

### Anthropometric Differences

The anthropometrical properties as presented in Table 1 differed overall significantly between the three groups, seen in age  $F(2,8.083) = 118.158$ ,  $p < 0.001$ ,  $\eta^2 = 0.911$ ; height  $F(2,13.656) = 24.800$ ,  $p < 0.001$ ,  $\eta^2 = 0.683$  and weight  $F(2,13.836) = 25.198$ ,  $p < 0.001$ ,  $\eta^2 = 0.687$ . Post-Hoc tests confirmed that adults were taller, heavier and older than adolescents, regardless of whether the adults were smaller than 180cm (height:  $p = 0.007$ , weight:  $p = 0.001$ ; age  $p < 0.001$ ) or taller than 190cm (height:  $p < 0.001$ , weight:  $p < 0.001$ ; age  $p < 0.001$ ). The two adult groups differed significantly in height ( $p = 0.002$ ) and weight ( $p = 0.013$ ) but not in age ( $p = 0.353$ ).