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Service Manual

Suzuki GSX600F / GSX750F
Katana 1998 - 2007



Suzuki Katana Lc Repair Manual

Patrick Vollmar



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web nov 1 2021 the singapore marathon features six different categories full marathon half marathon 10 kilometer run 5 kilometer run the toyota ekiden team relay race and the kid s dash the full marathon is only open to runners aged 18 years and more on the day of the race moreover the cut off time for the 42 195 kilometer race is 7 hours and 30

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your nutrition right is key to maximising performance on the day we ve worked with james collins elite performance nutritionist to bring you a marathon meal plan aimed at the seven days leading up to race day

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web oct 26 2023 there are 19 aid stations for the marathon nine for the half marathon four for the 10km race and two for the 5km race allowing runners to focus on their performance with confidence it s advised for marathon runners to consume 5 10 ml of fluid per kilogram of body weight in the 2 4 hours leading up to the marathon to ensure optimal hydration