

2020

TRAIL RUNNING INFOGRAPHICS



Information sourced from the ITRA database

www.itra.run

ITRA TRAIL RUNNING INFOGRAPHICS

DATABASE 2013-2019



5 MILLION
Individual results

FOR



1.77 MILLION
Runners

FROM



25,700
Races

FROM



195
Countries or
self-governed regions

ITRA PERFORMANCE INDEX

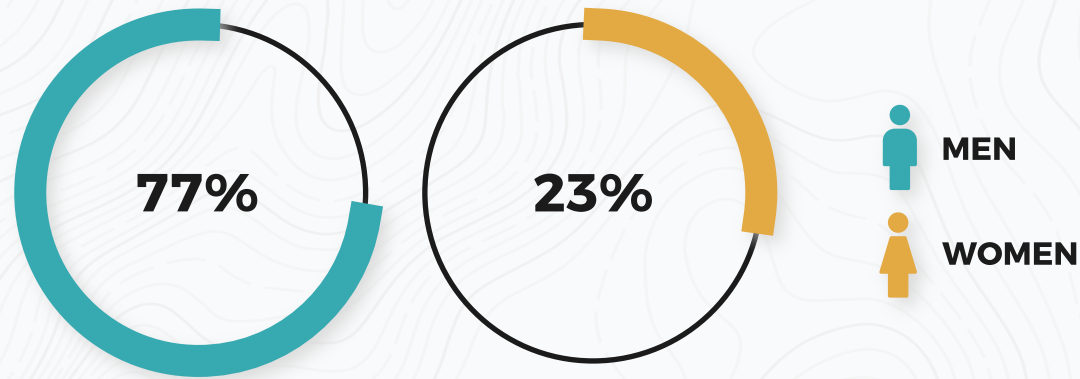
The ITRA Performance Index is intended to provide a tool for evaluating and comparing the speed of different trail runners around the world, including athletes who have never run in the same event.

The index corresponds to the maximum speed of each trail runner on a scale of 1000 points, corresponding to their performance against the theoretical world record for that distance.

Each runner gets a score out of 1000 for each race they run. The best scores from each runner are used to calculate their Performance Index which is also out of 1000.

