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TRIADE DER SPORT TREIBENDEN FRAU UND RELATIVES ENERGIE-MANGEL-SYNDROM IM SPORT

Literaturliste und ergänzende Abbildungen zum Kapitel „Sporternährungsempfehlungen und RED-S“

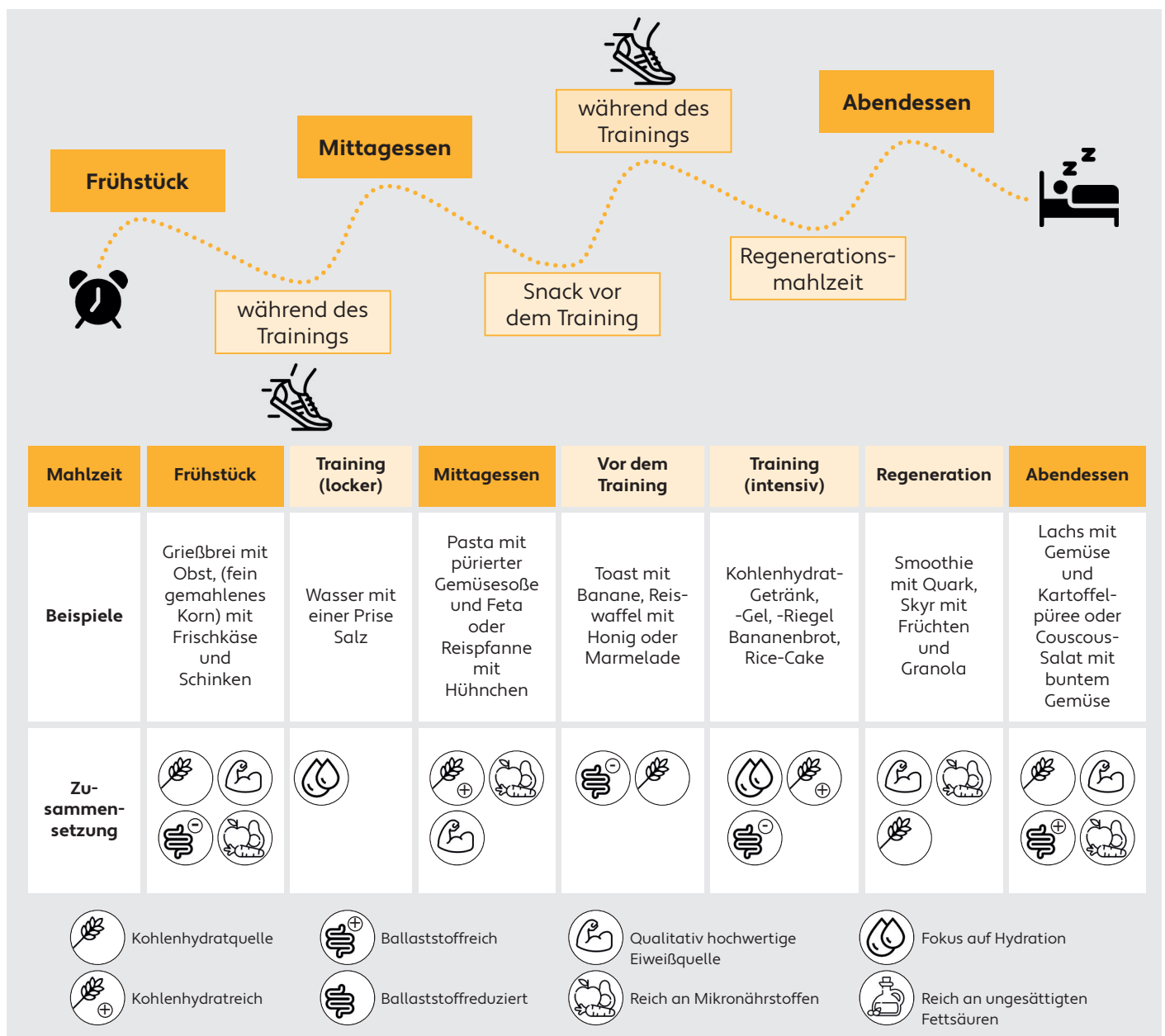


Abbildung A: Nährstoffzufuhr und Mahlzeitenverteilung im Verlauf eines beispielhaften Trainingstages mit zwei Ausdauereinheiten

