ARE WOMEN BETTER SUITED TO ENDURANCE EXERCISE THAN MEN?

After the outstanding performances of Megan Eckert and Sharon Scholz at the 2026 EMU 6 Day race in Hungary, it is timely to ask the question: Are women better suited to endurance exercise than men? A facebook post by Richard and Sandra Brown prompts the proposition nicely

> *Many Congrats to Megan Eckert for setting a new 6 Day Women's World Running Record at the EMU Balatonfured race in Hungary. Her 1024.319 km makes her the first woman to exceed 1,000kms in 6 days and she won the race outright. Many congrats also to Sharon Scholz who set a new World 6 Day Women's Walking Record of over 711.900 km to become the first women to exceed 700km. These achievements confirm, if proof were needed, that women are at least equal to men when it comes to ultra distance events.*

Readers are referred to a wonderful article at https://www.bbc.co.uk/sport/articles/cwyzx1gxwqlo. To quote from the article:

> *In running distances up to the marathon, there is on average a 10-12% performance gap between males and females. Men are generally stronger and built with a bigger aerobic engine.*
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> *But as the distance increases, those physical advantages appear to become less relevant and the gap starts to narrow. The "gender pace gap" diminishes to 0.25% in 100-mile races, according to a study, external of more than 20 years of amateur ultra-race data conducted by RunRepeat, in collaboration with the International Association of Ultrarunners.*
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> *Anything further than 195 miles and women have the potential to be faster.*

Tim Erickson
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