

## PAPER

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## A dual-stabilization strategy for tubular zinc-iodine flow batteries

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Zinc-iodine flow batteries offer a sustainable, aqueous-based solution for grid-scale energy storage, with tubular cell design further offering enhanced power density. However, non-uniform Zn deposition remains a critical barrier to long-term stability. Here, we report a dual-stabilization strategy that combines geometrical electrode modification with electrolyte engineering to stabilize Zn metal deposition. Geometrically, a tri-helical Zn anode architecture redistributes the electric field and homogenizes current density, promoting uniform deposition. Chemically, the  $\text{NH}_4\text{Br}$  additive modulates the zinc-ion solvation structure through  $\text{NH}_4^+$  and captures free iodine species with  $\text{Br}^-$  to inhibit polyiodide shuttling. Electrochemical impedance spectroscopy confirms reduced interfacial resistance and diffusion impedance, with dense and uniform Zn deposition in the dual-modified system. The approach enables over 350 stable charge–discharge cycles at  $10 \text{ mA cm}^{-2}$  with coulombic efficiencies exceeding 98% in a tubular cell and allows high-rate cycling up to  $72 \text{ mA cm}^{-2}$  under full discharge and charge conditions, outperforming cells with only geometrical or chemical modification. This work demonstrates that coupling anode geometry and electrolyte engineering effectively mitigates persistent failure modes in tubular  $\text{Zn-I}_2$  systems, offering a viable pathway toward safer and longer-lasting flow batteries for large-scale energy storage.

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## Introduction

Grid-scale energy storage is essential for integrating variable renewable energy sources into modern power grids. Among emerging technologies, aqueous zinc-iodine flow batteries (ZIFBs) offer a promising solution owing to their low cost, inherent safety, and environmental compatibility. Zinc is naturally abundant and non-toxic and possesses a high theoretical capacity of  $820 \text{ mAh g}^{-1}$ ,<sup>1,2</sup> making it an attractive anode material for stationary applications.<sup>1</sup> Traditional aqueous redox flow batteries (RFBs), including all-vanadium and iron–chromium systems, typically exhibit energy densities below  $25 \text{ Wh L}^{-1}$ .<sup>3–6</sup> The limited energy density arises from both their low cell voltages constrained by water electrolysis and the modest solubility of their redox-active species that limits capacity.<sup>6–8</sup> ZIFBs employ aqueous electrolyte with a near-neutral pH and avoid corrosive or toxic components.<sup>7–9</sup> The redox couples  $\text{Zn}^{2+}|\text{Zn}$  ( $-0.76 \text{ V vs. SHE}$ ) and  $\text{I}_3^-|\text{I}^-$  ( $+0.53 \text{ V vs. SHE}$ ) provide an open-circuit cell voltage of approximately  $1.29 \text{ V}$ ,<sup>10,11</sup> offering higher energy density and safer chemistry.  $\text{Zn-I}_2$  flow batteries have demonstrated energy densities up to  $167 \text{ Wh L}^{-1}$  by employing ambipolar high concentration electrolytes that maximize active materials content while minimizing inactive solvent volume.<sup>6</sup>

Despite these advantages, ZIFBs face major durability challenges. Zn deposition tends to be non-uniform,<sup>12</sup> especially on planar electrodes. Uneven electric fields concentrate current at

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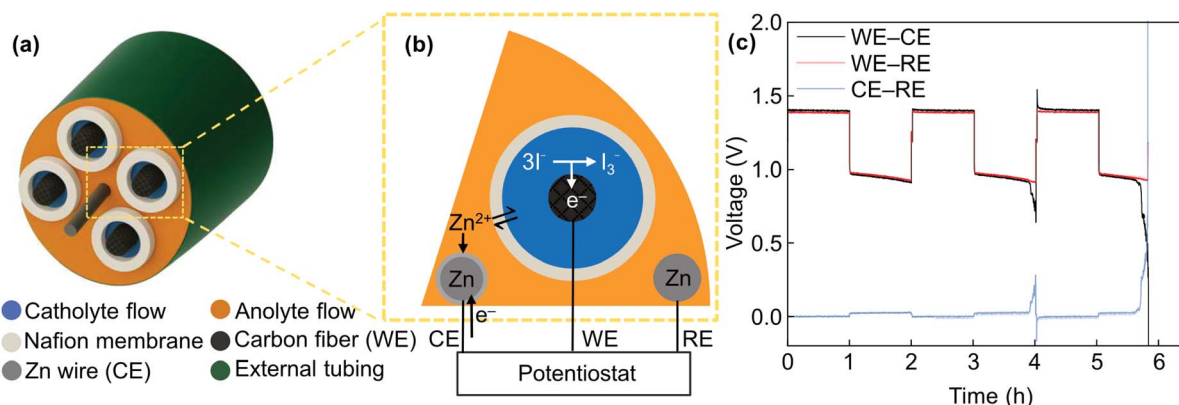


