

Performance Level	Men					Women				
	T° (+/- C)	°F	Pace (min/mile)	Speed loss (%)	Time Lost (min)	T° (+/- C)	°F	Pace (min/mile)	Speed loss (%)	Time Lost (min)
Top 1% of Runners	Peak-10°	20.86	6.25	1.41	2.31	Peak-10°	31.84	7.31	2.97	5.69
	Peak-5°	29.86	6.18	0.35	0.57	Peak-5°	40.84	7.13	0.74	1.38
	Peak	38.86	6.15	0	0.00	peak	49.84	7.10	0	0.00
	peak+5°	47.86	6.18	0.36	0.58	peak+5°	58.84	7.13	0.75	1.40
	peak+10°	56.86	6.25	1.44	2.36	peak+10°	67.84	7.31	3.06	5.86
	peak+15°	65.86	6.36	3.29	5.48	peak+15°	76.84	7.60	7.16	14.25
	peak+20°	74.86	6.53	6	10.26	peak+20°	85.84	8.03	13.47	28.34
Top 25% of Runners	Peak-10°	24.82	8.36	3.27	7.16	Peak-10°	26.33	9.41	2.51	6.19
	Peak-5°	33.82	8.15	0.82	1.75	Peak-5°	35.33	9.22	0.63	1.52
	Peak	42.84	8.08	0	0.00	peak	44.33	9.15	0	0.00
	peak+5°	51.84	8.15	0.82	1.75	peak+5°	53.33	9.22	0.63	1.52
	peak+10°	60.84	8.36	3.38	7.40	peak+10°	62.33	9.41	2.58	6.36
	peak+15°	69.84	8.74	7.93	18.15	peak+15°	71.33	9.72	6	15.28
	peak+20°	78.84	9.31	15.03	36.67	peak+20°	80.33	10.20	11.18	29.87
Median Runner	Peak-10°	25.23	9.41	3.77	9.30	Peak-10°	26.15	10.40	2.76	7.52
	Peak-5°	34.23	9.15	0.94	2.25	Peak-5°	35.15	10.20	0.69	1.84
	Peak	43.23	9.06	0	0.00	peak	44.15	10.12	0	0.00
	peak+5°	52.23	9.12	0.95	2.27	peak+5°	53.15	10.20	0.7	1.87
	peak+10°	61.23	9.41	3.91	9.64	peak+10°	62.15	10.40	2.84	7.74
	peak+15°	70.23	9.90	9.26	24.01	peak+15°	71.15	10.77	6.63	18.71
	peak+20°	79.23	10.64	17.73	49.44	peak+20°	80.15	11.37	12.43	37.01
Top 50% to 75% of Runners	Peak-10°	27.36	10.69	4.41	12.35	Peak-10°	27.23	11.56	3.04	9.21
	Peak-5°	36.36	10.36	1.1	2.98	Peak-5°	36.23	11.32	0.76	2.25
	Peak	45.36	10.24	0	0.00	peak	45.23	11.22	0	0.00
	peak+5°	54.36	10.36	1.12	3.04	peak+5°	54.23	11.32	0.77	2.28
	peak+10°	63.36	10.69	4.61	12.91	peak+10°	63.23	11.56	3.14	9.51
	peak+15°	72.36	11.37	11.01	32.78	peak+15°	72.23	12.03	7.35	23.16
	peak+20°	81.36	12.42	21.42	69.69	peak+20°	81.23	12.77	13.85	46.35

**Supplementary Table 3**—Optimal temperatures for maximal running speeds of each level of performance, with speed losses associated with each temperature increase.