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Welcome to Würzburg

On behalf of the Section “Exercise Science and Training” of the German Society of Sport Science (dvs) we welcome you to the Biannual Meeting “German Exercise Science & Training Conference” - GEST19.

The slogan of GEST19 is “Linking evidence-based Training Science & Practice”.

We chose this slogan since translating research findings into practice for those applying new knowledge is challenging and deserves robust interaction and discussion between scientific protagonists and practitioners.

The organizers of the conference together with the valuable input and knowledge of numerous colleagues from different backgrounds, coaches from different disciplines and governing bodies rounded out the creation of the conference’s program.

The conference topics include multiple aspects of training and testing from a wide variety of sports and settings. With more than 100 submitted abstracts the conference will prove to not only be interdisciplinary but also deal with a multitude of aspects from training and testing of different populations—from recreational to elite, young to old, men and women.

Our program covers many facets, including various innovative forms of endurance and neuromuscular training and testing. It includes new insights in training and testing of team, racquet, and winter sports. It also includes modern aspects of nutrition and biomonitoring at the molecular and systemic level.
We are proud to **host over 160 delegates from 15 countries.** Above all, we are proud to host more than 50 young researchers! The opportunity for sharing the latest research and practice is real. GEST19 provides each and every one of us with the opportunity to tackle the unique challenges of implementing and scaling up exercise science and training.

We are truly delighted with the quality of the conference programme and the activities developed by our Scientific and Organising Committees and we thank them for all of their efforts. We also **thank all speakers, chairs, volunteers and sponsors** for providing their valuable expertise, input and support for realizing GEST19.

Last but not least, **we thank you as participants** and the scientific and applied community for living and breathing Exercise Science and Training and making GEST19 the memorable experience we know it will be.

Best wishes to you all; enjoy Würzburg and enjoy the conference.

**Billy Sperlich**

Head of Organizing Committee

Speaker of the Section “Exercise Science and Training” of the German Society of Sport Science (dvs).

Head of “Integrative & Experimental Exercise and Training” (INTEX),

Institute of Sport Science of Würzburg
Scientific Committee

Lars Donath
German Sport University Cologne

Alexander Ferrauti
Ruhr University Bochum

Michael Fröhlich
TU Kaiserlautern

Stephan Geisler
IST University of Applied Science

Andrea Horn
Federal Institute of Sports Science

Kuno Hottenrott
Martin-Luther-University Halle-Wittenberg

Thomas Jaitner
TU Dortmund

Matthias W. Hoppe
University of Wuppertal/Clinic Osnabrück

Wolfgang Kemmler
Friedrich-Alexander-University Erlangen-Nürnberg

Mark Pfeiffer
Johannes-Gutenberg-University Main

Ilka Seidel
Olympic Training Center Niedersachsen

Sabrina Skorski
Universität des Saarlands

Billy Sperlich
University of Würzburg

Thimo Wiewelhove
Ruhr University Bochum

Christoph Zinner
University of Applied Sciences for Police and Administration of Hesse

Organizing Committee

Billy Sperlich
Peter Düking
Philipp Kunz
Birgit Sperlich
University of Würzburg
Venue Plan & Satellite Workshop

Congress Venue is at “Neue Universität”, Sanderring 2, Würzburg.

The “Burse” is the University cafeteria where lunch will be served on Thursday (do not forget your voucher!). In the same building the Come-together on Thursday will take place.

The “Eulenspiegel” is a wine tavern with beer cellar, where we can meet for Wednesday evening (no specific program and at own expense). Numerous other restaurants and bars exist in the area around the “Eulenspiegel”.
The **Satellite Workshop** “Multi-Directional Sprinting & Agility” on Wednesday will take place in the Human Performance Lab at Judenbühlweg 11 which is about 20 min walking distance from the Sanderring 2.

The tram (Line 3 and 5) depart from “Sanderring” Station to “Judenbühlweg” every 5-10 minutes.
Program Overview

Wednesday | February 20th 2019

10:00-10:30  Registration  
Main Building, Entrance Haal  
Sanderring 2  
Neue Universität Würzburg

10:30-11:00  Coffee Break

11:00-11:30  Exhibition

11:30-12:00  Coffee Break

12:00-12:30  Keynote Lecture:  
J. Hawley – Concurrent training: The Muscles Perspective

12:30-13:00  Coffee Break

13:00-13:30  Opening

13:30-14:00  Meet the Expert:  
J. Hawley

14:00-14:30  New Aspects in Whole-Body Electromyostimulation

14:30-15:00  Coffee Break

15:00-15:30  Player Tracking Technology in Team & Racquet Sports

15:00-15:30  Workshop:  
Simi Motion: 3D Markerless Motion Capturing

15:30-16:00  Meet the Expert:  
J. Hawley

16:00-16:30  Coffee Break

16:30-17:00  Cycling – Training & Testing

17:00-17:30  Biomechanical Aspects of Training & Testing

17:30-18:00  Workshop:  
Catapultsports

18:00-18:30  Satellite Workshop:  
Multi-Directional Sprinting & Agility at Laboratory Judenbühlweg 11

18:30-19:00  Section Meeting German Exercise Science and Training

19:00-19:30  Come together - at restaurant (own expense)  
"Eulenspiegel" Sanderstrasse 1a, 97070 Würzburg

