



# Hur mycket snabbare är seniorer jämför med juniorer?

## Referenser

Laakso, Lassi A, and Josh L Secomb. "Skating sprint performance and the influence of lower-body strength and power in professional and junior elite ice hockey athletes." *Sports biomechanics*, 1-12. 5 Jun. 2023, doi:10.1080/14763141.2023.2218326