4.9	5.1	5.3	5.4
195	5.1	5.5	5.8	6.2	6.5	6.7	7.0	2.8	4.1	4.5	4.8	5.0	5.2	5.3

Abbreviation: SRT-WR_{peak}=peak work rate attained at the Steep Ramp Test

Supplementary Table 6. Body mass- and sex-related reference centiles for absolute SRT- WR_{peak} .

Body mass (kg)	SRT- WR_{peak} (W)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
24	88	101	113	124	134	144	153	89	102	115	128	141	154	167
26	94	109	122	134	145	156	165	96	109	123	137	150	164	178
28	101	117	132	145	157	168	178	102	116	131	145	160	174	189
30	107	126	141	155	168	180	191	108	124	139	155	170	185	200
32	114	134	151	167	181	193	205	115	132	148	164	180	196	211
34	122	143	162	179	194	208	220	122	140	157	174	190	207	223
36	129	153	174	192	208	223	236	129	148	166	184	201	218	235
38	138	164	186	206	223	239	254	137	157	176	195	213	230	247
40	146	175	200	220	239	256	272	145	166	186	206	224	242	260
42	156	187	213	236	256	274	291	153	176	197	217	236	254	272
44	165	199	227	251	272	292	310	162	185	207	228	247	266	285
46	174	211	240	266	289	309	328	170	195	217	239	259	278	297
48	184	222	254	281	304	326	346	179	204	228	250	271	290	309
50	193	234	267	295	320	343	364	187	214	238	261	282	303	322
52	203	246	280	310	336	360	382	196	224	249	272	294	315	334
54	214	258	293	324	352	377	400	205	234	259	283	305	326	346
56	225	270	306	338	367	393	417	214	243	269	294	316	338	358
58	237	282	319	352	382	409	434	222	252	279	304	327	348	369
60	249	294	332	366	396	424	451	229	260	288	313	336	358	379
62	260	305	344	379	410	439	466	235	267	295	321	345	367	388
64	270	316	356	391	424	454	482	241	273	302	328	353	375	396
66	280	327	367	403	437	467	496	245	279	308	335	359	382	403
68	290	337	378	415	449	481	510	249	283	313	340	365	387	409
70	299	347	389	427	461	494	524	252	287	318	345	369	392	413
72	308	357	399	438	473	506	537	255	291	321	349	373	396	417
74	316	366	409	449	485	518	549	258	294	325	352	376	399	420
76	323	374	419	459	495	529	561	260	297	328	355	379	401	422
78	329	382	427	468	505	539	571	263	299	330	357	381	404	424
80	333	388	435	477	514	549	581	266	302	333	360	384	405	426
82	337	394	442	484	522	557	589	269	305	336	362	386	407	427
84	339	399	448	491	529	564	596	272	308	338	365	388	409	429
86	340	403	453	497	535	570	602	276	311	341	367	390	411	431
88	340	406	458	502	541	575	607	279	315	344	370	393	413	432
90	339	409	462	507	546	580	612	283	318	348	373	395	416	434
92	337	411	466	511	550	584	616	288	322	351	376	398	418	436
94	334	412	469	515	554	588	619	292	326	355	379	401	421	439
96	329	414	473	519	558	592	623	296	330	358	382	404	423	441
98	322	415	476	523	562	596	626	301	334	362	386	407	426	443
100	313	415	478	526	566	599	629	306	339	366	389	410	428	445

Abbreviation: SRT- WR_{peak} =peak work rate attained at the Steep Ramp Test

Supplementary Table 7. Body mass- and sex-related reference centiles for SRT-WR_{peak} normalized for body mass.