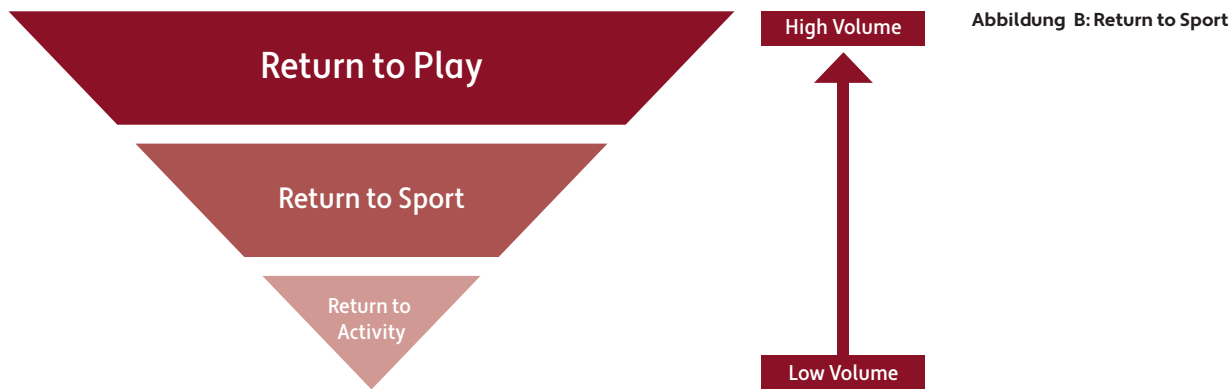
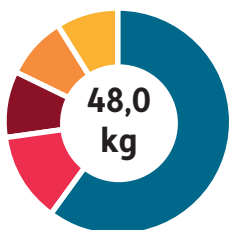


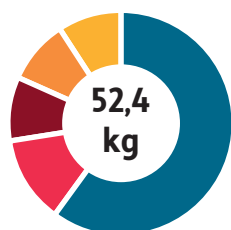
Abbildung B: Return to Sport

Gesamtübersicht



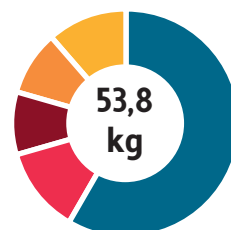
BMI	17,6
Fettfreie Masse	82,3 %
Wasser	60,2 %
Muskelprotein	12,7 %
Passives Gewebe	9,4 %
Fettmasse	17,7 %
Essentielles Fett	9 %
Fettreserve	8,7 %
Überschüssiges Fett	0 %

Gesamtübersicht



BMI	20,5
Fettfreie Masse	81,9 %
Wasser	60,1 %
Muskelprotein	12,6 %
Passives Gewebe	9,2 %
Fettmasse	18,1 %
Essentielles Fett	9 %
Fettreserve	9,1 %
Überschüssiges Fett	0 %

Gesamtübersicht



BMI	21
Fettfreie Masse	79,7 %
Wasser	58,6 %
Muskelprotein	12 %
Passives Gewebe	9,1 %
Fettmasse	20,3 %
Essentielles Fett	9 %
Fettreserve	11,3 %
Überschüssiges Fett	0 %

Abbildung C: Die Ergebnisse der Impedanzanalyse bei der Aufnahme der Athletin (links), nach der ersten Blutung (Mitte) und bei regelmäßigem Menstruationszyklus (rechts)

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