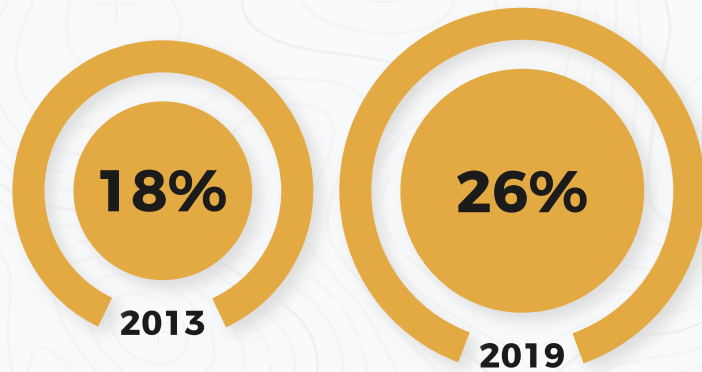
GENDER

MEN VERSUS WOMEN



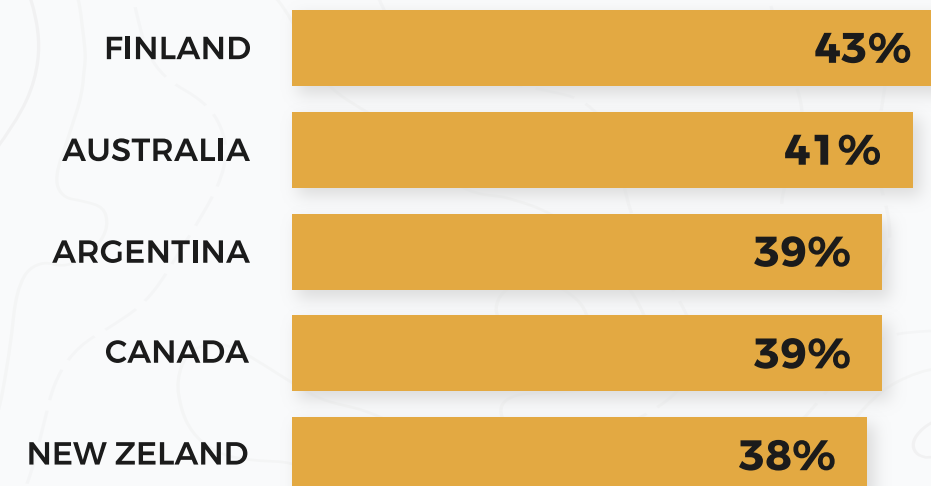
RISE OF WOMEN

Trail running is a predominantly **MALE** sport.
However the % of **WOMEN** has grown from:



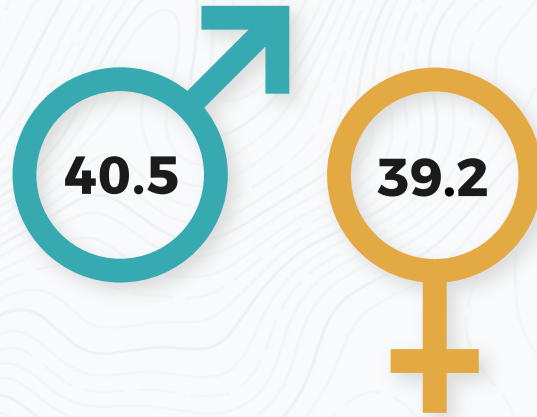
TOP 5 COUNTRIES

Where **WOMEN** represent the greatest proportion:

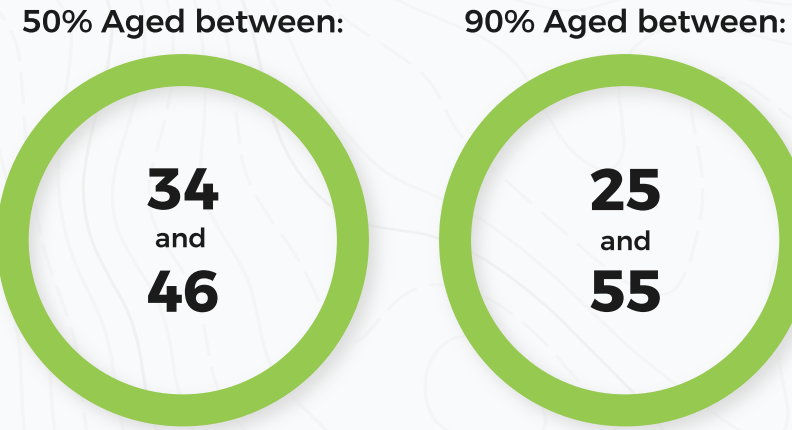


AGE

AVERAGE AGE



AGE RANGE

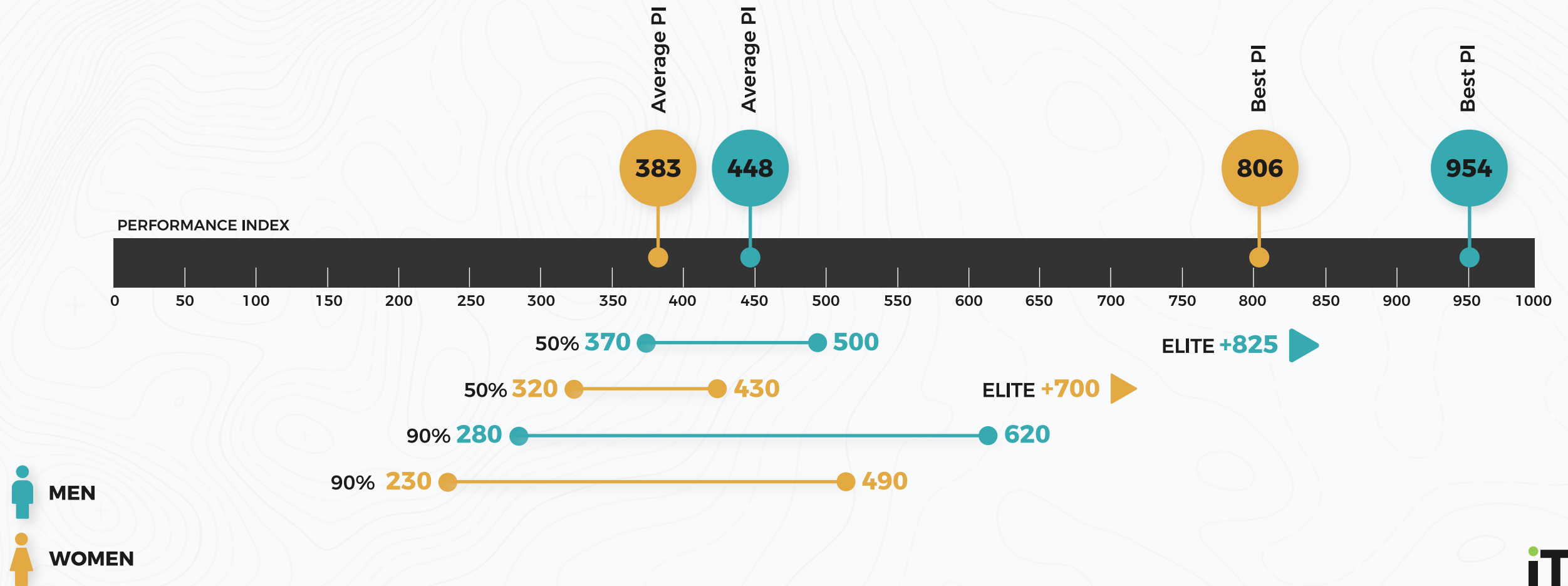


-  MEN
-  WOMEN
-  All MEN and WOMEN

ITRA GENERAL PERFORMANCE INDEX - PI

PERFORMANCE INDEX

Most of the runners can be found close to average and the more you get from this average the less runners you can find.



ITRA GENERAL PERFORMANCE INDEX - PI

AVERAGE PI BY WORLD REGIONS

ITRA contains results from 5 continents:



ITRA GENERAL PERFORMANCE INDEX - PI

ITRA ELITE

Elite **MEN** have a Performance Index above **825**:

Elite **WOMEN** have a Performance Index above **700**.



