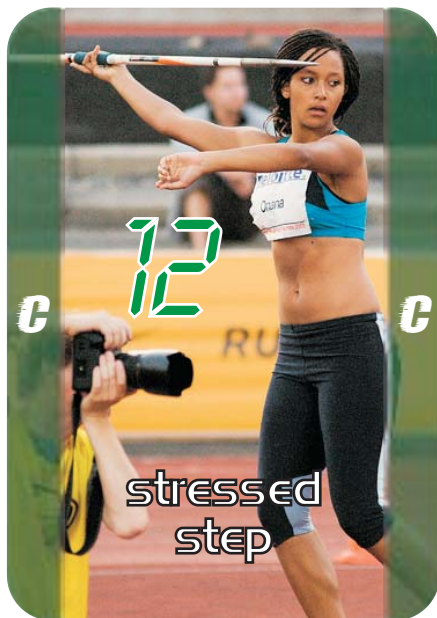


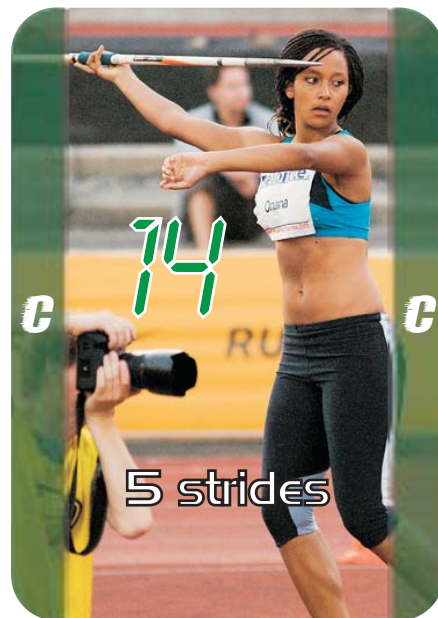
midway
marker

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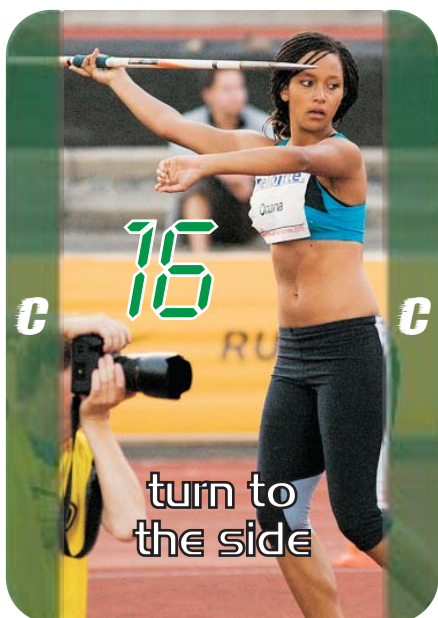
stressed
step

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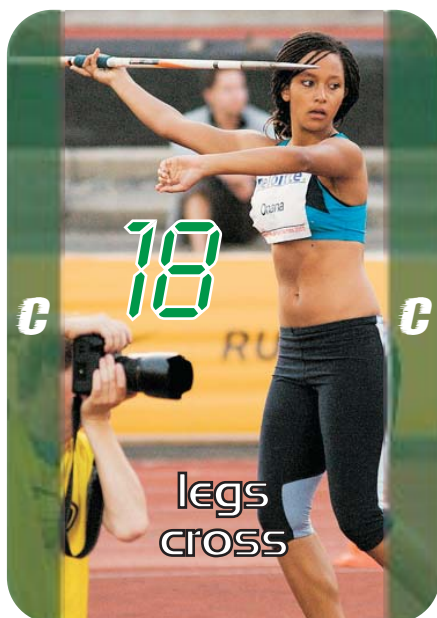
5 strides

