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18 to 23 points:

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150 to 174 lbs: 68

to 79 kgs: 20 to 25

points: 175 to 199

lbs: 80 to 90 kgs:

22 to 27 points:

200 to 224 lbs: 91

to 101 kgs: 24 to

29 points: 225 to

249 lbs: 102 to 113

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Ziti, Meat Loaf with
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