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Heart rate as an indicator of sport climbing intensity

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Abstract

The objective of our research project was to introduce heart rate during sport climbing as one of the possible indicators of climbing intensity. For the purpose of our research, 11 sport climbers climbed three routes of varying grades of difficulty. The heart rate of the climbers was measured and climbing intensity was calculated. It was shown that, in spite of high local climbing intensity, general climbing intensity was rather low. Analysing the results, we wondered if the measured values actually reflected increased intensity or if they were a sign of some other phenomenon that was not monitored. Changes in heart rate during sport climbing can appear due to various factors, which can not all be completely controlled. Therefore, monitoring heart rate during sport climbing as an intensity indicator seems quite dubious.

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