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this position paper sets out current guidelines for the type quantity and timing of
carbohydrate intake in sport it will also discuss the significance of carbohydrate loading
the glycemic index and training

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30 mai 2025 wie sinnvoll sind nahrungsergänzungsmittel im sport daniel könig eine zentrale empfehlung lautet zunächst immer versuchen die ernährung nach dem prinzip food first zu

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zusammenfassend lässt sich feststellen dass sport lerinnen bei ausgewogener energiebedarfsdeckender ernährungsweise die d a ch referenzwerte für mikronährstoffe in der

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ausbildung universität zu köln ort 50829 sehen sie sich das profil von daniel könig daniel könig auf linkedin einer professionellen community mit mehr als 1 milliarde mitgliedern

mit großem engagement und herzblut schaffen wir einzigartige momente und sportliche highlights die in erinnerung bleiben von beachvolleyball bis triathlon was die einzelnen sportarten betrifft

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