Body mass (kg)	SRT-WR _{peak} (W/kg)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
24	3.8	4.3	4.7	5.1	5.5	5.8	6.2	3.6	4.1	4.7	5.2	5.8	6.3	6.8
26	3.8	4.3	4.7	5.1	5.5	5.9	6.3	3.6	4.1	4.7	5.2	5.7	6.2	6.8
28	3.8	4.3	4.7	5.2	5.6	5.9	6.3	3.6	4.1	4.6	5.2	5.7	6.2	6.7
30	3.8	4.3	4.7	5.2	5.6	6.0	6.4	3.6	4.1	4.6	5.2	5.7	6.2	6.7
32	3.8	4.3	4.8	5.2	5.7	6.1	6.4	3.6	4.1	4.6	5.1	5.6	6.1	6.6
34	3.7	4.3	4.8	5.3	5.7	6.1	6.5	3.6	4.1	4.6	5.1	5.6	6.1	6.6
36	3.7	4.3	4.9	5.3	5.8	6.2	6.6	3.6	4.1	4.6	5.1	5.6	6.1	6.5
38	3.7	4.4	4.9	5.4	5.9	6.3	6.7	3.6	4.1	4.6	5.1	5.6	6.1	6.5
40	3.8	4.4	5.0	5.5	6.0	6.4	6.8	3.6	4.2	4.7	5.2	5.6	6.1	6.5
42	3.8	4.5	5.1	5.6	6.1	6.5	7.0	3.6	4.2	4.7	5.2	5.6	6.1	6.5
44	3.8	4.5	5.1	5.7	6.2	6.6	7.1	3.7	4.2	4.7	5.2	5.6	6.0	6.5
46	3.8	4.6	5.2	5.7	6.3	6.7	7.2	3.7	4.2	4.7	5.2	5.6	6.0	6.4
48	3.9	4.6	5.2	5.8	6.3	6.8	7.3	3.7	4.3	4.7	5.2	5.6	6.0	6.4
50	3.9	4.7	5.3	5.9	6.4	6.9	7.3	3.7	4.3	4.8	5.2	5.6	6.0	6.4
52	3.9	4.7	5.4	5.9	6.5	6.9	7.4	3.8	4.3	4.8	5.2	5.6	6.0	6.4
54	4.0	4.8	5.4	6.0	6.5	7.0	7.4	3.8	4.3	4.8	5.2	5.7	6.0	6.4
56	4.0	4.8	5.4	6.0	6.5	7.0	7.5	3.8	4.3	4.8	5.2	5.7	6.0	6.4
58	4.1	4.8	5.5	6.1	6.6	7.1	7.5	3.8	4.4	4.8	5.2	5.6	6.0	6.4
60	4.2	4.9	5.5	6.1	6.6	7.1	7.5	3.8	4.4	4.8	5.2	5.6	6.0	6.3
62	4.2	4.9	5.5	6.1	6.6	7.1	7.5	3.8	4.3	4.8	5.2	5.6	5.9	6.3
64	4.2	5.0	5.6	6.1	6.6	7.1	7.5	3.8	4.3	4.7	5.2	5.5	5.9	6.2
66	4.3	5.0	5.6	6.1	6.6	7.1	7.5	3.7	4.2	4.7	5.1	5.5	5.8	6.1
68	4.3	5.0	5.6	6.1	6.6	7.1	7.5	3.7	4.2	4.6	5.0	5.4	5.7	6.0
70	4.3	5.0	5.6	6.1	6.6	7.0	7.5	3.6	4.1	4.6	4.9	5.3	5.6	5.9
72	4.3	5.0	5.6	6.1	6.6	7.0	7.4	3.5	4.0	4.5	4.8	5.2	5.5	5.8
74	4.4	5.0	5.6	6.1	6.6	7.0	7.4	3.5	4.0	4.4	4.7	5.1	5.4	5.6
76	4.3	5.0	5.6	6.1	6.5	7.0	7.4	3.4	3.9	4.3	4.6	4.9	5.2	5.5
78	4.3	5.0	5.5	6.1	6.5	6.9	7.3	3.3	3.8	4.2	4.5	4.8	5.1	5.4
80	4.3	4.9	5.5	6.0	6.5	6.9	7.3	3.3	3.7	4.1	4.4	4.7	5.0	5.2
82	4.3	4.9	5.4	5.9	6.4	6.8	7.2	3.2	3.7	4.0	4.3	4.6	4.9	5.1
84	4.2	4.8	5.4	5.9	6.3	6.7	7.1	3.2	3.6	4.0	4.3	4.5	4.8	5.0
86	4.1	4.7	5.3	5.8	6.2	6.6	7.0	3.1	3.6	3.9	4.2	4.4	4.7	4.9
88	4.0	4.7	5.2	5.7	6.1	6.5	6.8	3.1	3.5	3.8	4.1	4.4	4.6	4.8
90	4.0	4.6	5.1	5.5	6.0	6.3	6.7	3.1	3.5	3.8	4.1	4.3	4.5	4.7
92	3.9	4.4	5.0	5.4	5.8	6.2	6.5	3.1	3.5	3.8	4.0	4.2	4.5	4.6
94	3.8	4.3	4.8	5.3	5.7	6.0	6.4	3.1	3.4	3.7	4.0	4.2	4.4	4.6
96	3.7	4.2	4.7	5.1	5.5	5.9	6.2	3.1	3.4	3.7	3.9	4.2	4.3	4.5
98	3.5	4.1	4.6	5.0	5.4	5.7	6.1	3.0	3.4	3.7	3.9	4.1	4.3	4.5
100	3.4	4.0	4.4	4.8	5.2	5.6	5.9	3.0	3.4	3.6	3.9	4.1	4.2	4.4

