Ignacio Martinez-Navarro

List of Publications by Year
in descending order

31	300	932766	940134
papers	citations	10	16
		h-index	g-index

31	31	31	366
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Muscle Cramping in the Marathon: Dehydration and Electrolyte Depletion vs. Muscle Damage. Journal of Strength and Conditioning Research, 2022, 36, 1629-1635.	1.0	10
2	Renal Function Recovery Strategies Following Marathon in Amateur Runners. Frontiers in Physiology, 2022, 13, 812237.	1.3	1
3	Effects of wearing a full body compression garment during recovery from an ultraâ€trail race. European Journal of Sport Science, 2021, 21, 811-818.	1.4	5
4	The week after running a marathon: Effects of running vs elliptical training vs resting on neuromuscular performance and muscle damage recovery. European Journal of Sport Science, 2021, 21, 1668-1674.	1.4	5
5	120 min/week of neuromotor multicomponent training are enough to improve executive function and functional fitness in older women. Experimental Gerontology, 2021, 145, 111199.	1.2	3
6	Recovery of Inflammation, Cardiac, and Muscle Damage Biomarkers After Running a Marathon. Journal of Strength and Conditioning Research, 2021, 35, 626-632.	1.0	28
7	Impact of Plasma Oxidative Stress Markers on Post-race Recovery in Ultramarathon Runners: A Sex and Age Perspective Overview. Antioxidants, 2021, 10, 355.	2.2	7
8	Heart rate dynamics and lactate following high-intensity race-pace continuous vs interval workouts in highly trained athletes. Physiology International, 2021, 108, 303-316.	0.8	1
9	Pulmonary and Inspiratory Muscle Function Response to a Mountain Ultramarathon. Journal of Sports Science and Medicine, 2021, 20, 706-713.	0.7	2
10	Influence of Female Sex Hormones on Ultra-Running Performance and Post-Race Recovery: Role of Testosterone. International Journal of Environmental Research and Public Health, 2021, 18, 10403.	1.2	5
11	Inflammation, muscle damage and postrace physical activity following a mountain ultramarathon. Journal of Sports Medicine and Physical Fitness, 2021, 61, 1668-1674.	0.4	0
12	Variables related to exercise dependence and quality of life in amateur long-distance runners. Medicina Dello Sport, 2021, 74, .	0.1	1
13	Pacing and Body Weight Changes During a Mountain Ultramarathon: Sex Differences and Performance. Journal of Human Kinetics, 2021, 80, 71-82.	0.7	4
14	The effect of armâ€crank exercise training on power output, spirometric and cardiac function and level of autonomy in persons with tetraplegia. European Journal of Sport Science, 2020, 20, 926-934.	1.4	7
15	Ultra Trail Performance is Differently Predicted by Endurance Variables in Men and Women. International Journal of Sports Medicine, 2020, , .	0.8	7
16	The effect of long-term ultra-endurance exercise and SOD2 genotype on telomere shortening with age. Journal of Applied Physiology, 2020, 129, 873-879.	1.2	8
17	Effect of mountain ultramarathon distance competition on biochemical variables, respiratory and lower-limb fatigue. PLoS ONE, 2020, 15, e0238846.	1.1	13
18	Using Accelerometry for Evaluating Energy Consumption and Running Intensity Distribution Throughout a Marathon According to Sex. International Journal of Environmental Research and Public Health, 2020, 17, 6196.	1.2	1

#	Article	IF	Citations
19	Inspiratory and Lower-Limb Strength Importance in Mountain Ultramarathon Running. Sex Differences and Relationship with Performance. Sports, 2020, 8, 134.	0.7	2
20	Immediate and 24-h post-marathon cardiac troponin T is associated with relative exercise intensity. European Journal of Applied Physiology, 2020, 120, 1723-1731.	1.2	18
21	Estimation of energy consumed by middle-aged recreational marathoners during a marathon using accelerometry-based devices. Scientific Reports, 2020, 10, 1523.	1.6	10
22	Hematological variability analysis after road marathon vs ultratrail. Kinesiology, 2020, 52, 178-186.	0.3	1
23	Quick Recovery of Renal Alterations and Inflammatory Activation after a Marathon. Kidney Diseases (Basel, Switzerland), 2019, 5, 259-265.	1.2	13
24	Cardiac Damage Biomarkers and Heart Rate Variability Following a 118-Km Mountain Race: Relationship with Performance and Recovery. Journal of Sports Science and Medicine, 2019, 18, 615-622.	0.7	18
25	Hydration Status, Executive Function, and Response to Orthostatism After a 118-km Mountain Race: Are They Interrelated?. Journal of Strength and Conditioning Research, 2018, 32, 441-449.	1.0	12
26	Establishing cut-points for physical activity classification using triaxial accelerometer in middle-aged recreational marathoners. PLoS ONE, 2018, 13, e0202815.	1.1	17
27	Is Baseline Cardiac Autonomic Modulation Related to Performance and Physiological Responses Following a Supramaximal Judo Test?. PLoS ONE, 2013, 8, e78584.	1.1	13
28	Six Hundred Meterâ€“Run and Broken 800â€™s Contribution to Pacing Improvement in Eight Hundred Meterâ€“Athletics. Journal of Strength and Conditioning Research, 2013, 27, 2405-2413.	1.0	4
29	Heart rate variability and pre-competitive anxiety in BMX discipline. European Journal of Applied Physiology, 2012, 112, 113-123.	1.2	70
30	Linear and nonlinear heart rate dynamics in elderly inpatients. Relations with comorbidity and depression. Medicina (Lithuania), 2010, 46, 393.	0.8	11
31	Linear and nonlinear heart rate dynamics in elderly inpatients. Relations with comorbidity and depression. Medicina (Lithuania), 2010, 46, 393-400.	0.8	3