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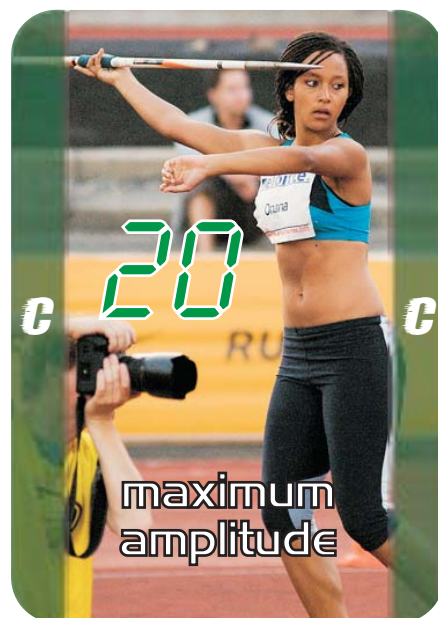
turn to
the side

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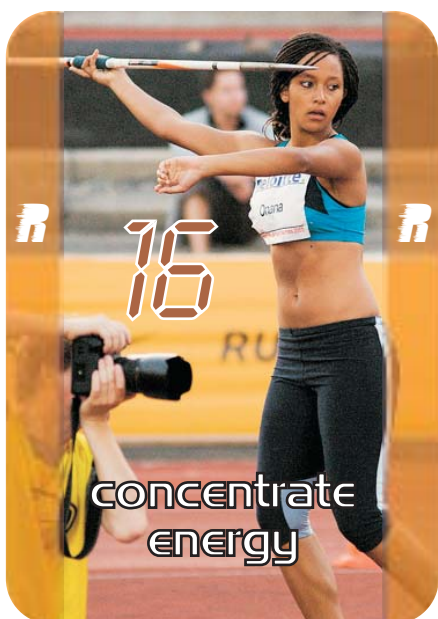
legs
cross

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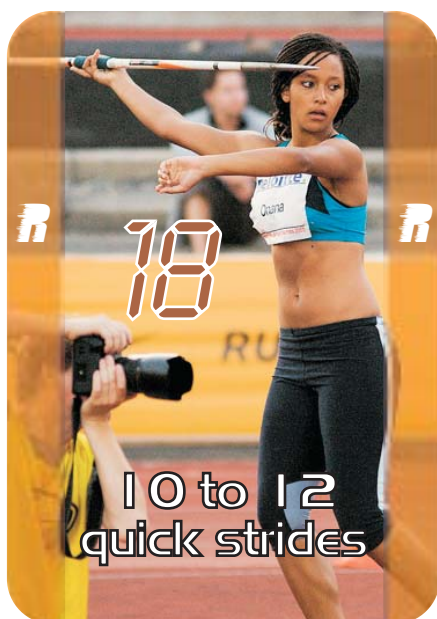
maximum
amplitude

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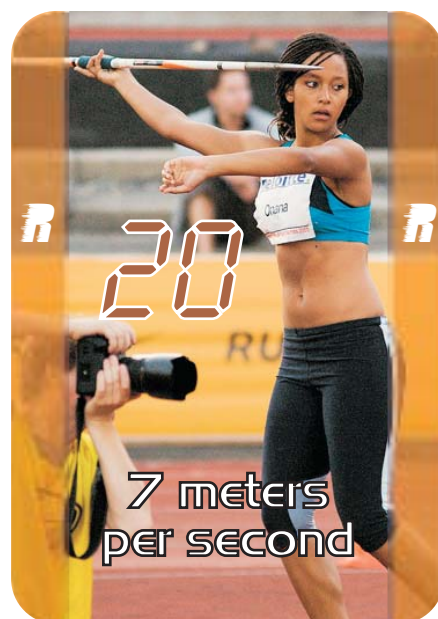
concentrate
energy

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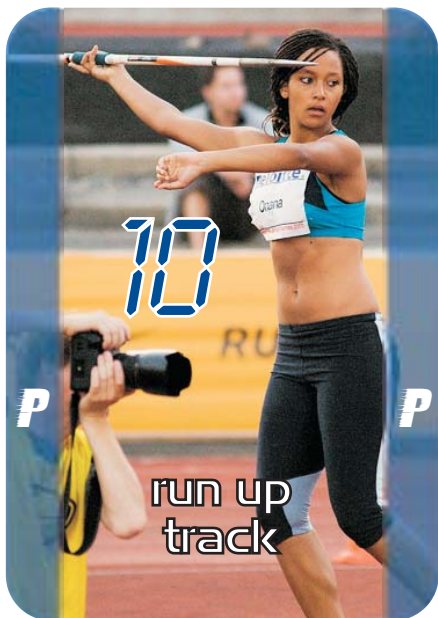
10 to 12
quick strides

