

Energy expenditure in caving

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ID	gender	age	experience	day	weight	height	BMI	status	TEE	MET	intake	PAL
1	M	35	2	normal day	77.1	1.78	24.3	norm	3950	2,1	1608	2.2
1	M	35	2	cave day					5456	2,9	1737	3.0
1	M	35	2	cave activity					3328	4,1	883	4.2
2	F	37	2	normal day	53.9	1.55	22.4	norm	2228	1,7	2095	1.7
2	F	37	2	cave day					3146	2,5	2024	2.5
2	F	37	2	cave activity					1657	3,3	701	3.4
3	F	25	1	normal day	61.5	1.58	24.6	norm	2525	1,8	1585	1.9
3	F	25	1	cave day					4512	3,2	1232	3.4
3	F	25	1	cave activity					2709	4,2	1069	4.5
4	F	42	3	normal day	62.4	1.58	25.0	overw	2500	1,6	1947	1.9
4	F	42	3	cave day					4226	2,8	3599	3.1
4	F	42	3	cave activity					3022	3,8	1352	4.2
5	M	54	3	normal day	66.4	1.63	25.0	overw	3234	2,0	2678	2.0
5	M	54	3	cave day					4875	3,1	3324	2.9
5	M	54	3	cave activity					3111	3,7	1583	3.5
6	M	56	3	normal day	73.0	1.68	25.9	overw	3486	2,0	2141	2.0
6	M	56	3	cave day					4827	2,8	2610	2.8
6	M	56	3	cave activity					3133	3,5	1446	3.6
7	M	52	3	normal day	91.3	1.86	26.4	overw	3356	1,5	3239	1.7
7	M	52	3	cave day					5521	2,5	2014	2.8

data-used

7	M	52	3	cave activity					2767	3,6	648	4.1
8	F	31	3	normal day	53.6	1.60	20.9	norm	2415	1,9	1751	1.9
8	F	31	3	cave day					3826	3,1	3585	3.1
8	F	31	3	cave activity					2002	3,8	963	3.8
9	M	50	2	normal day	83.6	1.68	29.6	overw	3808	1,9	2667	2.1
9	M	50	2	cave day					7145	3,6	2157	3.8
9	M	50	2	cave activity					3247	5,1	1023	5.5
10	F	49	1	normal day	62.0	1.60	24.2	norm	1976	1,4	1607	1.5
10	F	49	1	cave day					3513	2,5	2797	2.7
10	F	49	1	cave activity					2627	3,5	1382	3.8
11	F	36	1	cave activity	51.3	1.59	20.3	norm	2070	NA	650	NA
12	M	39	3	normal day	62.3	1.66	22.6	norm	3367	2,2	3173	2.1
12	M	39	3	cave day					3966	2,7	3953	2.5
12	M	39	3	cave activity					1732	4,6	1367	4.2
13	M	40	2	normal day	79.3	1.74	26.2	overw	4518	2,4	2382	2.5
13	M	40	2	cave day					6048	3,1	3652	3.3
13	M	40	2	cave activity					3395	4,3	842	4.6
14	F	26	1	normal day	58.6	1.72	19.8	norm	2871	2,0	2616	2.1
14	F	26	1	cave day					4392	3,2	3173	3.3
14	F	26	1	cave activity					2840	4,3	2363	4.5
15	F	45	2	normal day	58.9	1.55	24.5	norm	1984	1,4	1910	1.5
15	F	45	2	cave day					3819	2,8	2060	3.0
15	F	45	2	cave activity					1755	4,1	669	4.3
16	M	34	3	cave activity	70.9	1.86	20.5	norm	2305	NA	750	NA
17	M	57	3	normal day	72.0	1.75	23.5	norm	3906	2,3	4195	2.2
17	M	57	3	cave day					5388	3,2	6334	3.1
17	M	57	3	cave activity					2747	4,0	1205	4.0
18	M	44	2	normal day	70.9	1.71	24.2	norm	3476	2,0	2196	2.0
18	M	44	2	cave day					4986	2,9	3854	2.9
18	M	44	2	cave activity					2472	3,9	1200	3.9
19	M	44	3	normal day	61.2	1.60	23.9	norm	3271	2,3	2006	2.1