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A tubular Zn-I<sub>2</sub> flow battery was constructed using a custom cylindrical housing with a tri-helical zinc anode, as shown in Fig. S1.<sup>22</sup> The anode consists of three high-purity zinc wires (99.95%,  $\Phi = 0.25$  mm) uniformly twisted into a tightly wound helix, as both the electrode and the current collector. A cation-exchange membrane (Nafion TT-030, Perma Pure) separated the anolyte and catholyte. The tubular membrane has an internal diameter of 0.64 mm and a wall thickness of 0.076 mm and was cut to a length of 24 cm, corresponding to an internal volume of 0.31 cm<sup>3</sup>. The membrane was thoroughly rinsed and soaked in deionized water before use. Both tube terminals were sealed using chemically resistant epoxy to prevent leakage. Inside the



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catholyte compartment, a porous carbon fiber bundle was inserted along the full membrane length to serve as the cathode current collector and provide a high surface area for the  $I_3^-/I^-$  redox reaction. All tubing, fittings, and enclosures were made from polytetrafluoroethylene (PTFE) because of its chemical resistance to iodine species.

### Electrolyte formulations

The baseline electrolyte comprised 2.0 mol L<sup>-1</sup> ZnI<sub>2</sub> (Sigma-Aldrich) dissolved in deionized water. Electrolyte with an additive included an additional 2.0 mol L<sup>-1</sup> NH<sub>4</sub>Br (Sigma-Aldrich, ≥99%) or KBr (Alfa Aesar, 99%) in both the anolyte and catholyte reservoirs. The additive increased ionic conductivity from 17.3 S m<sup>-1</sup> to 24.0 S m<sup>-1</sup> at 25 °C (Fig. S2).

### Flow cell operation

Electrolytes were circulated at a rate of 30 mL min<sup>-1</sup> using a dual-channel peristaltic pump (Masterflex) to maintain consistent flow. For each test, 6 mL of anolyte and 6 mL of catholyte were used per cell.

### Electrochemical testing

Galvanostatic cycling was performed using a Biologic SP300 potentiostat at 25 °C. Cells were charged and discharged between 0.20 and 2.00 V vs. Zn<sup>2+</sup>/Zn. For longevity tests, a current density of 10 mA cm<sup>-2</sup> was applied. Deep charge-discharge performance was evaluated at current densities of 36 mA cm<sup>-2</sup> and 72 mA cm<sup>-2</sup>. Three-electrode tests were conducted to examine potential variation at each electrode. An additional Zn wire was used as a reference electrode in the identical tubular battery setup. For linear sweep voltammetry (LSV) experiments, the coin cell with the Zn|electrolyte|stainless steel structure was scanned at 0.5 mV s<sup>-1</sup>. Glass fiber (Whatman GF-A) was used as the separator.

### UV-Vis characterization

Ultraviolet-visible (UV-Vis) absorption spectra were collected using an Agilent Cary 60 spectrometer. After charging 6 mL of ZnI<sub>2</sub>-based electrolyte for 10 mAh, the electrolyte was diluted by a factor of 500 to 3000 to bring the I<sub>3</sub><sup>-</sup> absorption peak within the linear response range. The measured spectra were then rescaled based on the dilution factor to recover the original absorption profile. The alignment of the shoulder near 250 nm across all samples indicates consistent I<sup>-</sup> concentration (I<sup>-</sup> absorption is at 227 nm), serving as an internal reference for normalization.<sup>31</sup>

