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Janja Garnbret: a demonstration of supreme mental strength in climbing at the Olympics

Janja Garnbret, at 25 years old, is considered 1 the greatest competition climber of all time, with a level of ruthlessness comparable to that of Simone Biles. After successfully 1 managing the pressure to win gold in Tokyo, she was heavily favored to repeat the feat in Paris.

However, during the 1 final round of the bouldering section, Garnbret experienced a setback. While attempting to scale the last boulder, she caught her 1 finger between two holds, causing her pain. Angry and tearful, she left the stage. But she returned two hours later 1 for the lead event, where she outperformed Brooke Raboutou of the United States to secure her second Olympic gold.

Garnbret demonstrated 1 supreme mental strength, stating that she was scared she had fractured something but was determined to climb the lead route. 1 She stated, "I just kept telling myself: 'Just like in training, do it like in training, and everything will be 1 all right.' And I pulled it off."

Climbing at the Olympics

Climbing has established itself as an excellent addition to the Games. 1 While the specifics of the scoring system can be complicated, the struggles of certain competitors provide context for how difficult 1 certain holds and routes are. The sight of exceptional climbers breaking new ground is tense and thrilling.

Ai Mori, a prodigious 1 20-year-old lead specialist from Japan, had struggled in the bouldering round but produced a scene-stealing effort on the lead wall, 1 placing one hand on the very top hold before falling. She received a loud standing ovation and finished in fourth 1 place.

The Future of Climbing at the Olympics

The question is whether climbing will be allowed to showcase its full array of 1 competitions. In Tokyo, the sport had one event for men and women, and the consensus among climbers is that they 1 would like the sport to have separate medals for boulder, lead, combined, and speed climbing in Los Angeles 2028.

Janja Garnbret's 1 Legacy

Regardless of the rules, the legend of Garnbret continues to grow. She boasts two Olympic golds in addition to her 1 eight world championship titles, two silver medals, and 45 golds at World Cup events. Her success is inspiring to other 1 climbers, and she will continue to maintain her edge as the target on her back only gets bigger.

13 feridos, incluindo oito crianças;

Os promotores também anunciaram que as operações de recuperação haviam concluído no local dos três ataques com mísseis na sexta-feira, **betfair campeao copa do mundo** Kharkiv (Rússia), e o número total foi nove mortos.

Um porta-voz militar, Nazar Voloshin disse à televisão nacional no sábado que o seu

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