

## roleta blaze como jogar

[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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