

Table 1. Collected and derived data of examined rhythmic and artistic gymnasts. Data are expressed as mean $\pm$ SD, p values express differences between elite female RG and AG

Variables	Rhythmic gymnasts (n=215)		Artistic gymnasts (n=113)		p
	Mean	SD	Mean	SD	
Age (years)	19.0	1.6	18.9	1.7	=0.608
Mean final height (cm)	167.65	5.5	157.5	5.9	<0.001
Final height SDS	0.91	0.9	-0.79	0.9	<0.001
Mean Target Height (cm)	163.5	5.7	160.1	5.0	<0.001
Target height SDS	0.41	0.87	-0.35	0.84	<0.001
Δ Final - target height (cm)	4.11	5.27	-2.57	5.85	<0.001
Δ Final - target height SDS	0.7	0.9	-0.4	0.97	<0.001
Weight SDS	-0.52	0.9	-0.55	0.6	=0.738
BMI (Kg/m ²)	18.4	1.5	20.5	1.6	<0,001
Body fat (%)	14.7	5.0	16.4	4.99	0.007
No. of competitions/year	7.2	3.4	8.6	4.3	0.003
Training intensity (hours/week)	33.9	10.9	29.4	11.5	<0.001
Age of onset of training (years)	8.2	2.8	6.7	2.7	<0.001
Age of menarche (years)	15.6 (n=180)	1.9	15.5 (n=97)	1.6	=0.658

SDS: standard deviation score; BMI: body mass index