

## Cerebral oxygenation in elite Kenyan athletes

Written by Australia Today

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The Journal of Applied Physiology has published an article by Jordan Santos-Concejero of the Faculty of Physical Activity and Sport Sciences of the University of the Basque Country (UPV-EHU), and entitled 'Maintained cerebral oxygenation during maximal self-paced exercise in elite Kenyan runners'. This is a pioneering study in the world of the physiology of exercise, given that it describes for the first time that elite Kenyan athletes have greater brain oxygenation during periods of maximum physical effort, and which contributes to their success in long-distance races.

**Read more** <http://www.alphagalileo.org/ViewItem.aspx?ItemId=147968&CultureCode=en>