19:30-20:00

20:00-20:30  open end
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
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<tbody>
<tr>
<td>07:30-08:00</td>
<td>Coffee Break</td>
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<tr>
<td>08:00-08:30</td>
<td>Table Tennis: The Development of the Elite</td>
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<td>08:30-09:00</td>
<td>Sleep, Travel &amp; Jet-lag</td>
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<td>09:00-09:30</td>
<td>Workshop: Blood Flow Restriction</td>
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<td>09:30-10:00</td>
<td>[YIA] Posterpresentation 1: Training &amp; Testing</td>
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<td>10:00-10:30</td>
<td>Coffee Break</td>
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<td>10:30-11:00</td>
<td>G. Millet - Neuromuscular Fatigue: Are Scientific Data Useful for Sport Performance?</td>
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<td>11:00-11:30</td>
<td>Lunch at “Unimensa”</td>
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<td>11:30-12:00</td>
<td>Energy Balance &amp; Expenditure; From Whole Body to Cellular Adaptations</td>
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<td>12:00-12:30</td>
<td>Individualization in Recovery Science</td>
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<td>12:30-13:00</td>
<td>Training &amp; Testing – Varia 1</td>
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<td>13:00-13:30</td>
<td>Posterpresentation 2: Training &amp; Testing</td>
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<td>13:30-14:00</td>
<td>Meet the Expert: G. Millet</td>
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<td>14:00-14:30</td>
<td>Innovative Methods in Strength Training</td>
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<td>14:30-15:00</td>
<td>Coffee Break</td>
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<td>15:00-15:30</td>
<td>Monitoring with Wearable Technology</td>
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<td>15:30-16:00</td>
<td>Workshop: Recovery Management</td>
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<td>16:00-16:30</td>
<td>Workshop: Vald Performance The Usability of Dual Force Platforms</td>
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<td>16:30-17:00</td>
<td>Coffee Break</td>
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<td>17:00-17:30</td>
<td>Special Aspects of Training &amp; Testing in Hypoxia &amp; Hyperoxia</td>
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<td>17:30-18:00</td>
<td>Nutrition &amp; Training</td>
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<td>18:00-18:30</td>
<td>Team Sport: Training &amp; Testing</td>
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<td>21:30-22:00</td>
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<td>22:00</td>
<td>Open-End at „Kellerperle“ (same building) at own expense</td>
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<tr>
<td>07:30-08:00</td>
<td>Coffee</td>
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<td>08:30-09:00</td>
<td>Keynote Lecture</td>
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<td>H.-C. Holmberg - Physiological &amp; Biomechanical Limits to Human Performance: Insight from the Elite Cross-Country Skier</td>
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<td>Coffee</td>
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<td>10:30-11:00</td>
<td>Agility for Exercise-Based Fall Prevention in the Elderly: Conceptual, Cross-Sectional &amp; Longitudinal Findings</td>
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<td>11:00-11:30</td>
<td>Training &amp; Testing – Varia 2</td>
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<tr>
<td>11:30-12:00</td>
<td>Workshop: Point-of-Care Testing (POCT)</td>
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<td></td>
<td>Meet the Expert: HC Holmberg</td>
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<tr>
<td>12:00-12:30</td>
<td>Round-up</td>
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Keynote Speakers

Prof. John A. Hawley, Ph.D.

John is currently Director of the Mary MacKillop Institute for Health Research and Head of the Exercise and Nutrition Research Program at the Australian Catholic University, Melbourne, Australia. He has published over 270 scientific manuscripts, written over 100 articles for technical journals and has authored numerous book chapters for exercise biochemistry and sports medicine texts. He currently sits on the Editorial Boards of many international journals including the American Journal of Physiology (Endocrinology and Metabolism), The Journal of Applied Physiology (U.S.A.), The Journal of Sports Sciences (U.K), Medicine & Science in Sports & Exercise (U.S.A.), Sports Medicine (New Zealand) and The International Journal of Sport Nutrition and Exercise Metabolism (U.S.A.). The focus of his lab’s work includes the interaction of exercise and diet on skeletal muscle metabolism, the molecular bases of exercise training adaptation and the cellular bases underlying exercise-induced improvements in insulin action. He is a frequently invited speaker at both National and International scientific meetings.
Prof. Guillaume Millet, PhD

Dr. Guillaume Millet, PhD, is a Professor of Exercise Physiology at Jean Monnet University (France). He graduated from the University of Franche-Comte (France) in 1997 and has held various positions in Dijon, Saint-Etienne and Grenoble. Between 2013 and 2018, he was also a Professor in the Human Performance Laboratory and the Faculty of Kinesiology, University of Calgary (Canada) where he led a research group on neuromuscular fatigue. His general research area investigates the physiological, neurophysiological and biomechanical factors associated with fatigue, both in extreme exercise (ultra-endurance, hypoxia) and patients (neuromuscular diseases, cancer).
Prof. Hans-Christer Holmberg, PhD

H-C Holmberg is a Professor of Sport Science at the Mid Sweden University and Arctic University in Tromsø. He’s also affiliated with the Karolinska Institute and University of British Columbia in Vancouver. Holmberg’s research (with > 180 scientific publications) focuses primarily on elite sport (with a special interest in skiing), using integrated physiological and biomechanical characterization to elucidate mechanisms and improve performance. Holmberg is also director for Research & Development at the Swedish Olympic Committee and acts as a key link between academic research and Swedish elite sport.
Program

Wednesday | February 20\textsuperscript{th} 2019

<table>
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<tr>
<th>Timeslot: 13.00 – 13.30h</th>
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| **Opening:**  
Billy Sperlich  
University of Würzburg  
Speaker of Exercise Science & Training Section – German Society of Sport Science  

Bariş Kabak  
Vice President University of Würzburg  

**Location:** Hall: 216 (Audimax) |

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<tr>
<th>Timeslot: 13.30 – 14.30h</th>
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| **Keynote Lecture:**  
Concurrent training: The Muscles Perspective  
John Hawley  
Australian Catholic University, Melbourne, Australia  

**Presentation + Discussion Time (min):** 45+15  
**Location:** Hall: 216 (Audimax)  
**Chair:** Billy Sperlich  
University of Würzburg |
#GEST19

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<tr>
<th>Timeslot: 15.00 – 16.30h</th>
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<tr>
<td><strong>Session:</strong> New Aspects in Whole-Body Electromyostimulation</td>
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<td><strong>Presentation + Discussion Time (min):</strong> 10+3</td>
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<td><strong>Location:</strong> Hall: 216 (Audimax)</td>
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<td><strong>Chair:</strong> Michael Fröhlich</td>
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<tr>
<td><strong>TU Kaiserslautern</strong></td>
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| 15:00 | **The effectiveness of the Bodystreet EMS standard program with different duration of intervention** |
| **Jürgen Krug¹, Christoph Eifler²** |
| ¹ German University of Applied Sciences for Prevention and Health (DHfPG), University of Leipzig; ² German University of Applied Sciences for Prevention and Health (DHfPG) |

| 15:15 | **Effects of novel technologies on chronic non-specific low back pain – a multicenter study** |
| **Anja Weissenfels** |
| Friedrich-Alexander-University Erlangen-Nürnberg |

