

Liste der Veröffentlichungen

Wissenschaftliche Veröffentlichungen

Originalarbeiten: Erst- und Seniorautorenschaften

1. **Krieg A**, Meyer T, Clas S, Kindermann W. Characteristics of inline speedskating - incremental tests and effect of drafting. *Int J Sports Med*, 2006;27(10):818-23. <https://doi.org/10.1055/s-2005-872967>.
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28. Mazzolari R, Rodrigues P, **Hecksteden A**. Tailoring exercise intensity: Acute and chronic effects of constant-speed and heart rate-clamped exercise in healthy, inactive adults. *J Sci Med Sport*. 2025. Epub ahead of print. <https://doi.org/10.1016/j.jsams.2025.04.007>.

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<https://doi.org/10.1371/journal.pone.0182158>.
5. Julian R, **Hecksteden A**, Fullagar HH, Meyer T. The effects of menstrual cycle phase on physical performance in female soccer players. *PLoS One*, 2017;12(3):e0173951.
<https://doi.org/10.1371/journal.pone.0173951>
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15. Julian R, Skorski S, **Hecksteden A**, Pfeifer C, Bradley PS, Schulze E, et al. Menstrual cycle phase and elite female soccer match-play: influence on various physical performance outputs. *Sci Med Football*. 2021;5(2):97-104. <https://doi.org/10.1080/24733938.2020.1802057>.
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Übersichtsarbeiten und Editorials

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7. **Hecksteden A**, Meyer T: Personalized Sports Medicine – Principles and Tailored Implementations in Preventive and Competitive Sports. Dtsch Z Sportmed, 2018; 69:73-80. <https://doi.org/10.5960/dzsm.2018.323>.
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14. Mazzolari R, **Hecksteden A**. Rethinking exercise intensity prescription in continuous endurance exercise. Eur J Appl Physiol. 2025. Epub ahead of print. <https://doi.org/10.1007/s00421-025-05721-5>.

Bücher und Buchkapitel

aus der Fünter, K., Faude, O., **Hecksteden, A.**, Such, U., Hornberger, W., Meyer, T. (2013). Anatomie und Physiologie von Körper und Bewegung. In: Güllich, A., Krüger, M. (eds) Sport. Bachelor. Springer Spektrum, Berlin, Heidelberg. https://doi.org/10.1007/978-3-642-37546-0_5

Hecksteden A, Kellner R. Expertise "Wissenschaftlicher Umgang mit kleinen Fallzahlen bis hin zu Single Subject Designs". Schriftenreihe des BISp. ebook verfügbar via:
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Hecksteden A, Rausch L. (2025). Bergsport in der Rehabilitation. In: Kopp M, Burtscher J. (eds) Bergsport und Gesundheit. Springer Verlag GmbH, Heidelberg.