

Table S1. Results of Mann-Whitney test comparing autumn migration traits between individuals of different sex, age and source population (Eastern vs Western) among nine Ospreys from Poland followed with GPS telemetry in 2017-2020.

Factor	Group	U	p
Departure*	age	31	0.170
	sex	18.5	1
	population	21	1
Distance	age	16	0.190
	sex	4	0.5
	population	18	0.063
Stopover days	age	0.95	1
	sex	4	0.455
	population	11.5	0.802
Total migration duration	age	11	0.905
	sex	4	0.5
	population	12	0.730

*tested for n=13, including incomplete tracks

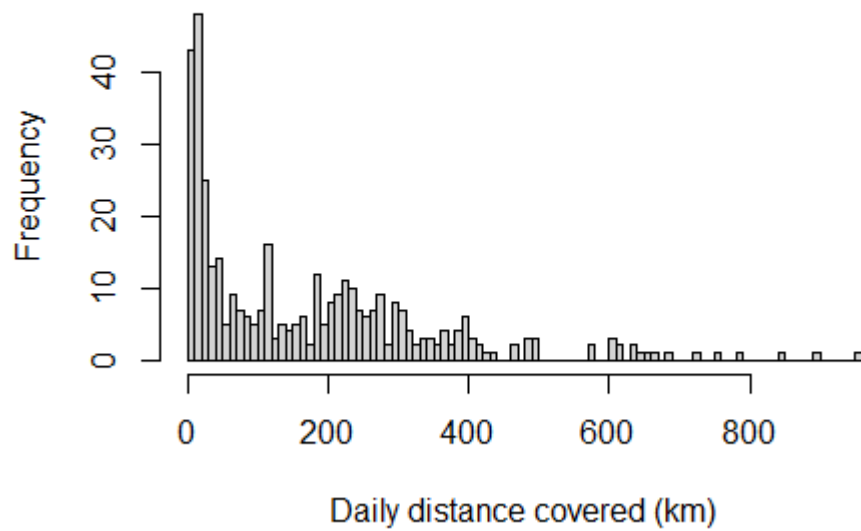


Figure S1. Histogram of daily distance covered on migration by GPS-tracked Ospreys from Poland in 2017-2020.

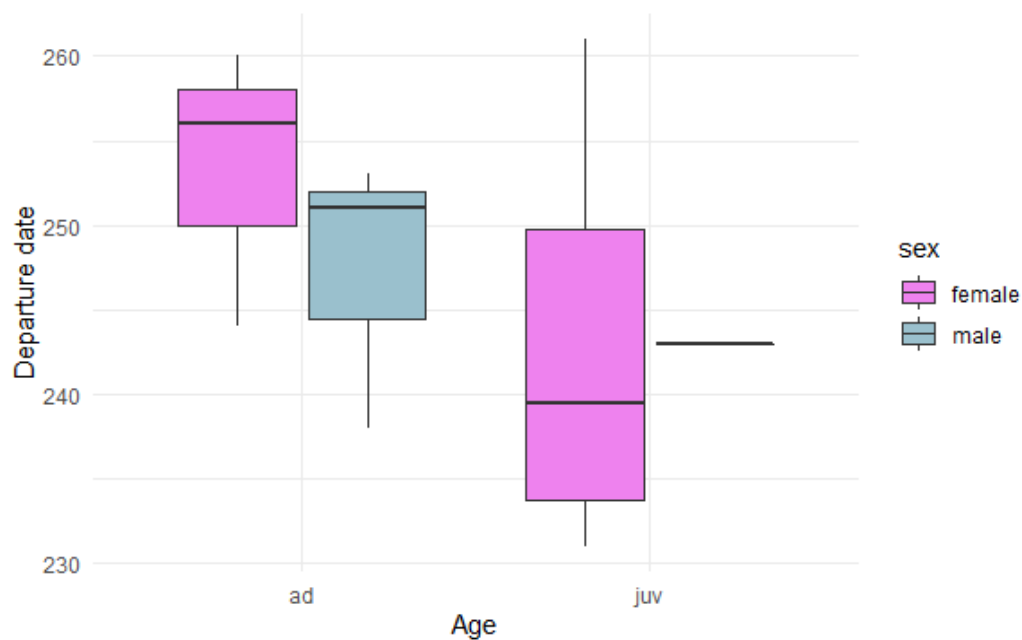


Figure S2. Differences in departure dates between age and sex classes in GPS-tracked Ospreys from Poland on their autumn migration.



Figure S3. Distance covered daily on migration by juvenile (a) and adult (b) Ospreys from Poland followed with GPS loggers in 2017-2020.