

# Pokemon Name: Groret

## Basic Info

- **Pokedex ID:** 326
  - **Pokemon ID:** 326
  - **Slug:** Groret
  - **Generation:** 3
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## Stats

- **HP:** 80
  - **Attack:** 45
  - **Defense:** 65
  - **Special Attack:** 90
  - **Special Defense:** 110
  - **Speed:** 80
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## Types

- **Psy** ![[Psy]]
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## Resistances

- **Normal:** neutral (1)
  - **Combat:** resistant (0.5)
  - **Vol:** neutral (1)
  - **Poison:** neutral (1)
  - **Sol:** neutral (1)
  - **Roche:** neutral (1)
  - **Insecte:** vulnerable (2)
  - **Spectre:** vulnerable (2)
  - **Acier:** neutral (1)
  - **Feu:** neutral (1)
  - **Eau:** neutral (1)
  - **Plante:** neutral (1)
  - **Électrik:** neutral (1)
  - **Psy:** resistant (0.5)
  - **Glace:** neutral (1)
  - **Dragon:** neutral (1)
  - **Ténèbres:** vulnerable (2)
  - **Fée:** neutral (1)
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## Resistances With Abilities

- **Normal:** neutral (1)
- **Combat:** resistant (0.5)
- **Vol:** neutral (1)
- **Poison:** neutral (1)

- **Sol:** neutral (1)
- **Roche:** neutral (1)
- **Insecte:** vulnerable (2)
- **Spectre:** vulnerable (2)
- **Acier:** neutral (1)
- **Feu:** resistant (0.5)
- **Eau:** neutral (1)
- **Plante:** neutral (1)
- **Électrik:** neutral (1)
- **Psy:** resistant (0.5)
- **Glace:** resistant (0.5)
- **Dragon:** neutral (1)
- **Ténèbres:** vulnerable (2)
- **Fée:** neutral (1)

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## Resistance Modifying Abilities

- **Isograise:** Isograise

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## Pre-Evolution

- **Spoink:** 325

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## Evolutions

- **None:**
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