

# Krystian Wochna

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2041205/publications.pdf>

Version: 2024-02-01

9  
papers

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citations

2258059

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2053705

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9  
docs citations

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times ranked

37  
citing authors

#	ARTICLE	IF	CITATIONS
1	Protective Effects of Exercise Become Especially Important for the Aging Immune System in The Covid-19 Era. , 2022, 13, 129.		11
2	Seasonal variation of 25-Hydroxyvitamin D and indices of carbohydrate and lipid metabolism in postmenopausal women. PeerJ, 2021, 9, e11341.	2.0	2
3	Nordic Walking Rather Than High Intensity Interval Training Reduced Myostatin Concentration More Effectively in Elderly Subjects and the Range of This Drop Was Modified by Metabolites of Vitamin D. Nutrients, 2021, 13, 4393.	4.1	9
4	The Effects of Nordic Walking With Poles With an Integrated Resistance Shock Absorber on Cognitive Abilities and Cardiopulmonary Efficiency in Postmenopausal Women. Frontiers in Aging Neuroscience, 2020, 12, 586286.	3.4	6
5	Bone Mineral Density and Bone Turnover Markers in Postmenopausal Women Subjected to an Aqua Fitness Training Program. International Journal of Environmental Research and Public Health, 2019, 16, 2505.	2.6	21
6	erum 25-hydroxyvitamin D concentrations and selected diet components in postmenopausal women. Acta Scientiarum Polonorum, Technologia Alimentaria, 2017, 16, 443-49.	0.3	0
7	Serum 25-hydroxyvitamin D concentrations and selected diet components in postmenopausal women [pdf]. Acta Scientiarum Polonorum, Technologia Alimentaria, 2017, 16, 443-49.	0.3	0
8	Changes in Selected Parameters of Swimming Technique in the Back Crawl and the Front Crawl in Young Novice Swimmers. Journal of Human Kinetics, 2013, 37, 161-171.	1.5	3
9	Influence of Nordic walking with poles with an integrated resistance shock absorber on carbohydrate and lipid metabolic indices and white blood cell subpopulations in postmenopausal women. PeerJ, 0, 10, e13643.	2.0	0