Author's response to reviews

Title: Senior orienteering athletes as a model of healthy aging: a mixed-method approach

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Author's response to reviews: see over
Dear Dr Qiushi Feng,

We hereby submit a revised version of our manuscript "Senior orienteering athletes as a model of healthy aging: a mixed-method approach” after having carefully considered the editors’ comments and suggestions. We have also revised the manuscript according to the format style of BMC Geriatrics.

Please see point-by-point response below. We hope that you now will find our manuscript suitable for publication in BMC Geriatrics, and are looking forward to your reply.

Sincerely,

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Point-by-point response to reviewers:

Editorial Comments:

Remove the Appendix from the main manuscript and upload these instead as additional files.

Reply: We have now removed the appendix (table 6 and 7) from the manuscript and these tables have now been uploaded as additional files. We have also added a description of the additional files in the end of the document under the section Additional files, found on pg 45.