

Sindh Today – Online News

Online Sindh Newspaper

- [Home](#)
- [Business](#)
- [Entertainment](#)
- [Health](#)
- [India](#)
- [Pakistan](#)
- [Sports](#)
- [Technology](#)
- [World](#)
-

Type text to search here...

Enviar consulta

· **Ads by Google**

[Doing Business India](#)

[Live Football](#)

[Mayoristas India](#)

[Live Cricket](#)

50 Hotels in Granada
Book your hotel in Granada online.
Find your hotel on a city map!
[www.Booking.com/Granada](#)

Online Learning
Achieve the ultimate qualification at the University of Liverpool.
[www.liverpool.ohecampus.com](#)

Hotel económico Granada
habit. desde 25€ ! recién reformado a 3km de la capital granadina
[www.hotelphiladelfia.com](#)

Ads by Google

[Home](#) > [India](#) > Exhaustion may be the only determinant of climber’s performance (Re-issue)

Exhaustion may be the only determinant of climber’s performance (Re-issue)

January 10th, 2010 [SindhToday](#)

Hoteles Baratos Granada
Alojamientos económicos todo el año en todo el centro de Granada. Entra
[Ofertas-Hotel-Granada.Excite.es](#)

Vo2 Fitness
Boost Your Strength & Power With The #1 Athletic Training Program
[www.MaxWorkouts.com](#)

Hotel económico Granada
habit. desde 25€ ! recién reformado a 3km de la capital granadina
[www.hotelphiladelfia.com](#)

Ads by Google

Washington, Jan 10 (ANI): The maximum time an athlete takes to become exhausted while climbing may be the only determinant of his/her performance, reveals a new study.

Up till now, performance indicators for climbing have been low body fat percentage and grip strength. Moreover, the existing research was based on the comparison of amateur and expert climbers.

The new study led by University of Granada researchers and conducted over 16 high-level climbers shows that the time it takes for an athlete to become exhausted is the only indicator of his/her performance.

The researchers assessed the climbers with body composition tests (weight, height, body mass index, body fat pc, bone mineral density, and bone mineral content), kinanthropometry (length of arms, hands and fingers, bone mineral density and bone mineral content of the forearm), and physical fitness tests (flexibility, strength of the upper and lower body and aerobic capacity measured at a climbing centre).

They found no significant differences between expert and elite climbers in any of the tests performed, except in climbing time to exhaustion and in bone mineral density, both of which were higher in the elite group.

‘Therefore, the maximum climbing time to exhaustion of an athlete is the sole determinant of performance’, Vanesa España Romero, the main author of the work and researcher at the University of Granada told SINC.

According to experts, a fundamental characteristic of sport climbing is its ‘vertical dimension’, making it unique given its postural organisation in space, and from a physiological point of view, the effect a gravitational load has on movements.

In short, to complete a climb successfully, athletes should maintain their effort for as long as possible to improve their chances of reaching the ultimate goal.

The study is published in the European Journal of Applied Physiology. (ANI)

[NF]

Ads by Google

[Tsinghua University](#)

[Fudan University](#)

[Estancia Granada](#)

[Reservar Granada](#)

Categories: [India](#) Tags:

More from India

- [Manmohan Singh calls for creation of Solar Valleys on lines of Silicon Valleys](#)
- [Somdev slips to 161 in ATP rankings](#)
- [No improvement in Jyoti Basu’s condition \(Lead\)](#)
- [Zardari’s daughter may seek reopening of ZA Bhutto ‘death by hanging’ case](#)

Ads by Google

Hoteles Baratos Granada
Hotel A Precio De Hostal Y Hostal A Precio De Andar Por Casa. ¡Reserva!
[Hotel-Granada.es.Ask.com](#)

Hotel Granada desde 30€
Cada día nuevas noticias y ofertas Sobre Hoteles. Descubre y Comparte!
[es.Excite.eu/Hotel-Granada](#)

Makuto Guesthouse S.I.
Going to Granada? the backpackers choice in the heart of Albayzin.
[www.makutoguesthouse.com](#)

Increase Your V02 MAX
Boost Your Strength & Power With The #1 Athletic Training Program
[www.MaxWorkouts.com](#)

Granada a Precios de Risa
Ofertones de BAJA Temporada ¿A Que Esperas? Entra y Disfruta
[MejoresOfertas-Viajes.com/Gr](#)