

Key Numbers Report

01 Aug 18 - 31 Aug 18



Date Range: 01 Aug 18 - 31 Aug 18

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Darren Moody	16	Mins:	03:19	03:40	03:45	09:56	11:31	00:44	32:55	26,023	206	72%
		MEPs:		220	450	1,788	2,764	176	5,398			
Elaine Smith	23	Mins:	01:37	03:37	07:38	09:19	07:19	03:26	32:56	17,785	187	73%
		MEPs:		217	916	1,677	1,756	824	5,390			
Nina Savage	16	Mins:	07:14	04:53	05:10	04:15	06:05	06:43	34:20	13,748	179	69%
		MEPs:		293	620	765	1,460	1,612	4,750			
Leyon Joseph	21	Mins:	09:59	05:52	06:41	07:49	06:25	00:10	36:56	19,616	175	63%
		MEPs:		352	802	1,407	1,540	40	4,141			
wendy Merrett	21	Mins:	04:57	02:39	02:47	04:49	08:31	02:45	26:28	12,621	197	70%
		MEPs:		159	334	867	2,044	660	4,064			
Kira Baker	26	Mins:	04:05	06:22	07:31	05:54	05:24	00:24	29:40	13,145	185	65%
		MEPs:		382	902	1,062	1,296	96	3,738			
Danielle Cheyney	18	Mins:	03:29	05:37	05:23	03:22	06:03	02:15	26:09	11,105	193	68%
		MEPs:		337	646	606	1,452	540	3,581			
Inez Daly	15	Mins:	06:18	17:42	08:03	05:39	01:47	00:01	39:30	12,729	170	59%
		MEPs:		1,062	966	1,017	428	4	3,477			
Michael Leevy	25	Mins:	01:07	04:14	08:31	07:19	03:00	00:00	24:11	16,890	165	67%
		MEPs:		254	1,022	1,317	720	0	3,313			
Helen Geering	21	Mins:	10:27	12:12	09:40	05:29	01:40	00:01	39:29	10,764	165	58%
		MEPs:		732	1,160	987	400	4	3,283			
Megan Fox	15	Mins:	01:30	03:25	04:53	03:42	05:54	01:39	21:03	10,634	196	71%
		MEPs:		205	586	666	1,416	396	3,269			
Sandy Saunders	19	Mins:	04:08	04:52	05:13	05:21	04:43	00:39	24:56	14,768	175	66%
		MEPs:		292	626	963	1,132	156	3,169			
Christina Gunning	22	Mins:	03:14	04:41	04:24	04:56	05:03	00:57	23:15	10,348	187	67%
		MEPs:		281	528	888	1,212	228	3,137			
Melissa Beadsworth	15	Mins:	01:10	01:57	01:36	01:42	06:15	04:14	16:54	7,965	167	78%
		MEPs:		117	192	306	1,500	1,016	3,131			

