

Accepted Manuscript

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PII: S0021-9290(18)30096-4

DOI: <https://doi.org/10.1016/j.jbiomech.2018.02.010>

Reference: BM 8572

To appear in: *Journal of Biomechanics*

Accepted Date: 4 February 2018



Please cite this article as: M.S. Orendurff, T. Kobayashi, K. Tulchin-Francis, A. Marie Herring Tullock, C. Villarosa, C. Chan, S. Strike, A little bit faster: Lower extremity joint kinematics and kinetics as recreational runners achieve faster speeds, *Journal of Biomechanics* (2018), doi: <https://doi.org/10.1016/j.jbiomech.2018.02.010>

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A little bit faster: lower extremity joint kinematics and kinetics as recreational runners achieve faster speeds

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