1. Key Findings: Overstride 🡪 High Dorsiflexion angle 🡪 leads to much tension in the anterio Kompartment
2. Yes
3. Increase cadence at first 5-10%
4. Internal cues: 🡪 Noise   
   External Cues 🡪 Mirror
5. Potential barriers: find the right cue 🡪 increasing cadence