



Fig. 3. Maximal treadmill work time in different Hb groups. Means (\pm S.E.M.) were compared using an unpaired *t* test between the highest Hb group and each of the lower Hb groups ($P < 0.05^*$, $P < 0.01^{**}$, $P < 0.001^{***}$) (from Gardner et al., 1977).