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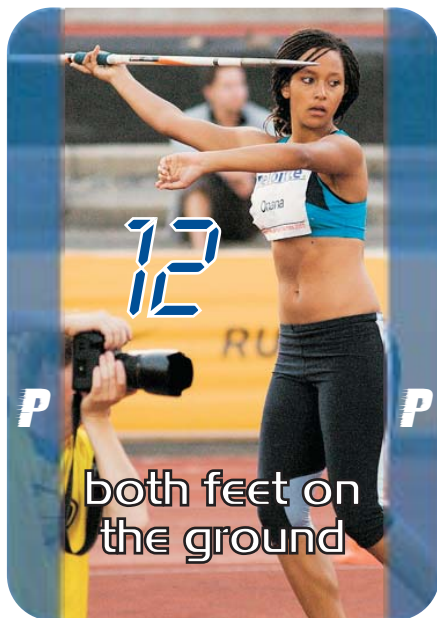
7 meters
per second

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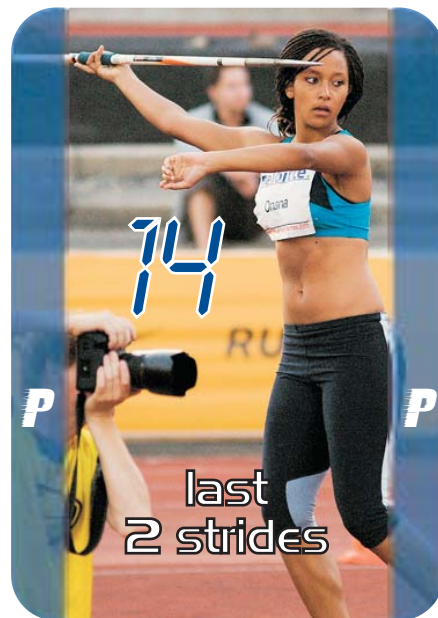
run up
track

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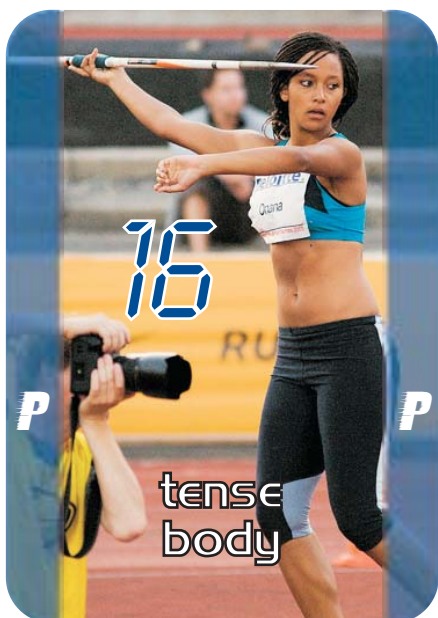
both feet on
the ground

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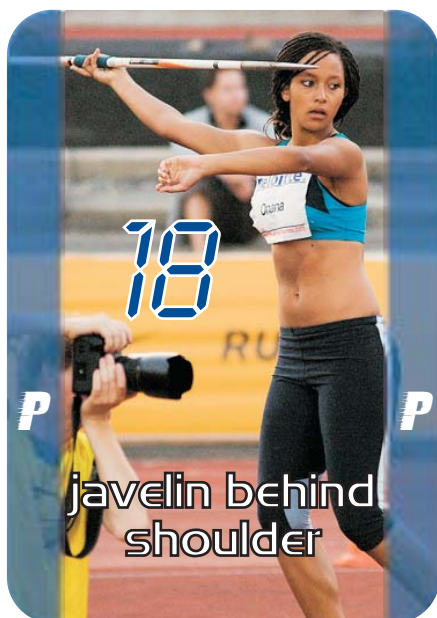
last
2 strides

