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Nov 10, 2013 Video review of the new climbing training book Gimme Kraft! - Effective Climbing Training by Patrick Matros, Ludwig Korb and Hannes Huch, in Nurnberg

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Gimme Kraft: Effective Climbing Training. Formats: New, Used, Author: Patrick Matros; Ludwig Korb; Hannes Huch Year: 2013 Format: Paperback 224 page

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