



# **Erkenntnisse über Athleten der drei Extremsportarten Ultramarathon, Langstreckenradfahren und Ultratriathlon (German Edition)**

*Michael Mankel*

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Diplomarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2,0, Deutsche Sporthochschule Köln (Institut für Individualsportarten), Sprache: Deutsch, Abstract: Die Arbeit beschäftigt sich mit den drei Extremsportarten Ultramarathon, Ultra-Triathlon und Langstreckenradfahren. Durch fragebogengeführte, umfangreiche Interviews werden wissenschaftliche Erkenntnisse über diese Sportarten zusammengetragen. Die Diplomarbeit ist grob in zwei Teile aufgeteilt. Im ersten Teil werden aus der bestehenden Literatur Anforderungsprofile für die drei Extremsportarten erstellt. Der zweite Teil gibt Erkenntnisse der einzelnen Sportarten wider, die durch die fragebogengeführten Interviews gewonnen werden.

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