N° runners



N° nationalities



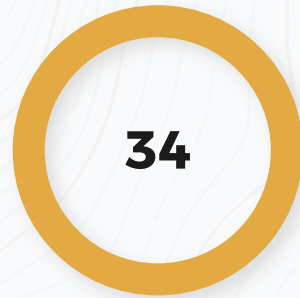
Average age



Youngest / Oldest



N° runners



N° nationalities



Average age



Youngest / Oldest



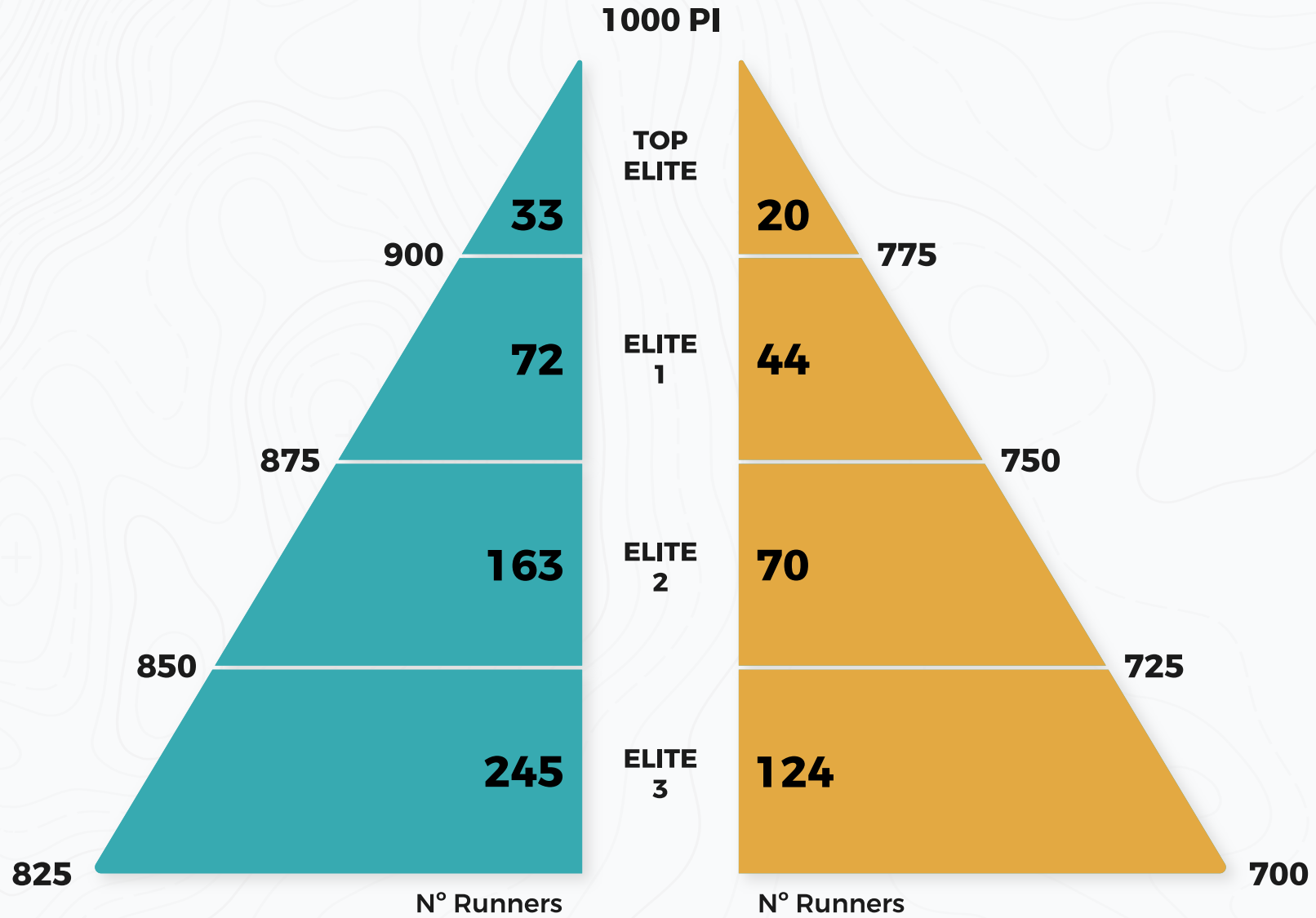
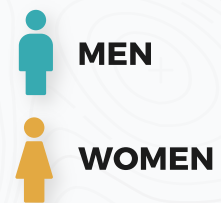
MEN



