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	High morning performance types (n=8)		High evening performance types (n=19)		Neutral types (n=45)	
	Morning	Evening	Morning	Evening	Morning	Evening
Testosterone (nmol/L)	14 ± 3	11 ± 2 **	12 ± 3	10 ± 3*	13 ± 4	11 ± 3***
Cortisol (nmol/L)	364 ± 66	194 ± 56***	335 ± 69	151 ± 72***	328 ± 94	163 ± 73***
T/C ratio	0.041 ± 0.012	0.067 ± 0.026*¤	0.039 ± 0.014	0.102 ± 0.072***¤	0.044 ± 0.017	0.088 ± 0.045***

Table 3. Morning (mean of the two morning sampling) and evening (mean of the two evening sampling) serum hormone concentrations (mean ± SD) for the high morning performance types, high evening performance types and the neutral types. * sign. morning/evening difference; * < 0.05; ** < 0.01; *** < 0.001; ¤ sign. difference between high morning performance types and high evening performance types in m/e difference; ¤ < 0.05.