Abbreviation: SRT-WR_{peak}=peak work rate attained at the Steep Ramp Test

Supplementary Table 8. Fat-free mass- and sex-related reference centiles for absolute SRT- WR_{peak} .

Fat-free mass (kg)	SRT- WR_{peak} (W)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
20	91	103	112	120	127	134	139	103	110	119	128	139	151	164
22	99	112	122	131	139	146	153	110	118	128	138	149	162	176
24	109	123	134	144	153	161	169	118	128	138	149	161	174	188
26	119	134	147	158	168	177	186	127	138	149	161	174	187	202
28	130	146	160	172	184	194	204	138	149	161	174	188	202	218
30	142	159	174	188	201	213	224	149	162	175	189	204	219	235
32	156	174	190	205	220	233	246	162	176	190	205	221	237	253
34	169	189	206	223	239	254	268	175	190	206	222	239	255	273
36	183	204	223	241	258	275	291	189	205	222	240	257	275	293
38	198	219	239	259	278	296	314	203	221	239	257	276	295	314
40	212	234	255	276	297	317	337	216	235	255	274	294	315	335
42	227	250	272	294	316	338	360	228	249	270	290	312	333	354
44	243	266	289	312	336	360	383	239	261	283	305	327	349	371
46	258	282	306	330	355	380	406	247	271	294	317	340	363	386
48	273	297	322	347	373	400	428	253	278	303	327	351	375	398
50	287	312	337	363	390	418	447	258	285	311	336	360	384	407
52	300	325	351	378	406	435	465	261	290	318	344	368	392	415
54	312	338	364	392	420	450	481	263	295	324	351	376	399	422
56	323	349	376	405	434	464	496	265	299	330	357	382	406	428
58	334	360	388	417	447	478	509	267	304	335	363	389	412	433
60	344	371	400	429	459	490	522	268	308	341	369	395	418	439
62	353	382	411	441	471	502	534	269	312	346	375	401	424	445
64	363	392	422	452	483	514	546	269	316	352	381	407	430	450
66	372	402	433	463	494	525	556	270	320	357	387	413	436	456
68	381	412	443	474	505	535	566							
70	390	422	453	484	515	545	575							
72	399	432	463	494	525	555	584							
74	408	442	474	505	535	564	593							
76	418	451	483	514	544	573	601							
78	427	461	493	524	553	581	609							
80	436	470	503	533	562	590	616							

Abbreviation: SRT- WR_{peak} =peak work rate attained at the Steep Ramp Test

Supplementary Table 9. Fat-free mass- and sex-related reference centiles for SRT-WR_{peak} normalized for body mass.