### Electrochemical impedance spectroscopy (EIS)

EIS measurements were conducted at a 10 mV amplitude from 1 MHz to 100 mHz. All measurements were collected after 10 minutes of rest to ensure stabilization. The spectra were further analyzed using the Distribution of Relaxation Times (DRT) method to deconvolute impedance contribution from the solution, interface, and mass transport.<sup>32–34</sup>

### Post-mortem analysis

After cycling, zinc electrodes were removed, rinsed with deionized water, and dried in air. Optical images were collected with a Keyence VHX-X1 microscope. Cross-sections were prepared by Ar<sup>+</sup> beam polishing (JEOL, IB-10520CCP) at 25 °C and 8 kV. Scanning electron microscopy (SEM) images and energy-dispersive spectroscopy (EDS) were collected with a Thermo Scientific Axia SEM.

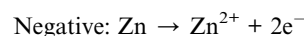
### Electric field modelling

Electric field modeling was carried out with the finite-difference method in MATLAB. A 7.5 mm × 7.5 mm simulation domain was discretized into a 151 × 151 grid. Three circular zinc wires (radius 0.5 mm) were arranged in a tri-helical configuration with nearly zero spacing. The Laplace equation ( $\nabla^2 V = 0$ ) was solved using a Gauss-Seidel relaxation algorithm over 750 iterations. To simulate electrochemical operation, the wire regions were held at 1 V, while the domain boundary was grounded, allowing evaluation of field-driven deposition behaviour.

## Results and discussion

### Tri-helical electrode design to mitigate Zn corrosion

In a tubular ZIFB, the redox reactions proceed similarly to those in planar configurations, as illustrated in Fig. 1b. During charging, Zn<sup>2+</sup> cations are reduced and plated on the tri-helical Zn anode, while I<sup>-</sup> is oxidized to I<sub>3</sub><sup>-</sup> in the catholyte. The half-cell reactions are expressed as



These reactions explain the charge storage mechanism, with visible changes in catholyte color shifting from clear to dark brown (Fig. S3), indicating I<sub>3</sub><sup>-</sup> formation.

Unlike in planar ZIFBs that suffer from dendrite-induced short-circuiting, the cycling instability of tubular cell architecture originates from Zn wire corrosion and subsequent electrode disconnection that leads to open-circuiting, consistent with failure modes caused by Zn corrosion in related systems.<sup>28,35,36</sup> To identify the failure behavior in conventional tubular Zn-I<sub>2</sub> cells, we monitored the electrochemical potential of both working and counter electrodes with a three-electrode setup in Fig. 1c at 10 mA cm<sup>-2</sup>. During cycling, the working electrode potential remained relatively stable. In contrast, the counter electrode potential rapidly increased during discharge in the second cycle and resulted in catastrophic failure in the 3rd cycle. The stable working electrode potential indicates the absence of short-circuiting in tubular cell architecture. Indeed, the rapid increase in counter electrode potential represents a drastic increase in the electronic resistance of the anode caused by Zn wire corrosion and loss of the electron-conducting pathway along the Zn wire, as evidenced by Fig. S4. These early



failures are representative of corrosion-induced breakdown under non-uniform field conditions. Our previous work integrated multiple Zn wires into the electrode design to increase the surface area and reduce the effective current density, thereby extending the cycle life of tubular Zn flow batteries.<sup>21</sup>

In addition to the increased surface area provided by the tri-helical design compared to the single-wire setup, we found that the close contact between Zn wires also helped reduce electric field inhomogeneity around the anode. Finite difference modeling of the electric field distribution, shown in Fig. 2a–d, was used to evaluate whether alternative anode geometries could lower localized current density gradients and mitigate dendrite-prone hotspots. To ensure a fair comparison, a configuration of three spaced Zn wires ( $3\times$  cylindrical) with the same total cross-sectional area as the tri-helical design was included. In practice, such a design often suffers from uneven wire spacing, which can further exacerbate field inhomogeneity.

In the  $3\times$  cylindrical Zn anode, the electric field is distributed around each individual wire, resulting in a broad and scattered intensity profile along the radial direction, as shown in Fig. 2e. The electric field values exhibit a large standard deviation (indicated by the error bar) and widely separated minimum and maximum values (red dashed lines). This uneven distribution promotes random Zn deposition in broad high-intensity regions, increasing the likelihood of non-uniform plating.