| 15:30 | **[YIA] Effects of a 10-week WB-EMS training programme on specific sport performance parameters** |
| **Joshua Berger¹, Oliver Ludwig¹, Wolfgang Kemmler², Michael Fröhlich¹** |
| ¹ TU Kaiserslautern; ² Friedrich-Alexander University Erlangen-Nürnberg |

| 15:45 | **[YIA] Effects of Whole-Body Electromyostimulation (WB-EMS) on the energy-restriction-induced change in muscle mass during intended weight reduction** |
| **Sebastian Willert, Wolfgang Kemmler** |
| Friedrich-Alexander University Erlangen-Nürnberg |

| 16:00 | **[YIA] Effects of wb-EMS-Training for Amateur Ice Hockey Athletes** |
| **Elisabeth Schuhbeck, Volkmann Jansson, Bernd Wegener** |
| Ludwig-Maximilians-University Munich |

| 16:15 | **[YIA] The effects of electrical whole body muscle stimulation (WB-EMS) in patients with chronic unspecific back pain - A controlled clinical intervention study** |
| **Karl Lorenz Konrad¹, Jean-Pierre Baeyens², Volkmann Jansson¹, Bernd Wegener¹** |
| ¹ Ludwig-Maximilians-University Munich; ² Vrije Universiteit Brussel |
### Session:
**Player Tracking Technology in Team & Racquet Sports**
**Presentation + Discussion Time (min):** 20+5
**Location:** Hall: “Brose” Lecture Hall
**Chair:**
Matthias W. Hoppe
University of Wuppertal, University of Osnabrück

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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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</table>
| 15:00 | Monitoring external loads and internal demands by positioning systems in team sports: A technological overview  
1 Clinic Osnabrück; ² University of Wuppertal  | Matthias Wilhelm Hoppe¹, Christian Baumgart², Jürgen Freiwald² |
| 15:25 | Can Positioning Systems Replace Timing Gates for Measuring Sprint Time in Ice Hockey  | Daniel Link
TU Munich                                      |
| 15:50 | Enhanced sprint performance analysis in soccer: Insights from a GPS-based tracking system  | Lars Reinhardt, René Schwesig, Andreas Lauenroth, Stephan Schulze Eduard Kurz  
Martin-Luther-University Hall:e-Wittenberg |

### Workshop:
**Simi Motion – Title: 3D Markerless Motion Capturing - Innovative Technology to Describe and Explain Motion and Training Procedures**
**Location:** Hall: 318

### Meet the Expert:
**John Hawley**
**Location:** Hall: 124
**Chair:**
Billy Sperlich
University of Würzburg
<table>
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<tr>
<th>Time</th>
<th>Title</th>
<th>Authors</th>
<th>Institution</th>
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<tbody>
<tr>
<td>17:00</td>
<td>Correlations of physiological variables with a power-profile in cycling</td>
<td>Patrick Wahl, Sarah Strütt, Prisca Volmary</td>
<td>German Sport University Cologne</td>
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<tr>
<td>17:15</td>
<td>[YIA] Acute apnea does not improve 3km time trial performance</td>
<td>Janne Bouten, Gil Bourgois, Jan Bourgois, Jan Boone</td>
<td>Ghent University</td>
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<tr>
<td>17:30</td>
<td>[YIA] The effect of a varied recovery interval on the reconstitution of W'</td>
<td>Gil Bourgois, Kevin Caen, Kobe Vermeire, Jan Bourgois, Jan Boone</td>
<td>Ghent University</td>
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<tr>
<td>17:45</td>
<td>[YIA] Training progression in recreational cyclists: no linear dose-response relationship with training load</td>
<td>Kobe Vermeire, Jan Boone, Jan Bourgois, Gilles Vandewiele</td>
<td>Ghent University</td>
</tr>
<tr>
<td>18:00</td>
<td>[YIA] Effects of a short-term cycling interval session and active recovery on non-linear dynamics of cardiac autonomic activity</td>
<td>Thomas Gronwald, Kuno Hottenrott, Olaf Hoos</td>
<td>MSH Medical School Hamburg; Martin-Luther-University Hall:e-Wittenberg; University of Würzburg</td>
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<tr>
<td>18:15</td>
<td>[YIA] The reconstitution of W' depends on both work and recovery characteristics</td>
<td>Kevin Caen, Jan Boone, Jan Bourgois, Kobe Vermeire</td>
<td>Ghent University</td>
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</tbody>
</table>
Session: Biomechanical Aspects of Training & Testing
Presentation + Discussion Time (min): 10+3
Location: Hall: “Brose” Lecture Hall
Chair: Lars Donath
German Sport University Cologne

17:00  **Muscle activity patterns in imitation ski jumps**
Lisa Claussen¹, Jochen Baumeister², Steinar Bråten³, Gertjan Ettema³
¹ University of Kassel; ² University of Paderborn; ³ Norwegian University of Science and Technology NTNU

17:15  **Jump performance measurements on rigid and sand surfaces in a standardized laboratory setting – using marker-based information to detect ground contact times**
Eric Eils, Svenja Wirtz, Yannick Brodatzki, Sebastian Szwajca
University of Muenster

17:30  **Complex analysis of turns in 200 m freestyle short course races**
Sebastian Fischer, Tim Löbach, Armin Kibele
University of Kassel

17:45  **Development of mechatronic driven training devices for performance optimization and injury prevention in elite alpine ski racers**
Christian Raschner, Carson Patterson, Christoph Ebenbichler, Roland Luchner, Antonio Perez, Lisa Steidl-Müller
University of Innsbruck, Olympiazentrum Innsbruck

18:00  **[YIA] Effect of hip muscle strength on the relationship of dynamic trunk control and knee joint stability**
Monika Pauls, Michael Fröhlich, Arne Gülich
TU Kaiserslautern

18:15  **[YIA] Assessment of limb symmetry index as an injury risk factor in youth alpine ski racing**
Lisa Steidl-Müller¹, Carolin Hildebrandt¹, Erich Müller², Christian Fink³, Christian Raschner¹
¹ University of Innsbruck; ² University of Salzburg; ³ Health & Life Sciences University (UMIT)
Workshop:
Catapult – Title: NN
Location:
Hall: 318

Satellite Workshop:
Multi-Directional Sprinting & Agility in Elite Athletes
Location: Hall: Human Performance Lab, Institute of Sport Science, Judenbühlweg 11, 97082 Würzburg.