Fat-free mass (kg)	SRT-WR _{peak} (W/kg)													
	Males							Females						
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97
20	3.3	4.0	4.5	5.0	5.3	5.7	6.0	3.4	3.9	4.5	5.0	5.6	6.2	6.8
22	3.3	4.0	4.5	5.0	5.4	5.7	6.1	3.4	3.9	4.5	5.0	5.5	6.1	6.7
24	3.4	4.0	4.6	5.0	5.4	5.8	6.1	3.5	3.9	4.4	5.0	5.5	6.0	6.6
26	3.4	4.1	4.6	5.1	5.5	5.9	6.2	3.5	4.0	4.5	5.0	5.5	6.0	6.5
28	3.4	4.1	4.7	5.1	5.6	5.9	6.3	3.5	4.0	4.5	5.0	5.5	6.0	6.5
30	3.5	4.2	4.7	5.2	5.7	6.1	6.4	3.6	4.0	4.5	5.0	5.5	6.0	6.5
32	3.6	4.3	4.8	5.3	5.8	6.2	6.6	3.6	4.1	4.6	5.1	5.5	6.0	6.5
34	3.7	4.4	4.9	5.5	5.9	6.4	6.8	3.7	4.2	4.7	5.1	5.6	6.0	6.5
36	3.8	4.5	5.0	5.6	6.1	6.5	6.9	3.8	4.3	4.7	5.2	5.6	6.0	6.5
38	3.9	4.6	5.1	5.7	6.2	6.7	7.1	3.8	4.3	4.8	5.2	5.7	6.1	6.5
40	4.0	4.6	5.2	5.8	6.3	6.8	7.2	3.9	4.4	4.8	5.3	5.7	6.1	6.4
42	4.1	4.7	5.3	5.9	6.4	6.9	7.4	3.9	4.4	4.9	5.3	5.7	6.1	6.4
44	4.1	4.8	5.4	6.0	6.5	7.0	7.5	3.9	4.4	4.9	5.3	5.7	6.0	6.4
46	4.2	4.9	5.5	6.0	6.5	7.0	7.5	3.9	4.4	4.8	5.3	5.6	6.0	6.3
48	4.3	4.9	5.5	6.1	6.6	7.1	7.6	3.8	4.3	4.8	5.2	5.6	5.9	6.3
50	4.3	4.9	5.5	6.1	6.6	7.1	7.6	3.7	4.3	4.7	5.1	5.5	5.8	6.2
52	4.3	5.0	5.5	6.1	6.6	7.1	7.5	3.6	4.2	4.6	5.0	5.4	5.7	6.0
54	4.3	5.0	5.5	6.1	6.6	7.0	7.5	3.5	4.0	4.5	4.9	5.3	5.6	5.9
56	4.3	5.0	5.5	6.1	6.5	7.0	7.4	3.3	3.9	4.4	4.7	5.1	5.4	5.7
58	4.3	5.0	5.5	6.1	6.5	7.0	7.4	3.2	3.7	4.2	4.6	4.9	5.2	5.5
60	4.3	5.0	5.5	6.1	6.5	7.0	7.4	3.0	3.6	4.0	4.4	4.7	5.0	5.3
62	4.3	5.0	5.6	6.1	6.5	7.0	7.3	2.9	3.4	3.8	4.2	4.5	4.7	5.0
64	4.3	5.0	5.6	6.1	6.5	6.9	7.3	2.7	3.2	3.6	3.9	4.2	4.5	4.7
66	4.3	5.0	5.6	6.1	6.5	6.9	7.3	2.5	3.0	3.4	3.7	4.0	4.3	4.5
68	4.3	5.0	5.6	6.1	6.5	6.9	7.3							
70	4.3	5.0	5.6	6.1	6.5	6.9	7.2							
72	4.3	5.1	5.6	6.1	6.5	6.9	7.2							
74	4.4	5.1	5.6	6.1	6.5	6.9	7.2							
76	4.4	5.1	5.7	6.1	6.5	6.9	7.2							
78	4.4	5.1	5.7	6.1	6.5	6.8	7.1							
80	4.5	5.2	5.7	6.1	6.5	6.8	7.1							

Abbreviation: SRT-WR_{peak}=peak work rate attained at the Steep Ramp Test

Supplementary Table 10. Fat-free mass- and sex-related reference centiles for SRT-WR_{peak} normalized for fat-free mass.

