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[Score per minute](#): You know how a kill is worth 100 points and other things are also worth points. It calculates how many points you get per minute.

[What is SPM? \(COD\) : r/gaming - Reddit](#)

[reddit : gaming : comments : what_is_spm_cod](#)

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While 180 SPM remains a good goal, factors including your height, weight, running ability and even footwear can affect your cadence. For example, taller runners generally have a lower cadence than shorter runners, as they typically take longer strides.

[A beginner's guide to cadence - Runner's World](#)

[runnersworld : beginners : a-beginners-guide-to-cadence](#)

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etano flexíveis cheias de gás pressurizado, visíveis do exterior do sapato e destinados a fornecer amortecimento para os pés. Air MAX foi concebido por Tinker Hatfield, que inicialmente trabalhou para Nike projetando lojas. Nike, Inc. O Nike Air Max Wikipedia

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