

Biochemistry of proteins									
		Transferrin mg/dL		Apolipoprotein A1 mg/dL		Apolipoprotein B mg/dL		C reactive protein mg/L	
		pre	post	pre	post	pre	post	pre	post
N°	Valid	7	7	7	8	7	8	7	8
	Missing	1	1	1	0	1	0	1	0
Average		220,4286	260,4286	140,7143	166,0000	77,0000	86,5000	5,6143	8,3000
Standard error of the average		19,43347	4,80009	13,72990	6,64132	7,59699	4,92080	0,75164	2,49979
Median		223,0000	263,0000	153,0000	167,5000	78,0000	89,5000	4,5000	4,5000
Standard deviation		51,41614	12,69983	36,32591	18,78449	20,09975	13,91813	1,98866	7,07046
Variance		2643,619	161,286	1319,571	352,857	404,000	193,714	3,955	49,991
Asymmetry		0,668	-0,969	-0,682	0,478	0,292	-0,391	1,573	1,482
Standard error of the asymmetry		0,794	0,794	0,794	0,752	0,794	0,752	0,794	0,752
Kurtosis		0,244	1,274	1,255	0,385	-1,527	-1,732	1,262	0,268
Standard error of the kurtosis		1,587	1,587	1,587	1,481	1,587	1,481	1,587	1,481
Minimum		161,00	237,00	76,00	141,00	52,00	65,00	4,50	4,50
Maximum		310,00	276,00	192,00	200,00	103,00	100,00	9,40	21,00
Percentiles	25	170,0000	253,0000	118,0000	148,5000	61,0000	74,5000	4,5000	4,5000
	50	223,0000	263,0000	153,0000	167,5000	78,0000	89,5000	4,5000	4,5000
	75	249,0000	270,0000	156,0000	176,5000	102,0000	99,5000	7,4000	14,9250
t test		0,188		0,038		0,341		0,303	

Tab.5: Basic Biochemistry

Cardiac Markers					
		Troponin I ng/mL		P-CK MB Mass ng/mL	
		pre	post	pre	post
N°	Valid	7	5	7	5
	Missing	1	3	1	3
Average		0,0100	0,0110	2,7500	2,5900
Standard error of the average		0,00154	0,00000	0,51348	0,68440
Median		0,0110	0,0110	2,3800	3,2900
Standard deviation		0,00409	0,00000	1,35853	1,53036
Variance		0,000	0,000	1,846	2,342
Asymmetry		-2,189		0,350	-0,699
Standard error of the asymmetry		0,794	0,913	0,794	0,913
Kurtosis		5,595		-1,748	-1,951
Standard error of the kurtosis		1,587	2,000	1,587	2,000
Minimum		0,00	0,01	1,15	0,50
Maximum		0,01	0,01	4,60	4,02
Percentiles	25	0,0110	0,0110	1,5600	0,9800
	50	0,0110	0,0110	2,3800	3,2900
	75	0,0110	0,0110	4,2900	3,8500
t test		0,391		0,844	

Tab.6: Cardiac Markers

Date	Departure	Arrival	KM	Altimetry meters	Ascent meters	Descent meters
8/16	Gorgonzola	Valeggio	133.28	162	376	427
8/17	Valeggio	Vicenza	88.00	136	352	422
8/18	Vicenza	Vittorio Veneto	106.43	339	1160	911
8/19	Vittorio Veneto	Aquileia	111.48	286	393	670
8/20	Aquileia	Trieste	62.51	110	438	439
8/21	Fiume	Ogulin	108.5	903	2018	1775
8/24	Ogulin	Zagabria	114.62	319	897	1040
		Total	724.82	2255	5634	5684

Table 7: Project paths and stages (Italy route from 8 August to 20 August and Croatia route from 21 August to 24 August)