Chairs:
Christoph Zinner
University of Applied Sciences for Police and Administration of Hesse
Paula Aschendorf
German Sport University Cologne
Alli Gokeler
University Paderborn
Daniel Büchel
University Paderborn
Thursday | February 21th 2019

Timeslot: 08.30 – 10.00h

Session:
Table Tennis: The Development of the Elite
Presentation + Discussion Time (min): 10+3
Location: Hall: 216 (Audimax)
Chairs:
Irene Faber
University of Oldenburg
Goran Munivrana
University of Split

08:30  Kinematic analysis of Table Tennis top spin forehand in two different targets
Ivan Malagoli Lanzoni¹, Sandro Bartolomei¹, Federico Nigro¹, Yaodong Gu², Silvia Fantozzi¹
¹ University of Bologna; ² Ningbo University

08:45  Shot distribution in men’s and women’s elite table tennis matches
Ivan Malagoli Lanzoni¹, Sandro Bartolomei¹, Michael Fuchs²; Rocco Di Michele¹
¹ University of Bologna; ² TU Munich

09:00  Practical performance analysis in table tennis
Michael Fuchs, Martin Lames
TU Munich

09:15  Guidelines to identify and develop high potential in youth table tennis players
Irene Faber
University of Oldenburg

09:30  Profiling elite youth table tennis players using a multidimensional approach
Goran Munivrana¹, Michael Fuchs², Miran Kondric³, Tsung-Min Hung⁴, Irene Faber⁵
¹ University of Split; ² TU Munich; ³ University of Ljubljana; ⁴ Normal University of Taiwan; ⁵ University of Oldenburg

09:45  Donor sports for talent transfer in table tennis
Johan Pion¹, Jan Willem Teunissen¹, Irene Faber²
¹ HAN University of Applied Sciences; ² University of Oldenburg
Session:
Sleep, Travel & Jet-lag
Presentation + Discussion Time (min): 25+5
Location: Hall: “Brose” Lecture Hall
Chair:
Sabrina Skorski
Saarland University

08:30  The importance of sleep for recovery in athletes
Sabrina Skorski
Saarland University

09:00  All in a good night’s sleep: recovery and travel implications for
sporting populations
Hugh Fullagar
University of Technology Sydney

Workshop:
Blood Flow Restriction
Location:
Hall: 318

Michael Behringer
Goethe University Frankfurt
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<th>Authors</th>
<th>Institutions</th>
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<tr>
<td>08:30</td>
<td><strong>[YIA] Modeling Postural Control in Parkinson’s Disease</strong></td>
<td>Patrick Scholl, Maziar Ahmad Sharbafi, André Seyfarth</td>
<td>TU Darmstadt</td>
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<tr>
<td>08:35</td>
<td><strong>[YIA] Effect of age on reactive multidirectional speed in highly trained young soccer players</strong></td>
<td>Daniel Büchel, Tim Lehmann, Jochen Baumeister</td>
<td>Paderborn University</td>
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<tr>
<td>08:40</td>
<td><strong>[YIA] Vertical Jump Performance in German Youth Soccer Players</strong></td>
<td>Marco Backfisch, Oliver Ludwig, Michael Fröhlich</td>
<td>TU Kaiserslautern</td>
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<tr>
<td>08:45</td>
<td><strong>[YIA] Sports-specific differences in reactive multidirectional speed in team sports athletes using the Speedcourt©</strong></td>
<td>Daniel Büchel; Michael Döring; Fides Berkel; Prof. Jochen Baumeister</td>
<td>Paderborn University</td>
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<td>08:50</td>
<td><strong>[YIA] Static Stretching: Effect of an Acute Fatiguing Intervention on Non-invasive Indexes of Muscle Function While Cycling in the Severe Exercise Intensity Domain</strong></td>
<td>Alessandro Colosio, Emmanuele Baldessari, Silvia Pogliaghi</td>
<td>University of Verona</td>
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<td>08:55</td>
<td><strong>[YIA] A systematic review and meta-analysis about the effects of high-intensity interval training on physical fitness, health parameters and patient-reported outcomes in cancer survivors</strong></td>
<td>Nils Freitag¹, Hendrik Mugele², Jannik Wilhelmi¹, Yanxiang Yang³, Sulin Cheng⁴, Wilhelm Bloch¹, Moritz Schumann¹</td>
<td>German Sport University Cologne;² University of Innsbruck;³ Shanghai Jiao Tong University;⁴ University of Jyväskylä</td>
</tr>
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</table>
[YIA] Correlation between physical performance parameters and race performances during an incremental step test in highly trained flat-water sprint kayak athletes on a kayak-ergometer
Manuel Matzka¹, Philipp Kunz², Christoph Zinner³, Billy Sperlich²
¹ University of Applied Sciences Hamm-Lippstadt, ² University of Wuerzburg, ³ University of Applied Sciences for Police & Administration of Hessen, Germany

09:05
[YIA] The Attractor Method - Striking a new path on cyclic sports analyses
Christian Weich¹, Randall Jensen², Manfred Vieten¹
¹ University Konstanz; ² Northern Michigan University

09:10
[YIA] Pressure Level in German Junior Bundesliga Soccer
Micha Pietzonka¹, Andreas Hohmann¹, Stefan Hochstein²
¹ University Bayreuth; ² Martin Luther University Halle

09:15
[YIA] The influence of synchronous music on aerobic endurance performance, perceived exertion, flow and enjoyment
Anita Sadoroschny¹; Milan Dransmann²
¹ Steinhagener Gymnasium; ² University Bielefeld

09:20
[YIA] Pressing Evaluation in the German Bundesliga Season 2016/17 Using Positional Data of Defensive Actions
Steffen Barthel
University Bayreuth

Special Interest Group:
Motion Analysis
Location:
Hall: 124

Armin Kibele
University of Kassel
Michael Fröhlich
TU Kaiserslautern
**Timeslot: 10.30 – 11.30h**

**Keynote Lecture:**
Neuromuscular Fatigue: Are Scientific Data Useful for Sport Performance?
Guillaume Millet
Jean Monnet University, Saint-Étienne