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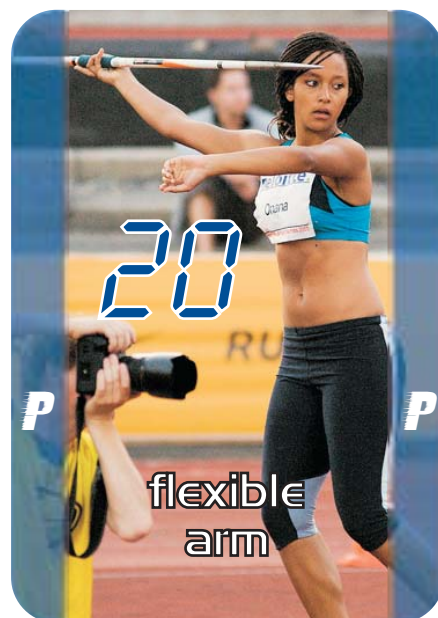
tense
body

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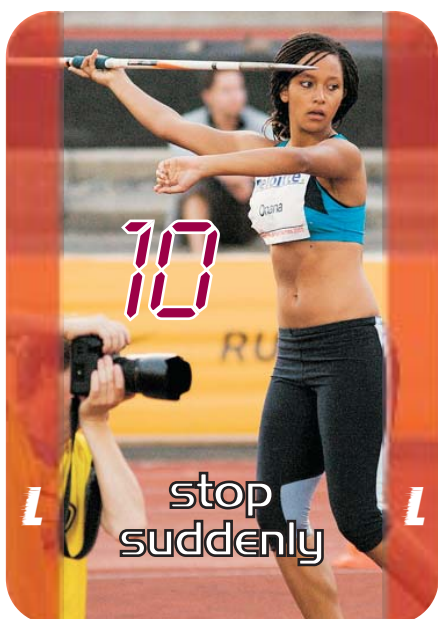
javelin behind
shoulder

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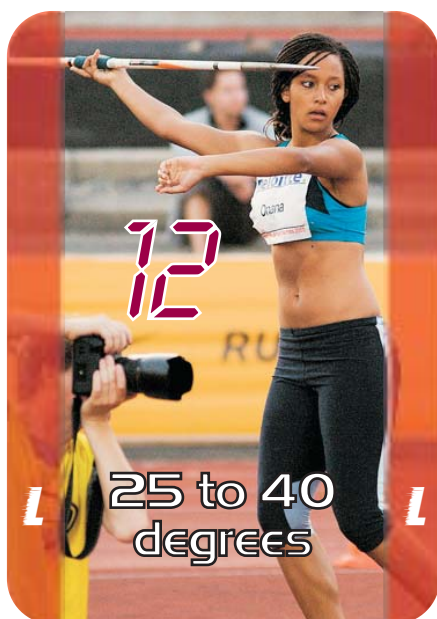
flexible
arm

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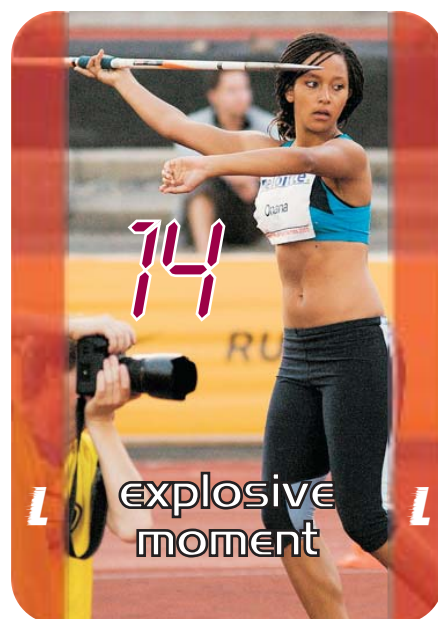
stop
suddenly

