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On the most fundamental level, the presence of a sex marker on US passports is, and has always been, an imperfect system unable to account for intersex individuals.

On a practical level the system fails to an even greater degree. The purpose of a passport is to identify an individual as a specific person. The passport type, country code, passport number, and dates of issue are listed on a passport to verify the authenticity of the passport. The given and surnames, date of birth, and location of birth are to name the specific person in records -- there may be many John Smiths, but there is only one John Smith born on 1/1/2000 in Arkansas. The identification photo is to visually link the passport, and associated person in records, to a physical body. The sex marker is to... assist the identification photo in visually linking the passport to a physical body?

The sex marker cannot be used to identify a person alone. If an authority ignored the identification photo and compared only the sex marker to the sex of the individual in front of them -- "the passport say male, you're male, you must be this person" -- they would be declared incompetent. The sex marker is, at best, an assistant to a form of identification that does not require it. At worst, it is an astoundingly unreliable false negative that relies on an individual authority figure's perception and biases regarding cultural gender norms, fashion movements, and bodily features that vary across ethnicities.

There are women who were born women, yet look like men. There are men who are born men, yet look like women. I know a number of people who are called "sir" and "ma'am" at random by strangers because it is not possible to visually identify their sex or gender. What use is the sex marker in these situations if not to bring uncertainty into a situation where there need not be any?