

Table 1. Mean values of the variables measured in the 1000 m and 2000 m runs in the 1000 m and 2000 m groups. Values are given as mean \pm SD. Significant differences between the 1000 m and 2000 m groups are indicated by * ($P < 0.05$)

Variable	1000 m group	2000 m group
Age (years)	22.1 \pm 1.1	22.1 \pm 1.1
Height (cm)	175.5 \pm 5.5	175.5 \pm 5.5
Weight (kg)	68.5 \pm 6.5	68.5 \pm 6.5
VO _{2max} (l min ⁻¹)	36.5 \pm 3.5	36.5 \pm 3.5
VO _{2max} (ml kg ⁻¹ min ⁻¹)	53.5 \pm 3.5	53.5 \pm 3.5
VO ₂ (l min ⁻¹)	28.5 \pm 2.5	28.5 \pm 2.5
VO ₂ (ml kg ⁻¹ min ⁻¹)	41.5 \pm 2.5	41.5 \pm 2.5
HR (b min ⁻¹)	175.5 \pm 5.5	175.5 \pm 5.5
HR (b min ⁻¹ km ⁻¹)	175.5 \pm 5.5	175.5 \pm 5.5
HR (b min ⁻¹ 1000 m)	175.5 \pm 5.5	175.5 \pm 5.5
HR (b min ⁻¹ 2000 m)	175.5 \pm 5.5	175.5 \pm 5.5
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1000 m group. The 1000 m group had a significantly higher HR (b min⁻¹) than the 2000 m group ($P < 0.05$). The 1000 m group had a significantly higher HR (b min⁻¹ km⁻¹) than the 2000 m group ($P < 0.05$). The 1000 m group had a significantly higher HR (b min⁻¹ 1000 m) than the 2000 m group ($P < 0.05$).

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DISCUSSION

The present study was the first to compare the HR (b min⁻¹) and HR (b min⁻¹ km⁻¹) of 1000 m and 2000 m runners during a 1000 m and 2000 m run. The 1000 m group had a significantly higher HR (b min⁻¹) than the 2000 m group ($P < 0.05$).

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