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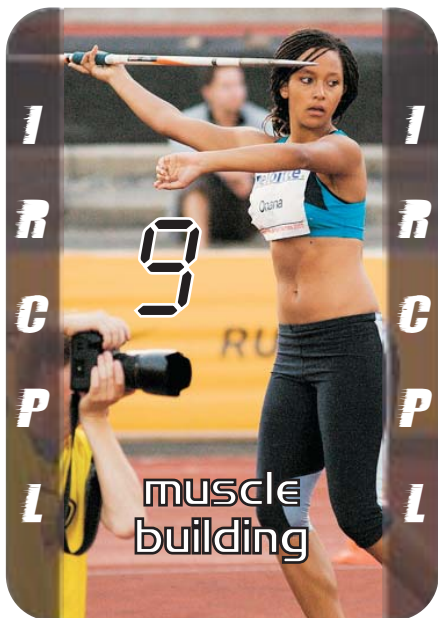
25 to 40
degrees

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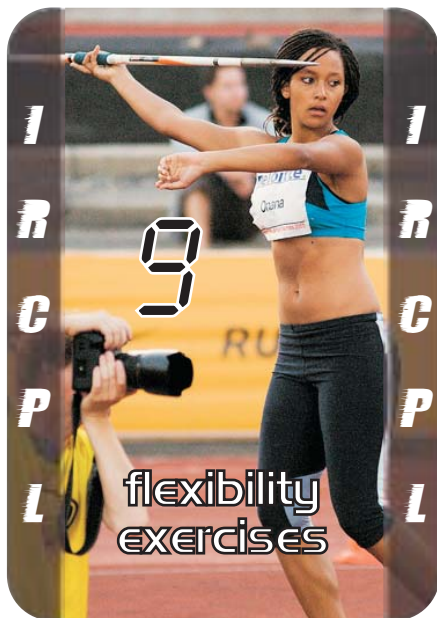