**Presentation + Discussion Time (min):** 45+15

**Location:** Hall: 216 (Audimax)

**Chair:**
Lars Donath
German Sport University Cologne
#GEST19

## Session:
Energy Balance & Energy Expenditure; from Whole Body to Cellular Adaptations

**Presentation + Discussion Time (min):** 15+3

**Location:** Hall: 216 (Audimax)

**Chairs:**
Karsten Köhler  
University of Nebraska-Lincoln  
Sebastian Gehlert  
German Sport University Cologne

### 13:00
**Energy expenditure during and following aerobic and resistance training**
Clemens Drenowatz  
University of Education Upper Austria, Linz

### 13:20
**Energy Balance and Nutrition in Elite Sports – Insights into Metabolic Adaptations and Implications for Practice**
Karsten Köhler  
University of Nebraska-Lincoln

### 13:40
**Resistance exercise and mechanical stress: Between muscle anabolism, damage and mechanoprotection**
Sebastian Gehlert  
German Sport University Cologne

### 14:00
**Acute and chronic effects of resistance exercise on the stress response in skeletal muscle fibers**
Daniel Jacko  
German Sport University Cologne
Session: Individualization in Recovery Science

Presentation + Discussion Time (min): 10+3

Location: Hall: “Brose” Lecture Hall

Chair: Alexander Ferrauti
Ruhr University Bochum

13:00 Individual effects of different recovery interventions: a review on six years of REGman research
Alexander Ferrauti
Ruhr University of Bochum

13:15 Individualized reference ranges for muscle recovery assessment in football
Sabrina Skorski¹, Anne Hecksteden¹, Werner Pitsch¹, Mark Pfeiffer², Michael Kellmann³, Alexander Ferrauti³, Tim Meyer¹
¹ Saarland University; ² Johannes-Gutenberg University; ³ Ruhr-University of Bochum

13:30 The effects of Foam-Rolling (FR) and Cold-Water-Immersion (CWI) on recovery in elite Volleyball-player after a standardized simulated match
Thiemo Pelzer, Christian Rasche, Mark Pfeiffer
Johannes Gutenberg-University Mainz

13:45 Using heart rate monitoring to individualize training and recovery prescription
Christoph Schneider
Ruhr University Bochum

14:00 [YIA] Individual monitoring of national-ranked tennis players regarding the effects of a four-week foam rolling intervention - a REGmon based analysis
Julia Weinberger
Ruhr University Bochum
Session: Training & Testing – Varia 1
Presentation + Discussion Time (min): 10+3
Location: Hall: 318
Chair: Thiemo Wievelhove
Ruhr University Bochum

13:00  [YIA] Variation and progression in performance of German national junior athletes and their development to national senior athletes
Christoph Clephas
Christian-Albrechts-University Kiel

13:15  [YIA] Development of performance diagnostics for the Olympic combined climbing format
Marvin Winkler, Claudia Augste, Stefan Künzell
Augsburg University

13:30  [YIA] Denotation, connotation and association of the term ‘training’
Carlo Dindorf, Michael Fröhlich, Oliver Ludwig
TU Kaiserslautern

13:45  Concurrent Validity of a Contact Mat and the My Jump 2 App for Android for Measuring Vertical Jump Performance
Ludwig Ruf, Björn Bonacker, Christoph Fuhr, Christoph Wild
Saarland University

14:00  Suitability and reliability of stress and recovery markers in endurance sports
Thomas Reichel¹, Tim Konstantin Boßlau¹, Jana Palmowski¹, Klaus Eder², Robert Ringseis², Rüdiger Walscheid³, Stefan Samel³, Torsten Frech⁴, Marc Philippe⁴, Frank Christoph Mooren⁵, Karsten Krüger¹
¹ Leibniz University Hannover; ² Justus-Liebig-University Giessen; ³ Medical Center for Laboratory Medicine and Microbiology, Koblenz-Mittelrhein; ⁴ Justus-Liebig-University Giessen; ⁵ Faculty of Health, Witten/Herdecke University
Posterpresentation 2:
Training & Testing
Presentation + Discussion Time (min): 3+2
Location: Hall: Foyer
Chair: Mark Pfeiffer
University of Mainz

13:00  **Suitability and reliability of neurophysiological/neuropsychological parameters as biomarkers for exercise and recovery**
Thomas Reichel¹, Jana Palmowski¹, Tim Konstantin Boßlau¹, Kira Siewert¹, Rüdiger Walscheid², Evita Bothur², Marc Philippe³, Johannes Fleckenstein³, Karsten Krüger¹
¹ Leibniz-University Hannover; ²Medical Center for Laboratory Medicine and Microbiology, Koblenz-Mittelrhein; ³ Justus-Liebig-University Giessen

13:05  **Evaluation of the Bourban trunk muscle strength test using electromyographic parameters**
Stephan Becker, Michael Fröhlich
TU Kaiserslautern

13:10  **The effect of current race position on change-over time in swimming relay races**
Claudia Braun, Sebastian Fischer, Armin Kibele
University Kassel

13:15  **Electromyographic activity profiles of the vastus medialis and gastrocnemius during single scull rowing in the field**
Steffen Held¹, Tobias Siebert², Lars Donath¹
¹ German Sport University Cologne, ² University of Stuttgart

13:20  **Maximum power in stretch-shortening-cycle during rowing**
Steffen Held¹, Tobias Siebert², Lars Donath¹
¹ German Sport University Cologne, ² University of Stuttgart

13:25  **No gender specific difference in strength performance by non-specific but well-trained persons**
Eduard Isenmann¹, Amy Thenart¹, Stephan Geisler¹, Patrick Diel²
¹ IST University of Applied Science, ² German Sport University Cologne

13:30  **The influence of the “kick-out” during a back-tuck somersault on gaze behavior in trampolining**
Jens Natrup, Jana Bramme, Marc de Lussanet, Heiko Wagner
Westfälische Wilhelms-University Münster
13:35  | Art du Deplacement (ADD)/ Parkour therapy for people with Parkinson’s disease? Applying an extreme sport into rehabilitation training to increase physical and mental wellbeing  
Mareike Schwed¹, Kasturi Torchia², Gogoly Yao², Tobias Getrost¹  
¹ neurowerkstatt; ² esprit concrete