Katie Cumming	13	Mins: MEPs:	00:46 81	01:21 81	00:52 104	01:36 288	05:24 1,296	05:30 1,320	15:29 3,089	10,344	196	81%
Jane Ansell	27	Mins: MEPs:	02:48 349	05:49 349	09:37 1,154	04:43 849	02:42 648	00:19 76	25:58 3,076	5,698	147	64%
Lorraine Clode	16	Mins: MEPs:	00:55 211	03:31 211	03:51 462	04:11 753	04:07 988	02:23 572	18:58 2,986	8,188	165	72%
Josh Bryan	16	Mins: MEPs:	05:48 457	07:37 457	04:38 556	03:59 717	03:56 944	00:54 216	26:52 2,890	16,138	198	62%
carl jenks	19	Mins: MEPs:	05:00 320	05:20 320	02:44 328	02:04 372	04:07 988	02:40 640	21:55 2,648	13,631	202	65%
Liam Phillips	15	Mins: MEPs:	01:35 141	02:21 141	03:00 360	03:43 669	05:39 1,356	00:19 76	16:37 2,602	10,578	181	70%
Lee Cooper	12	Mins: MEPs:	00:10 33	00:33 33	02:33 306	04:16 768	04:23 1,052	01:27 348	13:22 2,507	10,887	172	77%
Sarah-Anne Asquith	12	Mins: MEPs:	02:15 105	01:45 105	01:27 174	01:01 183	04:21 1,044	03:50 920	14:39 2,426	7,741	186	74%
Richard Marrington	15	Mins: MEPs:	01:28 237	03:57 237	03:49 458	03:58 714	03:44 896	00:04 16	17:00 2,321	11,111	175	67%
Jess Mayes	17	Mins: MEPs:	00:41 130	02:10 130	03:52 464	03:33 639	03:15 780	00:56 224	14:27 2,237	7,668	199	71%
John Moreton	11	Mins: MEPs:	06:39 637	10:37 637	03:57 474	04:53 879	00:51 204	00:03 12	27:00 2,206	17,265	144	58%
Mark Mayes	23	Mins: MEPs:	07:35 205	03:25 205	10:19 1,238	02:47 501	00:41 164	00:21 84	25:08 2,192	10,030	169	57%
Emma Paxton	20	Mins: MEPs:	07:10 311	05:11 311	03:16 392	02:31 453	03:16 784	01:01 244	22:25 2,184	7,841	194	61%
Charles Jackson	11	Mins: MEPs:	01:06 30	00:30 30	01:03 126	02:37 471	05:24 1,296	00:21 84	11:01 2,007	9,290	184	74%
pene colwell	11	Mins: MEPs:	01:32 325	05:25 325	05:28 656	03:15 585	00:56 224	00:12 48	16:48 1,838	5,984	171	63%
Nick Charles	11	Mins: MEPs:	03:02 178	02:58 178	02:40 320	04:37 831	01:49 436	00:01 4	15:07 1,769	8,545	164	63%
Ben Graham-Evans	11	Mins: MEPs:	08:39 229	03:49 229	02:02 244	03:45 675	02:01 484	00:31 124	20:47 1,756	9,701	194	57%

Brooke Bryan	6	Mins: MEPs:	00:07 58	00:58 164	01:22 285	01:35 876	03:39 352	01:28 09:09 1,735	8,352	188	78%
Hayley SK	10	Mins: MEPs:	01:55 172	02:52 282	02:21 399	02:13 756	03:09 116	00:29 12:59 1,725	6,126	189	67%
Nick Baker	15	Mins: MEPs:	04:31 280	04:40 344	02:52 264	01:28 488	02:02 344	01:26 16:59 1,720	9,063	189	62%
neil kirkland	12	Mins: MEPs:	05:59 307	05:07 486	04:03 423	02:21 396	01:39 32	00:08 19:17 1,644	9,301	175	58%
Connor Gale	12	Mins: MEPs:	01:17 100	01:40 422	03:31 411	02:17 528	02:12 180	00:45 11:42 1,641	8,497	207	68%
Paul Nichols	8	Mins: MEPs:	02:20 183	03:03 318	02:39 453	02:31 504	02:06 176	00:44 13:23 1,634	7,885	169	65%
Emily Payne	13	Mins: MEPs:	03:47 186	03:06 320	02:40 561	03:07 552	02:18 0	00:00 14:58 1,619	5,266	170	62%
Anne Harper	8	Mins: MEPs:	01:23 168	02:48 324	02:42 447	02:29 624	02:36 44	00:11 12:09 1,607	4,272	208	67%
Ellen Shearon	21	Mins: MEPs:	02:15 409	06:49 590	04:55 375	02:05 124	00:31 104	00:26 17:01 1,602	5,472	197	60%
Lissie Cervenka	13	Mins: MEPs:	01:12 103	01:43 268	02:14 399	02:13 600	02:30 212	00:53 10:45 1,582	5,323	192	69%
Karen Gale	13	Mins: MEPs:	10:17 191	03:11 154	01:17 228	01:16 656	02:44 316	01:19 20:04 1,545	5,354	187	56%
Alice Bryan	9	Mins: MEPs:	04:21 279	04:39 418	03:29 399	02:13 364	01:31 28	00:07 16:20 1,488	5,168	187	59%
Richard Thornber	11	Mins: MEPs:	02:47 132	02:12 444	03:42 477	02:39 368	01:32 60	00:15 13:07 1,481	7,978	191	63%
Eliza Thomsom	12	Mins: MEPs:	00:46 145	02:25 476	03:58 585	03:15 248	01:02 0	00:00 11:26 1,454	4,742	173	65%
Tim Donovan	7	Mins: MEPs:	02:52 160	02:40 338	02:49 441	02:27 456	01:54 44	00:11 12:53 1,439	7,346	175	62%
Toni Reid	8	Mins: MEPs:	01:42 121	02:01 276	02:18 324	01:48 524	02:11 184	00:46 10:46 1,429	4,142	177	67%
Jo Rowe	15	Mins: MEPs:	02:16 217	03:37 450	03:45 432	02:24 284	01:11 20	00:05 13:18 1,403	4,319	171	62%