explosive
moment

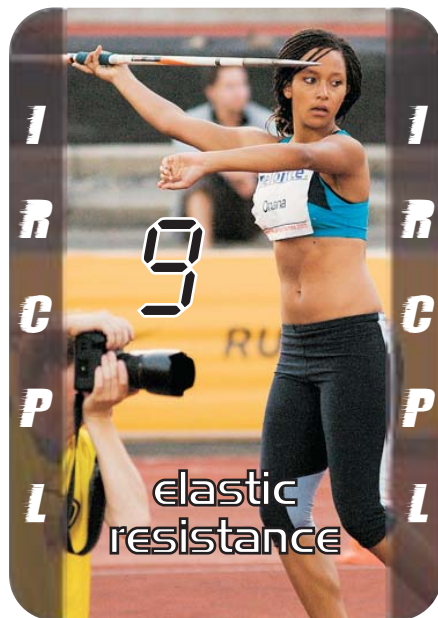
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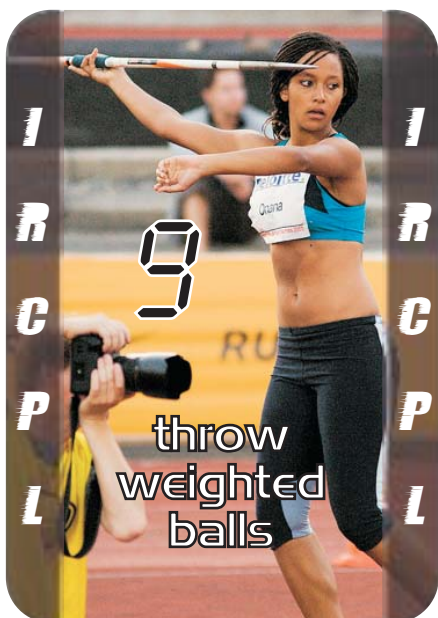
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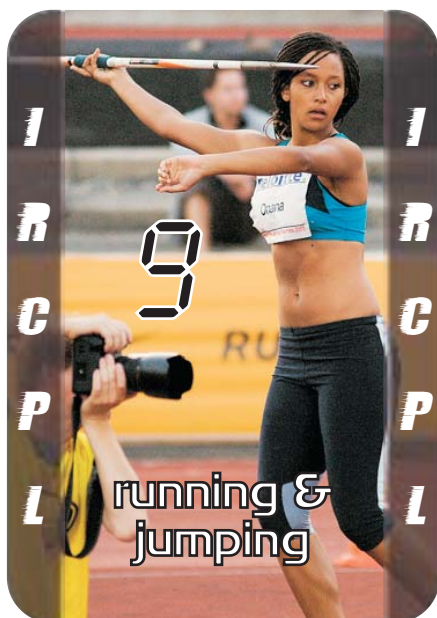
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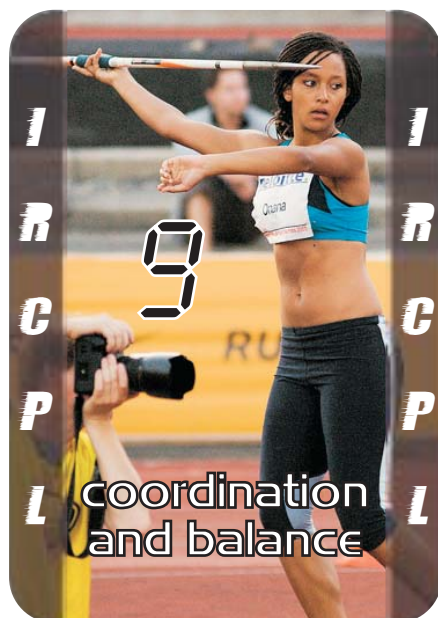
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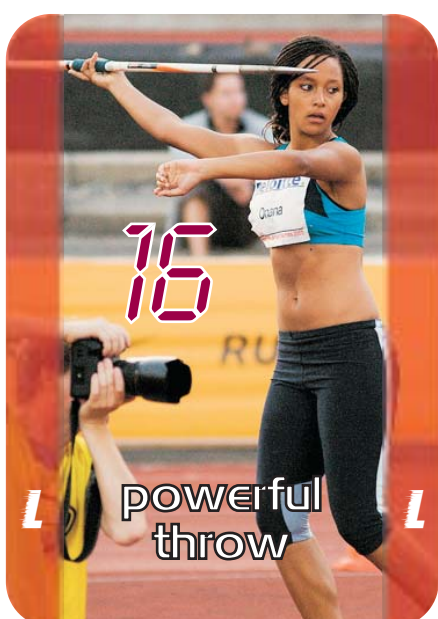
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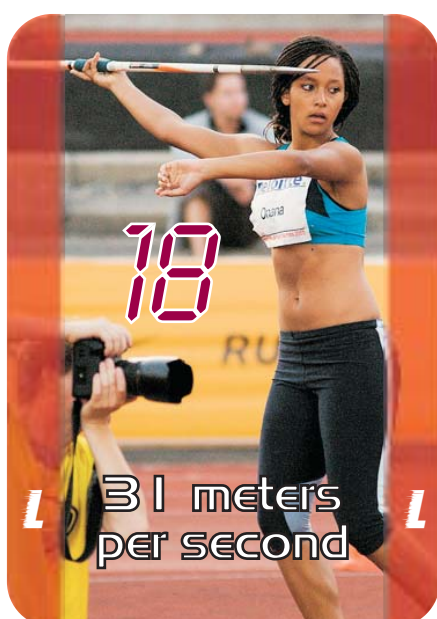
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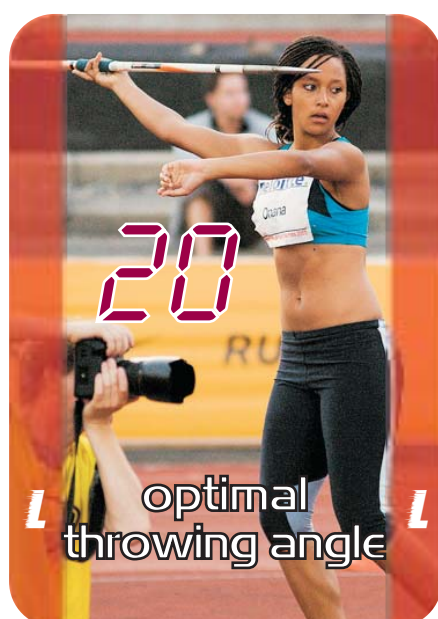
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