13:40  | Neuroprotective Exercise Protocol (NEP) improves Parkinson’s disease (PD) mobility: transferring evidence into practice  
Mareike Schwed, Getrost Tobias  
neurowerkstatt

13:45  | Isolated lumbar extension resistance exercise for the rehabilitation of patients with chronic low back pain and degenerative spine conditions— A case series of 445 consecutive patients  
Sandra Ort, Florian Maria Alfen¹, Christoph Spang¹  
¹ Wirbelsäulenzentrum Dr. Alfen

13:50  | Influence of whole-body-electromyostimulation on posture and trunk muscle force  
Oliver Ludwig, Joshua Berger, Michael Fröhlich  
TU Kaiserslautern

13:55  | The impact of digitalization in exercise sciences and sports medicine  
Lia Rigamonti¹, Urs-Vito Albrecht², Christoph Lutter³, Mathias Tempel⁴, Bernd Wolfarth⁴, David Alexander Back⁵  
¹ University of Potsdam; ² Hannover Medical School (MHH), ³ Clinic Bamberg; ⁴ Humboldt University Berlin; ⁵ Bundeswehrkrankenhaus Berlin

14:00  | Equipment effects on team-handball specific throwing skills in childhood  
Frowin Fasold, Fabian Bleckat, Dennis Horn, Lara Kellermann, André Nicklas  
German Sport University Cologne

14:05  | Fully remote coaching method for bicycle pedaling skills using advice from subjects' videos and pedaling force monitor  
Tomoki Kitawaki¹, Masahiro Fukuda²  
¹ Kansai Medical University; ² Hamster Spin

14:10  | Flexibility – Effects of static stretching in comparison to foam rolling  
Stefan Geisler, Christian Niessen  
IST – University of Applied Science

14:15  | Step Frequency and Step Length during Sprinting of Novices  
Marcus Schmidt, Thomas Jaitner  
TU Dortmund
Meet the Expert:
Guillaume Millet
Location: Hall: 124
Chair:
Lars Donath
German Sport University Cologne

Timeslot: 15.00 – 16.30h

Session:
Innovative Methods in Strength Training
Presentation + Discussion Time (min): 10+3
Location: Hall: 216 (Audimax)
Chair:
Stephan Geisler
IST University of Applied Science

15:00  Does blood flow restriction alter the motor unit recruitment of the muscles at the knee?
Eduard Kurz, Stefan Pröger, Kay Brehme, Martin Pyschik, René Schwesig, Thomas Bartels
1 Martin-Luther-University Halle-Wittenberg; 2 Sports Clinic Halle

15:15  Effects of acute strength training with blood flow restriction on arterial stiffness
Felix Weigand, Nico Nitzsche, Henry Schulz
TU Chemnitz

15:30  Effects of Whole Body Electromyostimulation (WB-EMS) vs. Whole Body Vibration (WBV) in patients with chronic nonspecific low back pain
Florian Micke, Nicolas Wirtz, Ulrike Dörmann, Heinz Kleinöder, Lars Donath
German Sport University Cologne

15:45  [YIA] The Hatfield-System versus the Weekly Undulating Periodised Resistance Training in trained males
Markus Antretter, Sebastian Färber, Lorenz Immler, Matthias Perktold, Doris Posch, Christian Raschner, Felix Wachholz, Martin Burtscher
Leopold-Franzens-University Innsbruck

16:00  [YIA] Periodization of plyometrics: is there an optimal overload principle?
Maarten Lievens, Jan Bourgois, Jan Boone
Ghent University
### Session: Monitoring with Wearable Technology

**Presentation + Discussion Time (min):** 10+3  
**Location:** Hall: “Brose” Lecture Hall  
**Chair:**  
Peter Düking  
University of Würzburg

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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| 15:00 | The use of higher dimensional analyses to visualise the training process | Dan Weaving  
Leeds Rhinos Rugby League Club, Leeds Beckett University |
| 15:15 | Heart rate variability guided endurance training in recreational runners | Christoph Zinner¹, Daniela Schäfer Olstad², Billy Sperlich³  
¹ University of Applied Sciences for Police and Administration of Hesse; ² Polar Electro Oy; ³ University of Würzburg |
| 15:30 | Automatic Classification of Skating Cross-Country Skiing Sub-Techniques based on a Single Wearable Sensor and Biomechanical Models | Benedikt Fasel¹, Matej Supej², Marko Laaksonen³  
¹ Archinisis GmbH; ² University of Ljubljana; ³ Mid Sweden University |
| 15:45 | Monitoring the Recovery-Stress State Using Commercial Wearables using the Vital Monitor as an Example | Robert Collette, Natascha Raisig, Christian Rasche, Mark Pfeiffer  
Johannes Gutenberg-University Mainz |
| 16:00 | [YIA] Towards a wearable feedback system for gait training: Inertial sensor based 3D joint kinematics and spatio-temporal parameters | Wolfgang Teufl, Markus Miezal, Michael Lorenz, Bertram Taetz, Michael Fröhlich, Gabriele Bleser  
TU Kaiserslautern |
<table>
<thead>
<tr>
<th>Workshop:</th>
<th>Recovery Management</th>
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<td>Location:</td>
<td>Hall: 318</td>
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<td>Mark Pfeiffer</td>
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<td>Johannes Gutenberg-Universität Mainz</td>
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<th>Workshop:</th>
<th>Vald Performance – Title: The Usability of Dual Force Platforms from Injury Prevention to Performance</th>
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<td>17:00</td>
<td><strong>Altitude training for performance enhancement: The scientific debate</strong></td>
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<td>17:25</td>
<td><strong>Endurance Competitions at Altitude – A Narrative Review on Psychological Aspects</strong></td>
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<td>17:50</td>
<td><strong>New aspects of hyperoxic training for normoxic performance</strong></td>
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Session: Nutrition & Training  
Presentation + Discussion Time (min): 10+3  
Location: Hall: “Brose” Lecture Hall  
Chair: Karsten Köhler  
University of Nebraska-Lincoln  

17:00  **Effect of New Zealand Blackcurrant extract on endurance performance in Yo-Yo Intermittent Recovery Test Level 1**  
Sebastian Zart, Stephan Becker, Florian Beppler, Fabio Grett  
TU Kaiserslautern  

