

Twitter Thread by [Vexed #KPSS](#)



[Vexed #KPSS](#)
[@AbsolutelyVexed](#)



Some of the transwomen dominating in women's sport

Transforming from
mediocre to magnificent

MTF Trans athletes winning
in women's sports

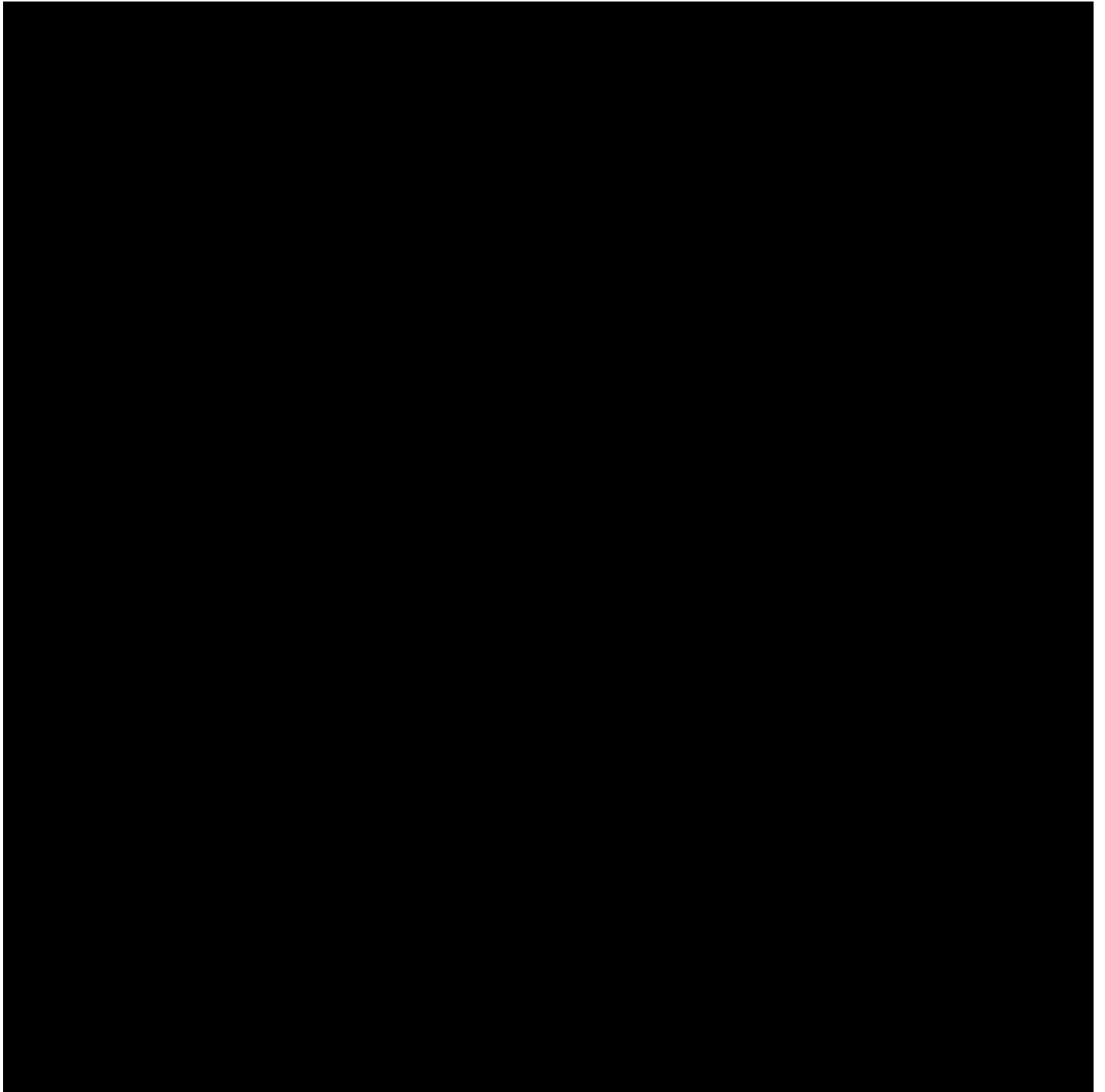
Made by FotoPlay

Music Copyright:

Music: Fun life

Musician: prazkhanal

"Trans men" dominating in men's sport



<https://t.co/UXAy0zpqXk>



FAST FACTS SPORTS

The strongest 10% of females can only beat the bottom 10% of men in hand grip tests.²⁸ Hand grip is one of the most widely-used markers for **strength**.



Men are **faster** than women. In running, swimming, rowing, kayaking, and short distance and long distance, women's speed world records are all about 90% of their men's speed world records.²⁹ Each year, **hundreds** of men easily beat the world's best time in the women's marathon.³⁰



Men have broader shoulders, and larger feet and hands, all of which grant an **advantage** in sports like volleyball, swimming, and basketball.



