



Grinduro Japan
Hakuba / 08.10.2023

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SHINOZAKI, YU

□□□: 40:43.17

□□: MONSTER TRIATHLON CLUB

□□: 126

Grinduro

□□□□□: 9 (of 378)

□□□□□□: 35:17.67

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□□□□□: 4(of 83)

Men 31-40

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Stage 1	15:38.30	4	2:34.70	21	5:05.12	15:38.30	4	2:34.70	21	5:05.12
Stage 2	4:50.46	8	0:34.32	30	0:59.89	20:28.76	4	3:06.73	20	5:45.15
Stage 3	4:26.36	1	-	2	0:22.39	24:55.12	3	2:46.08	11	4:42.85
Stage 4	15:48.05	5	2:54.05	13	5:33.27	40:43.17	4	3:48.22	9	5:25.50