

**S3.** Small growth rate differences become discernible under growth rate inhibition because the lag phase becomes observable. (A) Logistic growth simulation of two viruses, where the growth rate of virus two (orange) is scaled to 0.8 times that of virus one (blue). Both viruses experience the same amount of inhibition; labels above each plot indicate percent inhibition relative to the growth rate of virus 1. (B) Observed growth dynamics with and without interferon. Coloured points show means (+/- standard error) across 4 experimental replicates, while grey points show individual observations (data as in figure 5; blue: CH085 TF, orange: CH085 CC).