



Grinduro Japan  
Hakuba / 08.10.2023

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NAKAZATO, MAYUMI

□□□: 57:12.59

□□: snatch cycles

□□: 277

Grinduro

□□□□□: 98 (of 378)

□□□□□□: 35:17.67

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□□□□□: 2(of 23)

Women 41-50

□□□□□□□: 55:32.72

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Stage 1	21:41.66	3	2:38.31	139	11:08.48	21:41.66	3	2:38.31	139	11:08.48
Stage 2	5:54.38	2	0:28.32	109	2:03.81	27:36.04	3	3:06.63	125	12:52.43
Stage 3	6:07.14	4	0:27.89	127	2:03.17	33:43.18	3	3:15.49	111	13:30.91
Stage 4	23:29.41	1	-	95	13:14.63	57:12.59	2	1:39.87	98	21:54.92