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tao\_cifst@163.com

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15	13-15	10-12	7-9	4-6	1-3
30	26-30	21-25	16-20	11-15	6-10
20	15-20	13-14	11-12	9-10	7-8
10	9-10	7-8	5-6	3-4	1-2
15	13-15	10-12	7-9	4-6	1-3
10	9-10	7-8	5-6	3-4	1-2

100-85

84-70

69-55

54-0

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CHEST

30	25-30	20-24	15-19	10-14	5-9
20	15-20	13-14	11-12	9-10	7-8
20	15-20	13-14	11-12	9-10	7-8
20	15-20	13-14	11-12	9-10	7-8
10	9-10	7-8	5-6	3-4	1-2
10	9-10	7-8	5-6	3-4	1-2

110-91

90-71

70-51

50-0

2

25	20-25	16-19	11-15	8-10	5-7
25	20-25	16-19	11-15	8-10	5-7
25	20-25	16-19	11-15	8-10	5-7
25	20-25	16-19	11-15	8-10	5-7

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*	30	25	20	15	10
	20	17	14	11	8
	15	12	10	7	5
	15	12	10	7	5
	20	15-19	10-14	5-9	0-4

【 】\*作为 ， 不到25分 不 与优 。

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