17:15  **[YIA] The use and dosage of pre-workout supplements amongst recreational athletes**  
Simon Gavanda¹, Jan Philipp Leber¹, Judith von Andrian-Werburg², Eduard Isenmann¹, Stephan Geisler¹  
¹ IST University of Applied Sciences; ² German Sport University Cologne  

17:30  **[YIA] Evaluation of different sports drinks on endurance performance and energy metabolism**  
Laura Hottenrott  
Ruhr University Bochum  

17:45  **[YIA] Utilization-focused monitoring of the hydration- and regeneration-status with national adolescent team-handball athletes**  
André Nicklas¹, Frowin Fasold², Alexander Koke³, Erik Wudtke⁴, Jochen Beppler⁴  
¹ German Sport University Cologne; ² German Sport University Cologne; ³ Martin Luther University Halle; ⁴ German Handball Federation, Dortmund  

18:00  **High and average consumption of dietary supplements prevails among male but not female gym users**  
Judith von Andrian-Werburg, Eduard Isenmann, Patrick Diel, Felix Eulgem, Ulrich Flenker  
German Sport University Cologne
Session:
Team Sport: Training & Testing
Presentation + Discussion Time (min): 10+3
Location: Hall: 318
Chair:
Alexander Ferrauti
Ruhr University Bochum

17:00 Reliability of energetic profiles of intermittent shuttle runs
Olaf Hoos¹, Richard Latzel², Felix Rother¹, Hanna Pfister¹, Eva Kloos³, Ralph Beneke³, Sebastian Kaufmann¹
¹ University of Würzburg; ² Deggendorf Institute of Technology; ³ Philipps-University Marburg

17:15 [YIA] Energetics of intermittent and continuous shuttle runs
Sebastian Kaufmann¹, Richard Latzel², Felix Rother¹, Hanna Pfister¹, Eva Kloos¹, Ralph Beneke³, Olaf Hoos¹
¹ University of Würzburg; ² Deggendorf Institute of Technology; ³ Philipps-University Marburg

17:30 Sprint mechanical properties of elite adult and under 19 year’s male handball players
Christian Baumgart¹, Jürgen Freiwald¹, Matthias Hoppe²
¹ University of Wuppertal; ² Clinic Osnabrück GmbH

17:45 Leg-dominance effect in elite youth team-handball
Dennis Horn¹, Tobias Alt², Frowin Fasold¹, Axel Knicker¹
¹ German Sport University Cologne; ² Olympic Centre Westphalia, TU Dortmund

18:00 [YIA] Reactive Agility in Youth Basketball
Carina Thomas, Kevin Nolte, Thorben Monien, Mathias Kolodziej, Thomas Jaitner
TU Dortmund

18:15 [YIA] Transfer of specific tactical behavior to pitch and training configuration in small sided games
Micha Pietzonka¹, Andreas Hohmann¹, Stefan Hochstein²
¹ University of Bayreuth; ² Martin Luther University Halle-Wittenberg

Section Meeting German Exercise Science and Training:
Presentation + Discussion Time (min): 30+30
Location: Hall: 124
Chair:
Billy Sperlich
University of Würzburg
**Friday | February 22th 2019**

**Timeslot: 09.00 – 10.00h**

| Keynote Lecture: |
| Physiological and Biomechanical Limits to Human Performance: Insight from the Elite Cross-Country Skier |
| Hans-Christer Holmberg |
| Department of Health Sciences, Mid Sweden University, Östersund, Sweden |
| Department of Physiology and Pharmacology, Karolinska Institute, Stockholm, Sweden |

**Presentation + Discussion Time (min): 45+15**

**Location:** Hall: 216 (Audimax)

**Chair:**

Billy Sperlich

University of Würzburg
Timeslot: 10.30 – 12.00h

Session:
Agility for Exercise-Eased Fall Prevention in the Elderly: Conceptual, Cross-Sectional & Longitudinal Findings

Presentation + Discussion Time (min):
20+5

Location:
Hall: 216 (Audimax)

Chair:
Lars Donath
German Sport University Cologne

10:30  Acute and interventional effects of exercise training on postural control in seniors: Applicability of novel training regimes
Lars Donath
German Sport University Cologne

10:55  Agility training to improve intrinsic fall risk factors in the elderly: a randomized controlled parallel group trial
Eric Lichtenstein¹, Oliver Faude¹, Jonas Grillo¹, Silvia Flury¹, Ralf Roth¹, Lukas Zahner¹, Lars Donath²
¹ University of Basel; ² German Sport University Cologne

11:20  Agility Training for the elderly: Study Protocol of a multi-center randomized controlled trial
Mareike Dietzsch¹, Eric Lichtenstein², Oliver Faude², Henner Hanssen², Lars Donath¹
¹ German Sport University Cologne; ² University of Basel
**Presentation + Discussion Time (min): 10+3**

**Location:** Hall: “Brose” Lecture Hall

**Chair:**
Florian Engel  
Heidelberg University

10:30  
**Classroom-based 8-minute micro-sessions of functional high-intensity circuit training enhances muscular fitness but not endurance performance in 11-year old students**  
Florian Engel¹, Matthias Oliver Wagner², Billy Sperlich³  
¹ Heidelberg University; ² Bundeswehr University Munich; ³ University Würzburg

10:45  
**Lactate kinetic in isokinetic force loads**  
Nico Nitzsche, Henry Schulz  
TU Chemnitz

11:00  
**Heart rate-derived training load quantification following three different running protocols**  
Christian Rasche, Tanja Willersinn, Felix Eing, Stefan Wiewer, Mark Pfeiffer  
Johannes Gutenberg-University Mainz

11:15  
**Evaluation of a group based 8-week outdoor fitness training on physiological performance in recreational athletes**  
Anna Hendker, Eric Eils  
University of Münster

11:30  
**Heart-rate recovery at three minutes after exercise outperforms earlier time points in prediction of estimated maximal oxygen uptake**  
Johannes Kurz, Hermann Müller, Jörg Jäger  
Justus-Liebig-University Giessen

11:45  
**Exergames – an appropriate medium for training in sport?**  
Josef Wiemeyer  
TU Darmstadt
**Workshop:**
Point-of-Care Testing (POCT)

**Location:**
Hall: 418

Silvia Achtzehn
German Sport University Cologne

**Meet the Expert:**
Hans-Christer Holmberg

**Location:**
Hall: 124

**Chair:**
Billy Sperlich
University of Würzburg
Useful Information

Abstracts
All abstracts are published within a special open-access edition in the *German Journal of Exercise and Sport* Research and the available at:

https://doi.org/10.1007/s12662-019-00567-4

Accessibility
The “Neue Universität” has three entrances, main entrance and two side entrances. One side entrance (rear side) is free-accessible. All the conference rooms have step-free access via wide corridors. Elevators giving access to all floors accommodate wheelchairs. The free-accessible toilet is located in the basement and is easy to reach from the elevator (left side).