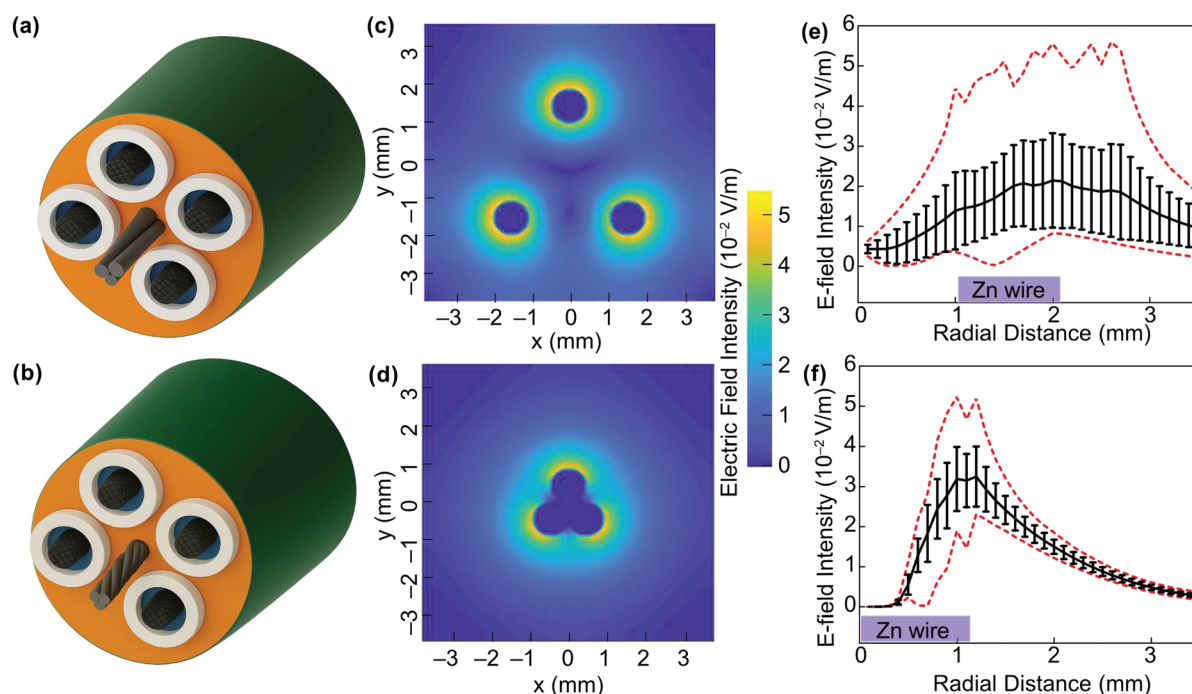
In contrast, when the three wires are tightly wound in the tri-helical design (Fig. 2f), the electric field intensity peaks at the

outer envelope of the Zn wire cross-section and decays exponentially along the radial direction. The high-intensity region is confined to a narrow zone adjacent to the Zn surface, promoting zinc deposition within a well-defined area and minimizing the risk of non-uniform growth. Even with a slightly reduced surface area compared to the  $3\times$  cylindrical Zn anode cell (Fig. S5), the tri-helical geometry can mitigate field-driven deposition instabilities by acting as a built-in current distributor.<sup>21,28,37</sup>

### Effect of additives on zinc deposition in tubular cells

While the tri-helical architecture effectively reduces electric field inhomogeneity and promotes uniform zinc deposition, further stabilization requires chemical modulation of the electrolyte to mitigate interfacial reactions and suppress corrosion. To date, most additive studies have focused on conventional ZIFBs with planar Zn electrodes. Here, we evaluate the effect of electrolyte additives in the context of a tubular tri-helical Zn electrode. Specifically, we investigate  $\text{NH}_4\text{Br}$ , a widely studied additive in Zn– $\text{I}_2$  systems,<sup>21</sup> to understand how a well-studied chemical modifier influences zinc plating stability with a novel cell architecture. Together, the architectural and electrolyte modifications serve as a dual-pronged strategy towards the major degradation pathways in Zn– $\text{I}_2$  flow systems.

