

Table I: Description of participating women

	Female athletes (<i>n</i> =18)				Untrained women (<i>n</i> =16)				p-value
	Mean	St. Dev.	Max	Min	Mean	St. Dev.	Max	Min	
Age (years)	24.2	3.2	30	19	24.1	2.9	30	20	0.92
Height (cm)	168	7.5	180	152	170.5	6.5	181	156	0.31
Weight (kg)	64.9	8.4	83	54	72.9	13.7	108	53	0.05
BMI	22.8	2.2	29.4	19	25	3.8	35.3	19.5	0.05
Exercise time (hours/week)	11.4	2.7	18	9	1.3	1.5	4	0	0.00

BMI (Body Mass Index) = weight (kg) / [height (m)]².

The *p*-value shows the result of a *t*-test comparing the means of the two groups.