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Greek Strong's Dictionary with all the Synonyms inserted into the definitions.

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4418 + up his heel +/ . pterna {pter'-nah}; of uncertain derivation; the heel (figuratively): --heel .

5164 + the course +/ . trochos {trokh-os'}; from 5143 + run + ran + he ran + and ran + had run + running + they ran + Ye did run + of them ran + and did run + she runneth + I should run + us and let us run + of him that runneth + that I have not run + may have free course + ye not that they which run +/ ; a wheel (as a runner), i . e . (figuratively) a circuit of physical effects: --course .