The role of the  $\text{NH}_4\text{Br}$  additive is illustrated in Fig. 3a. Bromide ions complex with iodine intermediates ( $\text{I}_2\text{Br}^-$ ), limiting uncontrolled polyiodide formation and suppressing iodine shuttling.<sup>37</sup> The suppression is supported by UV-Vis



**Fig. 2** Electric field distribution in the tubular Zn– $\text{I}_2$  flow battery. Schematic of (a) the  $3\times$  cylindrical Zn anode and (b) the tri-helical Zn anode. (c) Electric field intensity and distribution of (c) the  $3\times$  cylindrical Zn anode and (d) the tri-helical Zn anode. (e) Radial electric field intensity in the vicinity of (e) the  $3\times$  cylindrical Zn anode and (f) the tri-helical Zn anode. Black line and error bar represent the average and standard deviation of intensity values, while red dashed lines represent maximum and minimum values. Zero-intensity regions corresponding to the internal of the Zn wire are excluded from the calculation. Purple box with the “Zn wire” represents the location of the Zn wire in the radial direction.



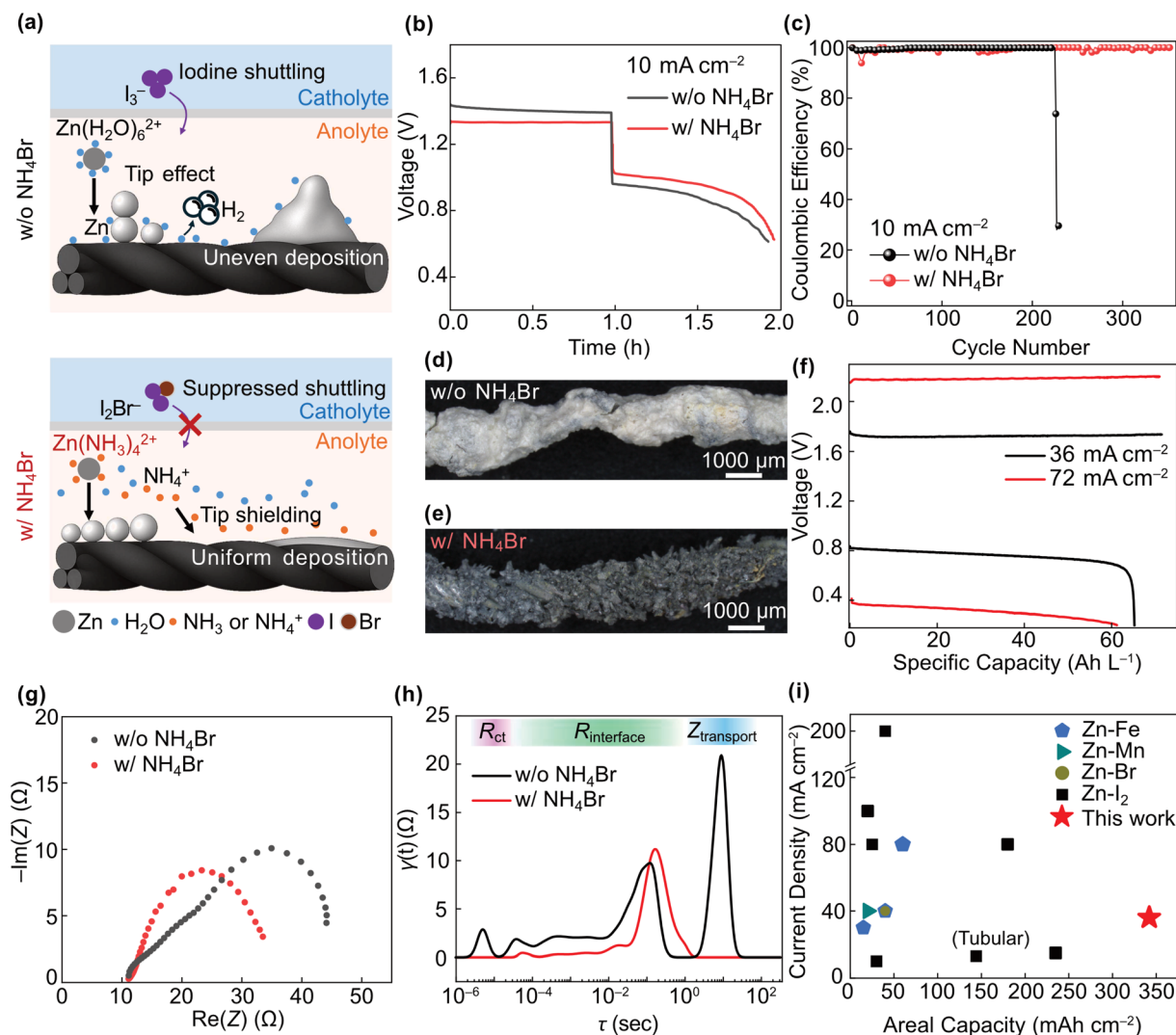


Fig. 3 Electrochemical characterization of the tri-helical Zn-I<sub>2</sub> flow battery with and without the NH<sub>4</sub>Br additive. (a) Schematic showing the role of the NH<sub>4</sub>Br additive in tri-helical tubular Zn-I<sub>2</sub> batteries. (b) Voltage profiles at 10 mA cm<sup>-2</sup> for a single cycle with (black) and without (red) NH<sub>4</sub>Br. (c) Coulombic efficiency over cycles at 10 mA cm<sup>-2</sup>. Optical image of the tri-helical Zn anode (d) after 220 cycles without the additive and (e) 350 cycles with NH<sub>4</sub>Br. (f) Voltage profile at 36 and 72 mA cm<sup>-2</sup> and full 100% depth-of-discharge. (g) Nyquist plot and (h) DRT profile of the full cell at the pristine state. (i) Benchmarking cell current density and areal capacity with reported Zn flow batteries.

