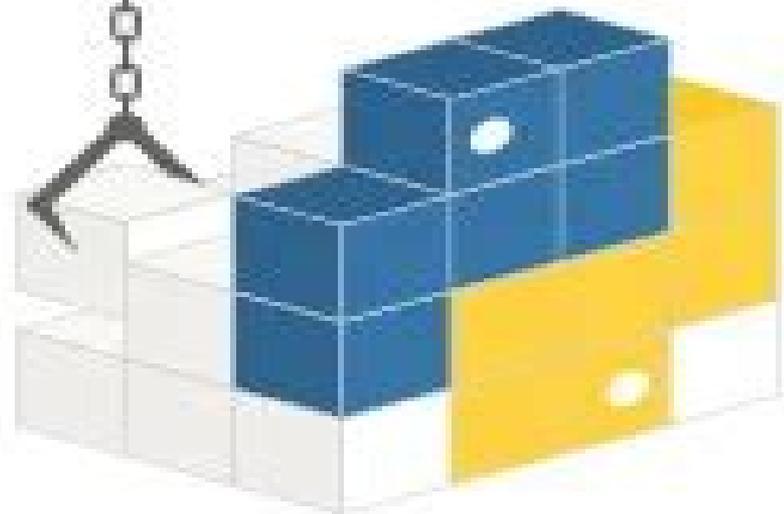


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full cycles taken within a minute by the pair of feet measured by the number of times that your feet strike the ground per minute while running ground contact time cadence is usually calculated by counting the number of

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