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COMPETITION, AND  
STILL CAN'T GET A DATE

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# Accidental Empires

**Michael Seilmaier**



## **Accidental Empires:**

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web jan 20 2016 in designing a vertical vessel with leg supports on the outside of the shell it is possible to approach it in two different ways one is to assume a pinned connection where the leg attaches to the shell and then design the

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web pressure vessels are frequently mounted on four equispaced legs photographs 18 a b these legs are typically made out of channel or i sections available in product form in the industry such a support system is relatively

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web vertical oriented vessels with formed ends this type of vessel is preferred where the internal design pressures are higher and require a stronger design vertical vessels are usually supported by legs lugs and skirt support short and medium sized vertical vessels are leg supported legs are usually structural sections like i c or equal angles

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web designcalcs covers un braced leg column supports for vertical vessels the methodology combines a variety of common industry accepted calculations the aisc manual of steel construction the pressure vessel handbook and the pressure vessel design manual are just some of the references used

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web jan 1 1981 abstract pressure vessels mounted on four leg type supports form a non isotopic support system with respect to lateral loads or overturning moments several loadings for example horizontal earthquake motions and wind loads do not have a predefined direction of action

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web nov 18 2015 should the legs be braced to better take any lateral loads why is it better to have the legs out near the od of the tank there are several important reasons that i can think of show us a sketch of the vessel and what you intend to do with dimensions sizes good proportions loads weights cg s any significant piping loads etc

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web mar 13 2020 we have vertical vessel to be designed as per asme sec viii div 1 the vessel is supported on vertical unbraced legs which are attached to bottom torispherical dish end the vessel will be subjected to internal

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web jul 27 2020 i ve wrestled with leg designs through the years and am just now looking through some of the details of bednar s method reference pressure vessel design handbook 2nd edition the issue i find is than an unbraced leg subject to lateral loads has to have applied moments somewhere

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as

we've seen often have a higher cadence for example Eliud Kipchoge the marathon world record holder is known to achieve a cadence of 190-200spm in general 170-180spm is considered a great running cadence

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web apr 16 2021 your cadence is determined by your running skill, history of training, and anatomy. Taller runners, for example, will naturally have lower cadences. Every runner has a distinct cadence style. One runner may take large strides and run efficiently, while another may take more steps per minute and run efficiently.