analysis (Fig. S6). In the presence of Br<sup>-</sup>, the characteristic I<sub>3</sub><sup>-</sup> absorption peaks at 288 nm and 351 nm exhibit significantly low intensity in the catholyte, and no I<sub>3</sub><sup>-</sup> signal is detected in the anolyte. Fig. S6c shows that the anolyte containing Br<sup>-</sup> remains optically clear after charging, in sharp contrast to the red-brown anolyte observed in the control sample, which indicates iodine shuttling. These results confirm that Br<sup>-</sup> effectively complexes with I<sub>2</sub> species and inhibits their cross-diffusion, thereby enhancing long-term cycling stability.

NH<sub>4</sub><sup>+</sup> cations can adsorb onto the Zn surface, forming an electrostatic shielding layer that suppresses the hydrogen evolution reaction (HER), a contributor to capacity loss and anode corrosion.<sup>38</sup> This mechanism is further supported by *ex situ* X-ray absorption spectroscopy analysis reported by Tangthum *et al.*, which revealed NH<sub>4</sub><sup>+</sup>-mediated interfacial stabilization and HER suppression in Zn-I<sub>2</sub> electrolytes.<sup>39</sup> The

addition of NH<sub>4</sub>Br results in a decreased cell overpotential by approximately 65 mV in both charge and discharge processes (Fig. 3b). In contrast, the addition of Br<sup>-</sup> alone *via* KBr does not significantly affect the cell overpotential (Fig. S7), suggesting that the improvement primarily stems from the presence of NH<sub>4</sub><sup>+</sup>. To solidify this claim, we conducted LSV to measure the HER onset potential in ZnI<sub>2</sub> electrolyte with and without NH<sub>4</sub><sup>+</sup>. As shown in Fig. S8, the HER onset shifts to a more negative potential by 0.12 V in the presence of NH<sub>4</sub><sup>+</sup>, confirming suppressed HER kinetics.

The dual-stabilization translates to improved electrochemical performance, with the NH<sub>4</sub>Br-containing cell achieving an average coulombic efficiency of 98% and an average energy efficiency of 78% at 10 mA cm<sup>-2</sup> cycling. As shown in Fig. 3c, the cell without NH<sub>4</sub>Br exhibits a rapid drop in coulombic efficiency after approximately 220 cycles, attributed