WOMEN

ITRA GENERAL PERFORMANCE INDEX - PI

ITRA ELITE CATEGORIES

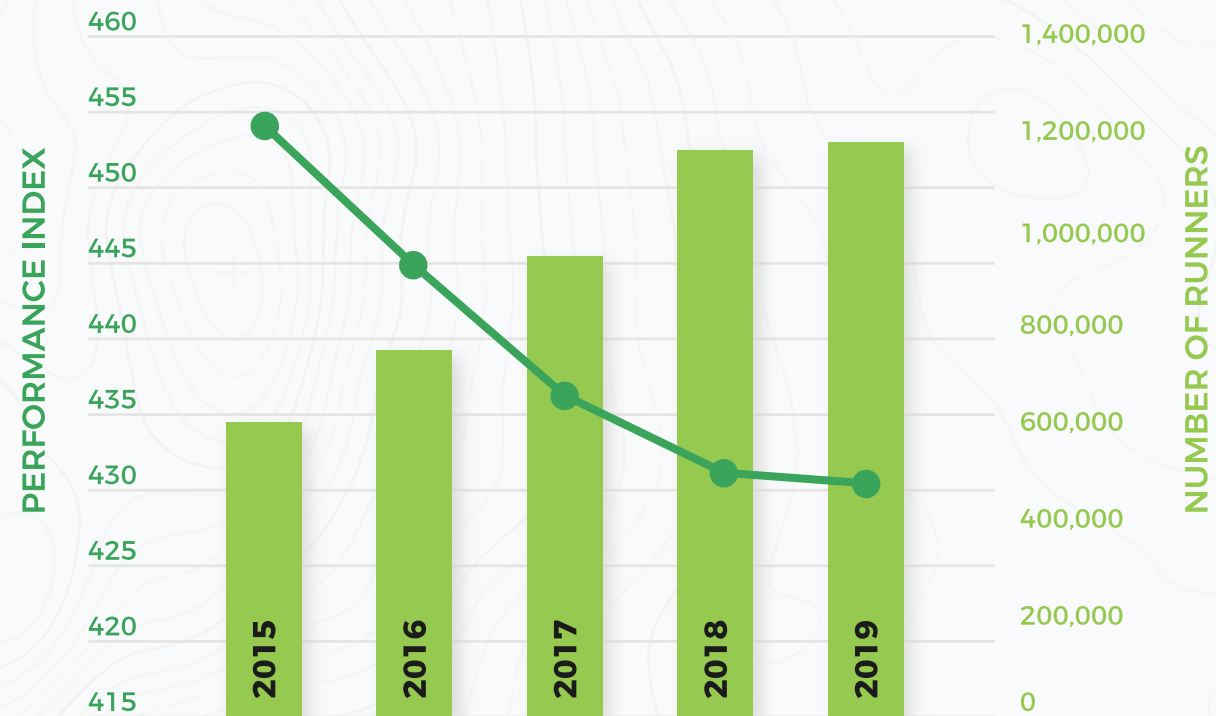


ITRA GENERAL PERFORMANCE INDEX - PI

PI AND N° OF RUNNERS 2015-2019

The number of runners with an ITRA Performance Index has almost doubled from **600,000** to **1,170,000**.

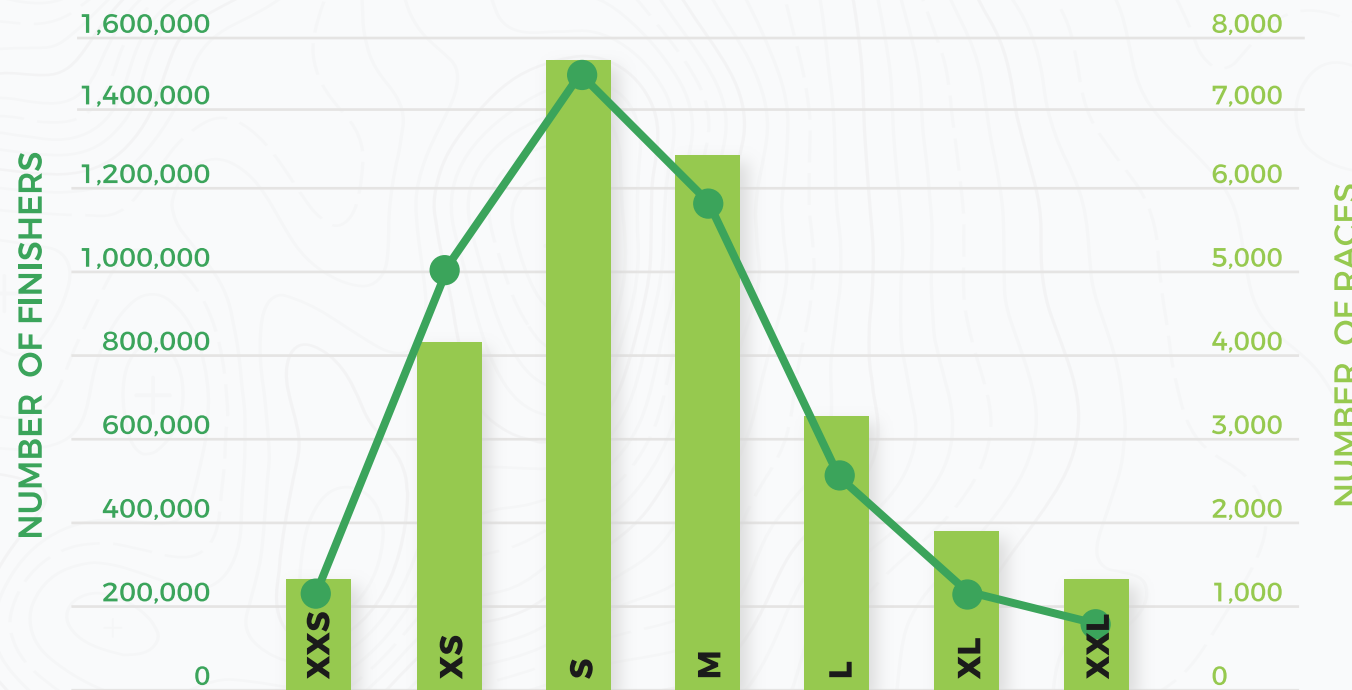
The average PI across all runners decreased from **454** in 2015 to **430** in 2019.



