

Supplemental Table 2: Performance with sports drinks and water by subject

Subject		Mean 50m Time	N	Std. Deviation	Std. Error Mean	Sig. (2-tailed)
102	Water	33.882	20	0.451	0.188	0.451
	Sports drink	34.070	20	0.004	0.101	
103	Water	38.216	10	0.498	0.150	0.004
	Sports drink	39.049	10	0.220	0.158	
104	Water	33.714	20	0.001	0.224	0.498
	Sports drink	33.946	20	0.123	0.214	
105	Water	33.641	20	0.000	0.167	0.220
	Sports drink	33.896	20	0.000	0.111	
108	Water	35.730	20	0.591	0.132	0.001
	Sports drink	35.047	20	0.029	0.079	
210	Water	38.634	20	0.000	0.299	0.123
	Sports drink	38.038	20	0.685	0.469	
212	Water	36.633	10	0.000	0.089	<0.001
	Sports drink	37.824	10	0.077	0.093	
213	Water	38.341	20	0.025	0.137	<0.001
	Sports drink	37.252	20	0.958	0.130	
214	Water	37.239	20	0.926	0.207	0.591
	Sports drink	36.984	20	1.483	0.332	
215	Water	39.773	10	0.471	0.149	0.029
	Sports drink	38.819	10	0.915	0.289	
216	Water	41.743	20	0.858	0.192	<0.001
	Sports drink	40.606	20	1.125	0.252	
217	Water	41.656	20	0.883	0.197	0.685

	Sports drink	41.540	20	0.887	0.198	
218	Water	38.616	10	0.319	0.101	<0.001
	Sports drink	37.407	10	0.490	0.155	
219	Water	39.621	20	0.644	0.144	0.077
	Sports drink	39.882	20	0.330	0.074	
220	Water	41.854	20	0.729	0.163	0.025
	Sports drink	42.768	20	1.158	0.259	
221	Water	41.884	20	2.171	0.485	0.958
	Sports drink	41.864	20	1.006	0.225	