**Fig. 4** Postmortem analysis of Zn wire anodes cycled with and without  $\text{NH}_4\text{Br}$ . (a) Schematic of the Zn wire after cycling without  $\text{NH}_4\text{Br}$ , with non-uniform and porous Zn plating and Zn wire corrosion. (b) Cross-sectional SEM image and (c) Zn elemental mapping of Zn plated between two Zn wires without the additive. (d) SEM of the Zn wire after cycling, with the shape deformed and the edge corroded. (e) Zoomed-in image of plated Zn showing a porous structure. (f) Schematic of the Zn wire after cycling with  $\text{NH}_4\text{Br}$ , with uniform and dense Zn plating. (g) Cross-sectional SEM image and (h) Zn elemental mapping of Zn plated between two Zn wires with the additive. (i) SEM of the Zn wire after cycling, with the circular shape retained and a smooth edge. (j) Zoomed-in image of plated Zn showing a dense structure.

to increased parasitic reactions and mechanical degradation of the Zn anode. In contrast, the  $\text{NH}_4\text{Br}$ -containing cell maintains a coulombic efficiency above 98% for over 350 cycles, with no observable capacity decay.

Optical images of tri-helical Zn anodes were taken after 220 cycles without an additive and 350 cycles with an additive. After cycling without an additive, the Zn wire exhibits a matte white color (Fig. 3d). The white color persists even after 24 hours in water, suggesting that the color does not originate from salt residues. This appearance is likely due to the porous nature of the Zn deposits causing diffusive reflection, which will be further validated *via* SEM later. In addition to the abnormal surface color, the Zn anode exhibited a substantial thickness

variation (830  $\mu\text{m}$ ) along the wire, and in some regions, complete mechanical breakage was observed. Such non-uniform plating and stripping result in loss of electrical connection along the Zn wire and cell failure. In contrast, the Zn anode cycled with the  $\text{NH}_4\text{Br}$  additive retained a metallic color and exhibited a cleaner plating morphology. This denser deposition likely preserved the metallic appearance and mechanical integrity of the Zn wire. The envelope thickness deviation was significantly reduced from 400  $\mu\text{m}$ , indicating much more uniform Zn deposition (Fig. 3e).

The impact of  $\text{NH}_4\text{Br}$  becomes more pronounced at high current densities under deep cycling conditions (Fig. 3f). The cell with the additive delivers nearly 95% of its theoretical



capacity ( $71 \text{ Ah L}^{-1}$ ) at  $36 \text{ mA cm}^{-2}$  and 100% state-of-charge, achieving an energy efficiency of 46%. Even at an extreme current density of  $72 \text{ mA cm}^{-2}$ , the cell still survives full cycling and exhibits 89% of its theoretical capacity. In contrast, cells without additives exhibited a large overpotential and could not be cycled within the electrochemical stability window of ZIFB electrolytes (Fig. S9). The improved performance at high rates and deep charge levels is attributed to enhanced Zn plating kinetics and morphology and increased ionic conductivity provided by the additive. At deep charge states, when  $\text{ZnI}_2$  is nearly depleted,  $\text{NH}_4\text{Br}$  helps preserve ionic conductivity, which reduces overpotential and mitigates dendritic growth by alleviating mass transport limitations.

The interfacial kinetics are further probed by EIS at the charged state after 100 cycles in the cell, as shown in Fig. 3b. Nyquist plots (Fig. 3g) show that both cells have similar  $x$ -axis intercepts, indicating comparable solution resistance. The cell without  $\text{NH}_4\text{Br}$  exhibits an additional semicircle in the medium-frequency range, suggesting hindered interfacial kinetics. To better interpret EIS data, we performed a DRT analysis to decouple contributions from different components in Fig. 3h. The cell without an additive exhibited an additional peak at around  $10^{-5}$  seconds, corresponding to the extra semicircle near  $10^5 \text{ Hz}$  in the Nyquist plot, likely due to increased charge transfer resistance.<sup>32,40,41</sup> Both cells showed similar DRT profiles within the  $10^{-5}$ – $10^0$  second range, suggesting a similar interface resistance that arises from the identical tri-helical cell configuration. At low frequencies ( $\sim 10^1$  seconds), the cell without the additive exhibits an extra peak corresponding to diffusion, indicating mass transport limitations due to  $\text{ZnI}_2$  depletion at a high state of charge. In contrast, diffusion-associated impedance is negligible in cells with  $\text{NH}_4\text{Br}$ . Impedance analysis aligns with the cycling results, highlighting the additive's role in enhancing interfacial kinetics and maintaining effective mass transport at high states of charge.