FINISHERS AND RACES BY DISTANCE CATEGORIES

DISTANCE CATEGORIES

ITRA categories races into 7 different categories based on distance and difficult level: from **XXS** to **XXL**.



S - M
54% of all races
54% of all results



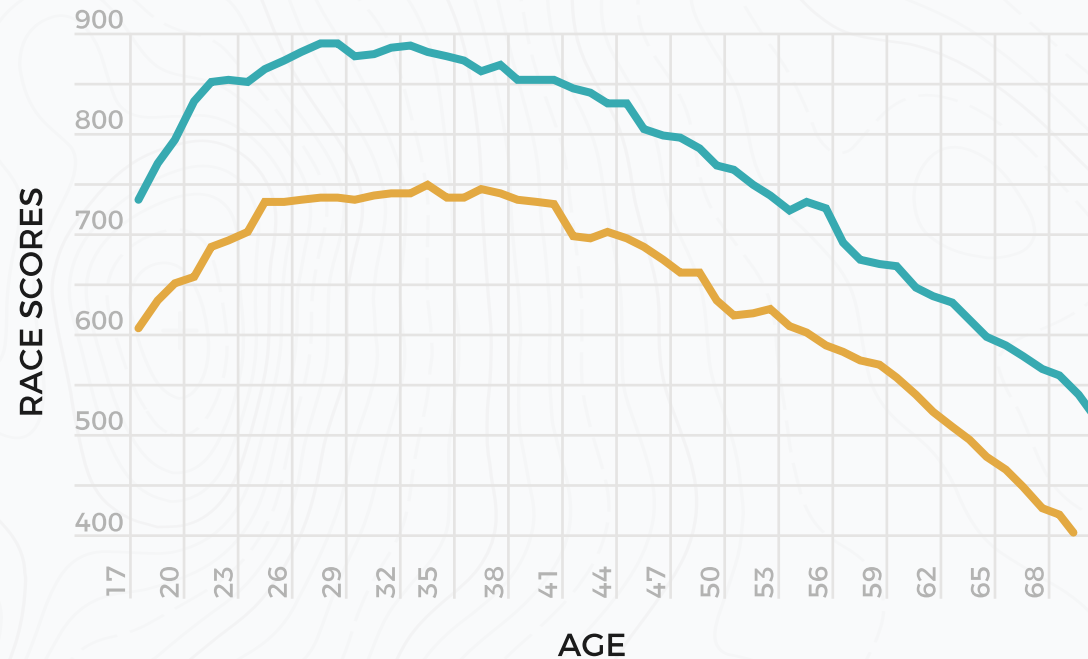
XL - XXL
12% of all races
8% of all results

ITRA RACE SCORES BY AGE

Race scores are based on the age of the runner on the day of the race.

TOP RACE SCORES - AGE

The Top Age Scores is the average of the top 100 performances by a person at each age:



The peak rises for **MEN** until 27 and then flattens and slowly starts to decrease.
The average top-19-year-old is at the same level as a top 46 year old.

For **WOMEN** the level rises until 24 years and remains flat until 40 years when it begins to decrease. The top 19-year-old is at the same level as the top 49 year old.



MEN



WOMEN