data-used

19	M	44	3	cave day					5070	3,5	1680	3.1
19	M	44	3	cave activity					2741	4,5	744	4.1
20	M	42	3	normal day	61.1	1.74	20.2	norm	2159	1,5	2333	1.4
20	M	42	3	cave day					4895	3,3	2670	3.1
20	M	42	3	cave activity					2832	5,4	848	5.0
21	F	43	1	normal day	45.4	1.58	18.2	norm	2755	2,6	1754	2.3
21	F	43	1	cave day					3935	3,7	3340	3.3
21	F	43	1	cave activity					2486	4,9	856	4.4
22	M	44	2	normal day	83.4	1.74	27.5	overw	2681	1,4	2152	1.6
22	M	44	2	cave day					4053	2,1	1938	2.2
22	M	44	2	cave activity					2454	2,6	792	2.8
23	M	45	3	normal day	63.4	1.68	22.5	norm	3168	2,1	2913	2.0
23	M	45	3	cave day					4234	2,8	2655	2.6
23	M	45	3	cave activity					2478	3,4	1147	3.2
24	M	63	3	normal day	67.3	1.61	26.0	overw	2990	1,8	2695	2.2
24	M	63	3	cave day					3845	2,4	3702	2.9
24	M	63	3	cave activity					2300	2,7	1423	3.4
25	M	47	2	normal day	105.0	1.85	30.7	overw	4018	1,7	2138	2.0
25	M	47	2	cave day					6029	2,5	2109	2.9
25	M	47	2	cave activity					3421	3,5	245	4.1
26	M	34	2	normal day	59.0	1.69	20.7	norm	4043	2,9	2069	2.6
26	M	34	2	cave day					5511	4,0	1861	3.6
26	M	34	2	cave activity					2853	4,8	1198	4.3
27	M	47	2	normal day	72.7	1.67	26.1	overw	2891	1,6	2352	1.7
27	M	47	2	cave day					5536	3,1	2377	3.2
27	M	47	2	cave activity					2985	4,4	806	4.6
28	F	48	1	normal day	54.2	1.61	20.9	norm	1988	1,5	1400	1.5
28	F	48	1	cave day					4285	3,2	2459	3.2
28	F	48	1	cave activity					2606	4,9	837	5.0
29	F	32	2	normal day	66.7	1.73	22.3	norm	2612	1,7	2212	1.9
29	F	32	2	cave day					4448	2,8	3149	3.2

