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games on Poki. 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

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