Male marathon runners have **lower body fat** percentages than female marathon runners.³¹



Men have a greater amount of fast twitch muscle fibers, which give men **explosive power**.³²



On average, men are physically stronger than women.³³ Men have **66%** more upper-body muscle than women, and **50%** more lower-body muscle.³⁴



There is a **10%** performance gap between male and female athletes in most sports and it hasn't narrowed as women train harder.³⁵



Men have **higher hemoglobin levels**, allowing their body to oxygenate muscles more quickly and efficiently.³⁶



Men have **larger hearts and lungs**. A larger heart can pump more blood to the body and larger lungs allow for the body's tissues to receive more oxygen.



Men have bigger and stronger bones. A larger skeletal structure means men's bodies can hold **more muscle** and **larger bones** facilitate leverage.³⁷



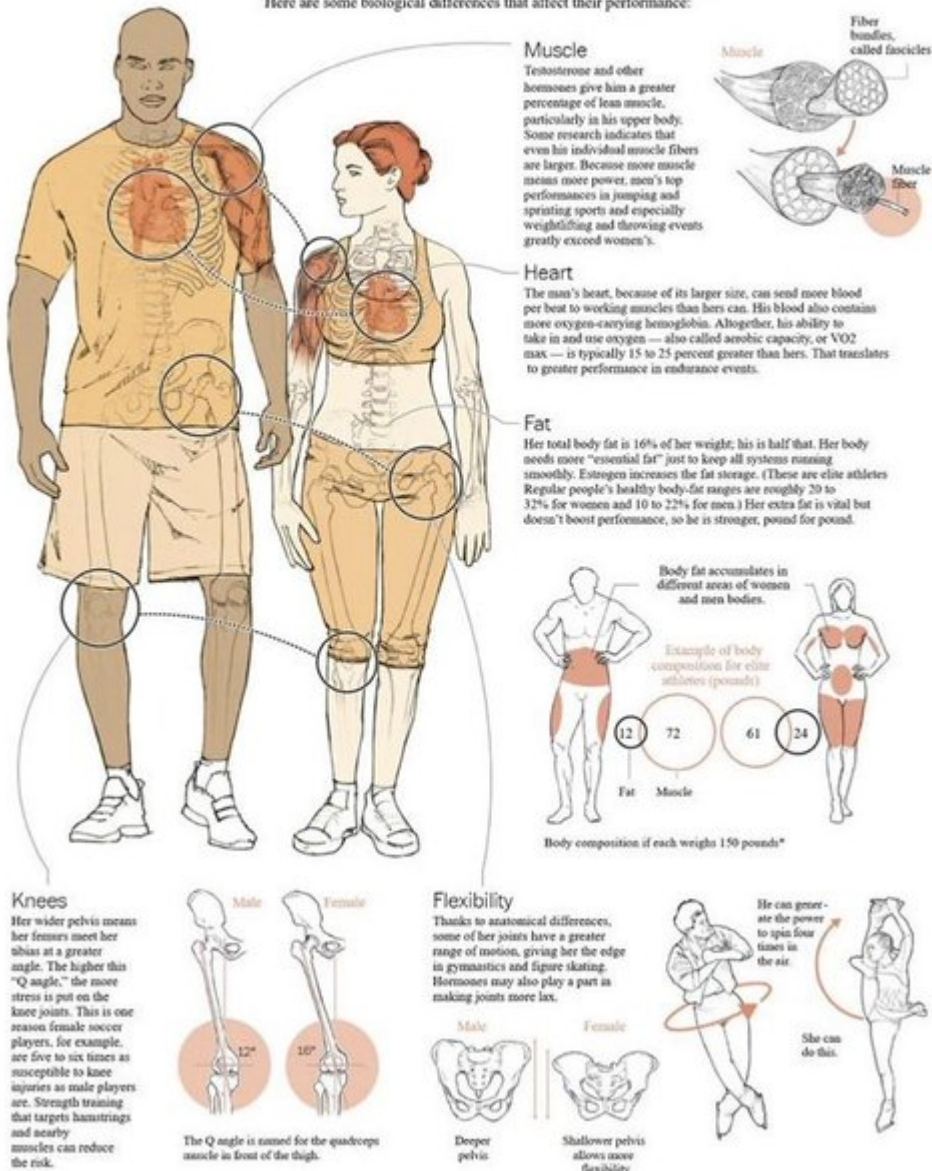
Men are **taller**, giving them an advantage in sports like basketball or volleyball.



www.GenderResourceGuide.com

Fit but unequal

Take two highly trained, Olympic-caliber athletes: one man, one woman.
Here are some biological differences that affect their performance:



But don't limit your daughter's ambitions by telling her she won't beat men with the same training of the same age in most sports. Lead her to a life of perpetual disappointment until she's used to being crushed & a second class person, and tell her you were helping [@JeffMBourne](#)

For details of their achievements
<https://t.co/MaK0M6dayt>

Here's a thread on just some of the males who have gone on to win women's sports events - including how they performed in the men's category before they started identifying as women

— ripx4nutmeg (@ripx4nutmeg) [June 3, 2021](#)

"Transman" (ie woman) swimmer Iszac Henig struggles against men post-transition. From placing to almost last
<https://t.co/HMRU5thvyg>