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Hubungan Asupan Karbohidrat, Protein, Lemak, Somatotipe Dengan Daya Tahan Anaerobik Atlet Pencak Silat Remaja Pembinaan Atlet Berbakat (PAB) dan Pusat Pendidikan dan Latihan Pelajar (PPLP) Daerah

Istimewa Yogyakarta

ISNAINI MUKTI SARI, Dr.rer.nat.dr.BJ Istiti Kandarina; Aviria Ermamilia, S.Gz, M.Gizi, RD

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