Table for *Braun, M.* Glycemic Control Following Nordic Ski Training.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Pre</th>
<th>20 min</th>
<th>40 min</th>
<th>60 min</th>
<th>80 min</th>
<th>AUC</th>
</tr>
</thead>
<tbody>
<tr>
<td>CON</td>
<td>86.09 ± 2.2</td>
<td>133.05±3.7</td>
<td>130.09±4.9</td>
<td>116.29±2.9</td>
<td>104.43±3.0</td>
<td>9493</td>
</tr>
<tr>
<td>VOL</td>
<td>85.29±2.3</td>
<td>122.76±5.2</td>
<td>130.76±5.3</td>
<td>111.14±5.1</td>
<td>94.10±3.0</td>
<td>9087</td>
</tr>
<tr>
<td>HI</td>
<td>81.33±3.1</td>
<td>127.71±3.8</td>
<td>125.43±3.6</td>
<td>101.14±3.8</td>
<td>92.62±3.1</td>
<td>8825*</td>
</tr>
</tbody>
</table>