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HandbikeBattle A challenging handcycling event

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HandbikeBattle

A challenging handcycling event

*A study on physical capacity testing, handcycle training
and effects of participation*

Ingrid Kouwijzer

This dissertation is a product of the HandbikeBattle study. The HandbikeBattle study is a collaboration between:

- Center for Human Movement Sciences, University Medical Center Groningen, University of Groningen, the Netherlands
- Department of Research and Development, Heliomare Rehabilitation Center, Wijk aan Zee, the Netherlands
- Amsterdam Rehabilitation Research Center | Reade, Amsterdam, the Netherlands
- Center of Excellence for Rehabilitation Medicine, University Medical Center Utrecht Brain Center, University Medical Center Utrecht and De Hoogstraat Rehabilitation, Utrecht, the Netherlands
- Center for Rehabilitation, University Medical Center Groningen, University of Groningen, the Netherlands

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HandbikeBattle

A challenging handcycling event

A study on physical capacity testing, handcycle training and
 effects of participation

PhD thesis

to obtain the degree of PhD at the
 University of Groningen
 on the authority of the
 Rector Magnificus Prof. C. Wijmenga
 and in accordance with
 the decision by the College of Deans.

This thesis will be defended in public on

Monday 18 January 2021 at 14.30 hours

by

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born on 25 November 1986
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“It is not the mountain we conquer, but ourselves”

Sir Edmund Hillary, on 29 May 1953, first climber confirmed to have reached the summit of Mount Everest (8848 m). Hillary very likely adapted this quote from George Mallory, who died in 1924 during an attempt to reach the summit. His body was found at 8157 m by Conrad Anker in 1999. It is unknown whether Mallory ever reached the summit.

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