To benchmark our system against existing aqueous Zn-based chemistries, we compared areal capacities and current densities across Zn–Fe, Zn–Br, and Zn– $\text{I}_2$  systems (Fig. 3i and Table S1).<sup>11</sup> Our geometrically and chemically stabilized tubular Zn– $\text{I}_2$  system (red star) achieves a remarkable total areal capacity of  $340 \text{ mAh cm}^{-2}$  at a current density of  $36 \text{ mA cm}^{-2}$ , exceeding previously reported values for tubular configurations ( $13.1 \text{ mA cm}^{-2}$ )<sup>23</sup> as well as a planar cell configuration. While some planar systems operate at higher current densities, they often suffer from lower areal capacities due to limited layer-to-layer distance and non-uniform Zn plating into a separator.<sup>17</sup> The dual-stabilization strategy within a tubular cell architecture enables simultaneous high areal capacity and large current densities, offering a performance advantage over planar ZIFB systems.

Postmortem analysis was performed to correlate the electrochemical performance with morphological evolution at the Zn anode. Fig. 4 compares the cross-sectional morphology and elemental distribution for tri-helical Zn anodes cycled with and without the  $\text{NH}_4\text{Br}$  additive. Without the additive, Zn plating appears porous and highly non-uniform (Fig. 4a). The

deposited Zn exhibits an irregular shape (Fig. 4b), poor adhesion to the wire substrate, significant delamination, and weaker EDS intensity relative to the pristine Zn wire (Fig. 4c), indicating a lower density structure (Fig. 4e). Irregular plating and stripping also induced localized corrosion of the original wire. As shown in Fig. 4d, the corroded Zn wire exhibited a reduced circularity of 0.45 and visible pitting along the perimeter, contributing to mechanical failure and eventual cell breakdown.

In contrast, the Zn anode cycled with  $\text{NH}_4\text{Br}$  shows uniform and dense Zn plating (Fig. 4f). The plated Zn remains conformal to the wire substrate, with relatively minor separation (Fig. 4g). Elemental mapping reveals a homogeneous Zn distribution, with EDS intensity comparable to the Zn wire substrates (Fig. 4h), indicating a compact structure that is further confirmed by the zoomed-in image in Fig. 4j. The Zn wire maintains a high circularity of 0.92. This robust morphology supports the enhanced cycling stability observed electrochemically.

## Conclusion

In this work, we present a dual-stabilization strategy to address key limitations in zinc–iodine tubular flow batteries, particularly Zn wire breakage caused by non-uniform plating and stripping. Geometrically, the tri-helical structure guides Zn deposition to more desirable locations compared to conventionally spaced Zn wires. Chemically, the addition of  $\text{NH}_4\text{Br}$  promotes uniform and dense Zn plating. This combined approach enables over 350 stable cycles with coulombic efficiencies exceeding 98%, along with reduced charge transfer and transport impedance. Our results highlight the critical role of coupling electrolyte chemistry with electrode architecture and establish a scalable platform for durable, high-performance Zn– $\text{I}_2$  flow batteries suitable for grid-scale energy storage.

From a system-level perspective, the tubular cell format is fully compatible with conventional redox flow battery hardware, including peristaltic pumps, Nafion-based membranes, and cylindrical enclosures. As it requires no new manufacturing infrastructure, the tri-helical Zn anode design and  $\text{NH}_4\text{Br}$ -containing electrolyte can be readily integrated into existing or retrofitted systems.

Nevertheless, several practical considerations remain. These include the long-term stability of Zn wire electrodes, total electrolyte cost at scale, and membrane durability over extended operation. In particular, the high cost of iodide and bromide salts may present a barrier to large-scale implementation. Future efforts should focus on life-cycle analysis, stack-level integration, and additive screening for enhanced durability, as well as membrane optimization for extended service life.

## Author contributions

L. Z and Y. Y. directed the project. I. U. designed and performed the experiment and wrote the manuscript. L. Z., and Y. Y. revised the manuscript.



## Conflicts of interest

The authors declare no competing interests.

## Data availability

The data supporting this article have been included as part of the SI.

Supplementary information contains Fig. S1–S9 and Table S1, covering cell configuration, conductivity measurement, optical and UV-vis characterization of electrode and electrolyte, supplementary voltage profile, and benchmark of cycling performance. See DOI: <https://doi.org/10.1039/d5ta04678e>.

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