data-used												
29	F	32	2	cave activity					2694	4,1	379	4.7
30	M	50	3	normal day	64.1	1.69	22.4	norm	3842	2,5	1698	2.3
30	M	50	3	cave day					6307	4,2	2053	3.9
30	M	50	3	cave activity					3196	5,1	568	4.8
31	F	37	1	normal day	49.5	1.59	19.6	norm	2678	2,3	1668	2.2
31	F	37	1	cave activity					1453	3,9	536	3.8
32	M	40	3	normal day	76.8	1.67	27.5	overw	3843	2,2	2519	2.2
32	M	40	3	cave day					5672	3,2	5719	3.2
32	M	40	3	cave activity					3167	4,0	1691	4.1
33	M	42	2	normal day	62.5	1.67	22.4	norm	3365	2,2	2541	2.1
33	M	42	2	cave day					5249	3,5	2153	3.2
33	M	42	2	cave activity					3111	4,7	404	4.3
34	F	50	2	normal day	55.5	1.53	23.7	norm	2202	1,7	1984	1.7
34	F	50	2	cave day					4227	3,2	3132	3.3
34	F	50	2	cave activity					2908	4,3	1308	4.3
35	M	49	3	normal day	87.7	1.76	28.3	overw	4142	2,0	2756	2.2
35	M	49	3	cave day					5465	2,6	5615	3.0
35	M	49	3	cave activity					2223	3,4	2176	4.1
36	F	46	3	normal day	45.9	1.50	20.4	norm	2041	1,9	1544	1.7
36	F	46	3	cave day					3442	3,1	2198	2.9
36	F	46	3	cave activity					1888	4,6	578	4.2
37	F	38	NA	normal day	54.0	1.64	20.1	norm	NA	NA	NA	NA
38	F	33	NA	normal day	53.1	1.54	22.4	norm	NA	NA	NA	NA
39	M	37	NA	normal day	59.5	1.75	19.4	norm	NA	NA	NA	NA
40	M	31	NA	normal day	85.6	1.81	26.1	overw	NA	NA	NA	NA
19 bis	M	44	NA	cave activity	NA	1.60	NA	NA	NA	NA	NA	NA
32 bis	M	41	NA	cave activity	NA	1.67	NA	NA	NA	NA	NA	NA

data-used

weight pre	R pre	Xc pre	R/H pre	Xc/H pre	Rsp pre	Xcsp pre	Phase pre	weight post	R post	Xc post	R/H post	Xc/H post	Rsp post	Xcsp post	Phase post
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
53.4	674.0	56.0	434.8	36.1	388.3	32.3	4.8	54.4	670.0	50.0	432.3	32.3	386.0	28.8	4.3
59.0	567.0	57.0	358.9	36.1	348.2	35.0	5.7	59.0	536.0	57.0	339.2	36.1	329.2	35.0	6.1
63.1	548.0	48.0	346.8	30.4	368.2	32.3	5.0	61.9	575.0	55.0	363.9	34.8	386.3	37.0	5.5
66.8	433.0	41.0	265.6	25.2	300.0	28.4	5.4	65.7	440.0	45.0	269.9	27.6	304.8	31.2	5.8
72.4	489.0	46.0	291.1	27.4	385.7	36.3	5.4	72.4	490.0	50.0	291.7	29.8	386.5	39.4	5.8

								data-used							
92.3	439.0	35.0	236.0	18.8	340.9	27.2	4.6	92.9	445.0	43.0	239.2	23.1	345.5	33.4	5.5
52.8	638.0	57.0	398.8	35.6	349.5	31.2	5.1	52.1	669.0	67.0	418.1	41.9	366.5	36.7	5.7
80.1	507.0	41.0	301.8	24.4	396.4	32.1	4.6	79.6	511.0	40.0	304.2	23.8	399.6	31.3	4.5
60.9	599.0	51.0	374.4	31.9	377.1	32.1	4.9	60.9	595.0	52.0	371.9	32.5	374.5	32.7	5.0
51.3	605.0	44.0	380.5	27.7	308.3	22.4	4.2	51.3	594.0	40.0	373.6	25.2	302.7	20.4	3.9
61.1	468.0	45.0	281.9	27.1	274.0	26.3	5.5	60.9	469.0	51.0	282.5	30.7	274.6	29.9	6.2
77.9	552.0	52.0	317.2	29.9	377.6	35.6	5.4	76.8	555.0	51.0	319.0	29.3	379.6	34.9	5.3
58.9	766.0	62.0	445.3	36.0	389.4	31.5	4.6	58.2	763.0	59.0	443.6	34.3	387.8	30.0	4.4
58.0	576.0	50.0	371.6	32.3	337.1	29.3	5.0	57.3	579.0	49.0	373.5	31.6	338.9	28.7	4.8
70.9	595.0	54.0	319.9	29.0	331.8	30.1	5.2	70.6	588.0	60.0	316.1	32.3	327.9	33.5	5.8
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
70.9	452.0	45.0	264.3	26.3	290.7	28.9	5.7	70.7	472.0	72.0	276.0	42.1	303.5	46.3	8.7