Wireless Internet connectivity (WLAN)
You will have wireless internet access during the conference.

Please use: WLAN RZUW

Login: gest19
Password: gest19
Pre-Shared-Key: Julius-Echter
Members of other universities may also use eduroam, given that their end-device is appropriately configured.

All delegates may also use the @BayernWLAN without registration.

**Wardrobe & luggage storage**
The cloakroom is located in the basement below the registration. Your luggage and belongings will be supervised Wednesday 11AM-6PM, Thursday 8:30 AM-6PM and Friday 8:30 AM-1PM.

**Name badges**
All delegates will receive a name badge. This badge is the official entry pass and must be worn to obtain entry to all sessions, and associated activities. In case you lose your badge, please inform a member of staff at the Registration Desk on the ground floor.

**Enquiries**
If you have any questions during the conference, please feel free and ask our event staff at the registration for assistance.

**Certificates of attendance**
Each participant will receive an e-mail after the conference including a link, which enables to download an individual certificate of attendance as a pdf.
Exhibition (Plan)
A number of organisations and companies are exhibiting at GEST19 (please see page 46 for a list of sponsors). All exhibition booths are located in the Lichthof (2nd floor). The exhibition is open as follows:

- Wednesday 11:00 AM – 06:00 PM
- Thursday 08:30 AM – 06:00 PM
- Friday 09:00 AM – 01:00 PM

Catering
There are catering points in the Lichthof (2nd floor) during coffee breaks. We will serve coffee/tea and water as well as fruits and/or small snacks.

Lunch on Thursday
You will receive free lunch on Thursday in the Mensa, Am Studentenhaus 1 (please see city plan (p. 6), approximately 5-10 min walking distance) on Thursday. Please show your voucher and name tag which allows you to purchase a main course, two side dishes (salad and dessert) and a free drink. On Wednesday and Friday, you also have the opportunity to take lunch in the Mensa as a guest (self-pay).

Language
The official language of the conference is English. All conference sessions will be presented in English.

Seats in sessions
Seats will be allocated on a first come basis. To facilitate access, please move along the row to the first available seat, rather than sitting at the end and blocking empty seats.
Oral Sessions - Presenter Information

Please visit the Speaker Preview room (Room 112) as early as you can, but at least three hours before beginning of your session and provide your slides on a USB storage device, so that our team can upload your presentation and ensure proper functioning.

Speakers giving an early morning presentation should visit the speaker preview room the day before their presentation to provide their slides.

In the session

The time and location of your session can be found in the Program Overview. Please ensure that you arrive ten minutes before the start of your session to meet your chair (a member of the event staff team will be in the room throughout the session). Please bring along a couple of sentences summarising your position, organisation and area of work, which the chair may wish to use to introduce your presentation. Please keep to the speaking time given for your presentation.

Poster Sessions – Presenter information

The poster sessions will take place in the Lichthof (2nd floor). The presenting authors of the poster are requested to hang up their posters from 08:00 AM to 12:00 AM (YIA Posterpresentation 1) and 12:00 AM to 04:00 PM (Posterpresentation 2). During the poster sessions, the authors are asked to present their poster for 3 minutes and answer questions for 2 minutes.
**Young Investigator Award**

The Scientific Committee will recognise the best oral and poster presentation submitted by delegates and marked as [YIA]. Both winners will be announced during the GEST19 Conference Dinner on Thursday 21\textsuperscript{st} February and will receive a certificate after the congress. The winner of the oral presentation will receive a monetary reward as well as a certificate.

**Meeting of the Section “Exercise Science & Training” of the German Society of Sport Science**

Section Meeting German Exercise Science and Training will take place in Hall 124. The meeting is only for registered members of the German Society of Sport Science.

**GEST19 Come-Together on Wednesday**

The “Till Eulenspiegel”, one of Würzburg’s most beautiful “Weinstube” (wine tavern) with a rustic “Bierkeller” (beer cellar) will serve us as a meeting possibility for all delegates on Wednesday evening (self-pay). For more information, please visit: [http://www.hotel-till-eulenspiegel.de/](http://www.hotel-till-eulenspiegel.de/)

Please note that the “Weinstube” on the ground floor offers dishes and wine from Würzburg and offers places for approx. 70 persons. The “Weinstube” is reserved for GEST19 delegates exclusively. The “Bierkeller” in the basement holds additional 100 people with the same meals as upstairs. In case all seats are occupied in the “Till Eulenspiegel” there are further possibilities to eat out in cafes, restaurants or snack bars in walking distance.
GEST19 Conference Dinner - Thursday
The Conference Dinner will take place on Thursday, 21st February at 7.30pm at the Mensa, Studentenhaus 1, Würzburg (see page 6) for all delegates who have booked the conference dinner.

Dress Code is casual.

Afterwards an informal catch-up for all conference delegates is possible in the “Kellerperle”, right below the Mensa. Please note: Drinks and food in the Kellerperle are not for free.

Public Transport
You can find a journey planner with public transport within Würzburg here:

https://www.vvm-info.de/home/fahrplaene/fahrplanauskunft/verbindungsauskunft-echtzeit.jsp

Car Parking
Please note that there are limited parking possibilities at the venue. Please consider public transportation.
Sponsors

https://www.sportwissenschaft.de/home/

https://www.bisp.de/DE/Home/home_node.html

https://www.uni-wuerzburg.de/startseite/

https://www.artinis.com/

https://www.movisens.com/de/

https://www.cosmed.com/de/

https://globalspeed-gmbh.de/

https://www.valdperformance.com/
Notes