

Supplementary Table 1

Quantiles of absolute $\text{VO}_{2\text{peak}}$ by gender and age group. Absolute $\text{VO}_{2\text{peak}}$ in $\text{L}\cdot\text{min}^{-1}$, age in years.

QUANTILES													
AGE CLASS	0.05	0.10	0.20	0.25	0.30	0.40	0.50	0.60	0.70	0.75	0.80	0.90	0.95
Male													
[21,30)	2.54	2.65	2.80	2.95	3.02	3.14	3.16	3.31	3.46	3.60	3.73	4.03	4.19
[30,40)	2.31	2.51	2.76	2.84	2.91	3.06	3.19	3.36	3.50	3.61	3.71	4.01	4.21
[40,50)	2.14	2.36	2.61	2.70	2.80	2.93	3.08	3.22	3.38	3.46	3.57	3.83	4.02
[50,60)	1.87	2.08	2.32	2.41	2.48	2.63	2.77	2.91	3.06	3.14	3.24	3.48	3.68
[60,83]	1.61	1.80	2.00	2.08	2.12	2.30	2.44	2.55	2.71	2.79	2.86	3.03	3.19
Female													
[21,30)	1.52	1.58	1.70	1.82	1.90	1.96	2.02	2.25	2.39	2.48	2.56	2.88	3.07
[30,40)	1.50	1.62	1.79	1.86	1.90	2.02	2.10	2.19	2.27	2.33	2.42	2.67	2.90
[40,50)	1.41	1.54	1.69	1.75	1.81	1.91	2.01	2.10	2.20	2.25	2.33	2.50	2.70
[50,60)	1.24	1.36	1.51	1.57	1.61	1.69	1.79	1.86	1.97	2.03	2.08	2.28	2.42
[60,83]	1.10	1.19	1.29	1.33	1.38	1.46	1.52	1.63	1.71	1.77	1.82	2.00	2.11

Supplementary Table 2

Quantiles of relative $\text{VO}_{2\text{peak}}$ by gender and age group. Relative $\text{VO}_{2\text{peak}}$ in $\text{mL}\cdot\text{min}^{-1}$, age in years.

QUANTILES													
AGE CLASS	0.05	0.10	0.20	0.25	0.30	0.40	0.50	0.60	0.70	0.75	0.80	0.90	0.95
Male													
[21,30)	29.1	29.9	33.1	33.6	34.1	36.7	37.7	39.6	40.4	41.3	42.9	46.3	50.0
[30,40)	26.2	29.0	31.8	33.1	34.1	36.2	38.5	40.3	42.6	43.4	44.8	47.9	51.0
[40,50)	25.2	27.3	30.4	31.5	32.6	34.4	36.2	38.2	40.0	41.2	42.6	45.8	48.6
[50,60)	21.3	23.7	26.5	27.5	28.5	30.3	32.1	33.9	36.0	37.0	38.5	41.9	45.3
[60,83]	18.5	21.4	23.3	24.3	25.2	26.9	28.2	29.6	31.3	31.9	33.0	36.8	39.8
Female													
[21,30)	22.9	23.3	24.8	26.3	26.9	28.5	33.5	34.6	36.8	38.2	39.0	40.7	41.3
[30,40)	22.7	24.9	26.6	27.1	28.5	30.1	31.9	33.7	34.9	36.2	37.8	40.5	44.4
[40,50)	19.9	22.1	24.5	25.5	26.5	28.2	29.7	31.4	33.1	34.0	35.1	38.0	40.3
[50,60)	17.0	19.0	21.4	22.3	23.1	24.7	26.3	27.7	29.4	30.3	31.4	34.0	36.5
[60,83]	14.9	16.9	19.0	19.6	19.8	21.1	22.7	24.0	25.1	26.1	26.9	29.3	31.8