data-used

61.2	487.0	51.0	304.4	31.9	346.1	36.2	6.0	61.2	509.0	59.0	318.1	36.9	361.7	41.9	6.6
61.9	599.0	59.0	344.3	33.9	311.2	30.7	5.6	62.4	568.0	57.0	326.4	32.8	295.1	29.6	5.7
45.4	586.0	54.0	370.9	34.2	278.8	25.7	5.3	45.2	604.0	57.0	382.3	36.1	287.4	27.1	5.4
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
63.9	499.0	41.0	297.0	24.4	304.8	25.1	4.7	62.7	473.0	40.0	281.5	23.8	289.0	24.4	4.8
68.7	440.0	40.0	273.3	24.8	314.0	28.6	5.2	68.6	448.0	40.0	278.3	24.8	319.7	28.6	5.1
100.0	460.0	39.0	248.6	21.1	420.1	35.6	4.8	98.2	486.0	40.0	262.7	21.6	443.8	36.5	4.7
58.6	664.0	59.0	392.9	34.9	331.2	29.4	5.1	58.5	636.0	62.0	376.3	36.7	317.2	30.9	5.6
74.6	512.0	59.0	306.6	35.3	372.7	43.0	6.6	74.2	476.0	57.0	285.0	34.1	346.5	41.5	6.8
54.2	629.0	51.0	390.7	31.7	351.0	28.5	4.6	54.6	619.0	51.0	384.5	31.7	345.4	28.5	4.7

								data-used							
66.7	595.0	62.0	343.9	35.8	353.5	36.8	6.0	66.7	588.0	57.0	339.9	32.9	349.3	33.9	5.5
64.1	518.0	67.0	306.5	39.6	318.2	41.2	7.4	63.9	540.0	68.0	319.5	40.2	350.5	39.1	7.2
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
74.7	419.0	34.0	250.9	20.4	309.3	25.1	4.6	74.7	418.0	44.0	250.3	26.3	308.5	32.5	6.0
62.5	571.0	55.0	341.9	32.9	370.1	35.7	5.5	62.6	558.0	52.0	334.1	31.1	361.7	33.7	5.3
55.0	604.0	52.0	394.8	34.0	376.6	32.4	4.9	55.0	597.0	52.0	390.2	34.0	372.2	32.4	5.0
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
46.6	690.0	61.0	460.0	40.7	337.3	29.8	5.1	46.4	702.0	67.0	468.0	44.7	343.2	32.8	5.5
54.0	615.0	50.0	375.0	30.5	333.4	27.7	4.7	54.4	597.0	48.0	364.0	29.3	323.0	26.0	4.6
53.1	589.0	51.0	382.5	33.1	346.6	30.1	5.0	53.0	605.0	54.0	392.9	35.1	356.0	31.8	5.1
59.5	620.0	62.0	354.3	35.4	305.0	30.5	5.7	59.9	581.0	57.0	332.0	32.6	285.8	28.0	5.6
85.6	500.0	40.0	276.2	22.1	360.4	28.8	4.6	85.5	530.0	44.0	292.8	24.3	382.0	31.7	4.7
61.3	473.0	52.0	295.6	32.5	300.7	33.1	6.3	60.9	528.0	65.0	330.0	40.6	335.7	41.3	7.0
74.0	427.0	34.0	255.7	20.4	324.2	25.8	4.6	73.5	431.0	38.0	258.1	22.8	327.2	28.9	5.0

R: resistance; Xc: reactance;

pre, post: measurements taken before and after cave activity, respectively;

ID: code number;

gender: F (females), M (males);

status: nutritional status according to BMI; norm (normal weight), overw (overweight);

TEE: total energy expenditure;

PAL: physical activity level;

experience: 1 (beginner-level); 2 (intermediate-level); 3 (advanced-level)