



BUSINESS STUDIES
GRADE 10
PAPER 2
TERM 2
CHAPTER 10 (PART 2)
FORMS OF OWNERSHIP
REVISED NOTES
2024

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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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