Fat-free mass (kg)	SRT-WR _{peak} (W/kg FFM)														
	Males							Females							
	P3	P10	P25	P50	P75	P90	P97	P3	P10	P25	P50	P75	P90	P97	
20	4.3	4.9	5.4	5.8	6.2	6.5	6.8	4.3	4.8	5.2	5.7	6.1	6.7	7.3	8.0
22	4.4	5.0	5.5	5.9	6.3	6.6	6.9	4.4	4.8	5.2	5.7	6.2	6.7	7.3	7.9
24	4.5	5.1	5.5	6.0	6.4	6.7	7.0	4.5	4.9	5.3	5.7	6.2	6.7	7.3	7.9
26	4.6	5.1	5.6	6.1	6.5	6.8	7.2	4.6	4.9	5.3	5.8	6.2	6.8	7.3	7.9
28	4.7	5.2	5.7	6.2	6.6	7.0	7.3	4.7	4.9	5.4	5.8	6.3	6.8	7.3	7.9
30	4.8	5.3	5.8	6.3	6.7	7.1	7.5	4.8	5.0	5.4	5.9	6.4	6.9	7.4	7.9
32	4.9	5.4	5.9	6.4	6.9	7.3	7.7	4.9	5.1	5.5	6.0	6.5	7.0	7.5	8.0
34	5.0	5.5	6.1	6.5	7.0	7.5	7.9	5.0	5.1	5.6	6.1	6.6	7.1	7.6	8.1
36	5.1	5.6	6.2	6.7	7.2	7.6	8.1	5.1	5.2	5.7	6.2	6.7	7.2	7.7	8.2
38	5.2	5.7	6.3	6.8	7.3	7.8	8.3	5.2	5.3	5.8	6.3	6.8	7.2	7.7	8.3
40	5.3	5.8	6.4	6.9	7.4	7.9	8.4	5.3	5.4	5.9	6.3	6.8	7.3	7.8	8.3
42	5.4	5.9	6.5	7.0	7.5	8.1	8.6	5.4	5.4	5.9	6.4	6.9	7.4	7.9	8.4
44	5.5	6.0	6.6	7.1	7.6	8.2	8.7	5.5	5.4	5.9	6.4	6.9	7.4	7.9	8.4
46	5.6	6.1	6.6	7.2	7.7	8.3	8.8	5.6	5.4	5.9	6.4	6.9	7.4	7.9	8.4
48	5.7	6.2	6.7	7.2	7.8	8.3	8.9	5.7	5.3	5.8	6.3	6.8	7.3	7.8	8.3
50	5.8	6.2	6.7	7.3	7.8	8.4	9.0	5.8	5.2	5.7	6.2	6.7	7.2	7.7	8.2
52	5.8	6.3	6.8	7.3	7.8	8.4	9.0	5.8	5.0	5.6	6.1	6.6	7.1	7.6	8.0
54	5.8	6.3	6.8	7.3	7.8	8.4	8.9	5.8	4.9	5.5	6.0	6.5	7.0	7.4	7.8
56	5.8	6.3	6.7	7.2	7.8	8.3	8.9	5.8	4.7	5.4	5.9	6.4	6.9	7.3	7.7
58	5.8	6.2	6.7	7.2	7.7	8.2	8.8	5.8	4.6	5.2	5.8	6.3	6.7	7.1	7.5
60	5.7	6.2	6.7	7.2	7.7	8.2	8.7	5.7	4.5	5.1	5.7	6.2	6.6	7.0	7.3
62	5.7	6.2	6.6	7.1	7.6	8.1	8.6	5.7	4.3	5.0	5.6	6.0	6.5	6.8	7.2
64	5.7	6.1	6.6	7.1	7.6	8.0	8.5	5.7	4.1	4.9	5.5	5.9	6.3	6.7	7.0
66	5.6	6.1	6.6	7.0	7.5	8.0	8.4	5.6	4.0	4.8	5.3	5.8	6.2	6.5	6.8
68	5.6	6.1	6.5	7.0	7.4	7.9	8.3	5.6							
70	5.6	6.0	6.5	6.9	7.4	7.8	8.2	5.6							
72	5.5	6.0	6.4	6.9	7.3	7.7	8.1	5.5							
74	5.5	6.0	6.4	6.8	7.2	7.6	8.0	5.5							
76	5.5	5.9	6.3	6.7	7.1	7.5	7.9	5.5							
78	5.4	5.9	6.3	6.7	7.0	7.4	7.7	5.4							
80	5.4	5.8	6.2	6.6	6.9	7.3	7.6	5.4							

Abbreviations: FFM=fat-free mass; WR_{peak}=peak work rate.