Duncan Bartlett	8	Mins:	02:18	02:41	01:55	01:30	02:11	00:47	11:22	7,010	186	65%
		MEPs:		161	230	270	524	188	1,373			
Marisa Lamb	14	Mins:	02:39	02:41	02:09	02:00	01:28	00:49	11:46	4,087	193	63%
		MEPs:		161	258	360	352	196	1,327			
Kate Bartlett	9	Mins:	01:20	02:47	02:14	02:03	01:36	00:32	10:32	4,091	205	65%
		MEPs:		167	268	369	384	128	1,316			
Kymerley Saunders	9	Mins:	02:35	01:41	01:56	02:04	02:27	00:04	10:47	2,688	170	65%
		MEPs:		101	232	372	588	16	1,309			
Alexandria Ansell	12	Mins:	03:12	03:13	02:09	01:32	01:54	00:25	12:25	4,011	182	61%
		MEPs:		193	258	276	456	100	1,283			
Lyndsey kirkland	12	Mins:	12:04	05:08	03:01	01:17	01:00	00:18	22:48	4,219	177	51%
		MEPs:		308	362	231	240	72	1,213			
Matthew Guille	6	Mins:	00:53	01:34	01:46	01:55	01:12	00:46	08:06	4,610	151	68%
		MEPs:		94	212	345	288	184	1,123			
Annmarie Cooper	5	Mins:	01:42	01:23	01:02	01:37	01:45	00:42	08:11	3,014	172	67%
		MEPs:		83	124	291	420	168	1,086			
Kirstie Mayes	1	Mins:	00:17	00:59	02:56	01:28	01:00	00:32	07:12	2,969	178	69%
		MEPs:		59	352	264	240	128	1,043			
Clare Rhodes	7	Mins:	02:27	01:38	00:46	00:44	01:15	01:17	08:07	2,696	179	64%
		MEPs:		98	92	132	300	308	930			
Vickie moody	5	Mins:	00:14	00:53	00:52	01:28	01:22	00:23	05:12	2,532	173	72%
		MEPs:		53	104	264	328	92	841			
Kathleen Charles	4	Mins:	00:00	00:03	00:52	02:22	00:50	00:00	04:07	1,679	155	74%
		MEPs:		3	104	426	200	0	733			
Andy Beadsworth	3	Mins:	01:48	01:24	00:34	02:03	00:52	00:00	06:41	3,780	156	62%
		MEPs:		84	68	369	208	0	729			
Larissa Bryan	5	Mins:	00:24	00:25	01:00	01:11	00:59	00:32	04:31	2,281	188	72%
		MEPs:		25	120	213	236	128	722			
Louise Bruce	3	Mins:	01:36	02:20	01:05	00:52	00:44	00:13	06:50	2,413	182	61%
		MEPs:		140	130	156	176	52	654			
Kate Graham-Evans	6	Mins:	02:47	03:20	01:44	00:57	00:16	00:01	09:05	2,633	183	56%
		MEPs:		200	208	171	64	4	647			
Clare Turner	4	Mins:	02:18	02:17	01:00	00:43	00:42	00:12	07:12	1,754	169	58%
		MEPs:		137	120	129	168	48	602			

Boris B	2	Mins: MEPs:	00:50 275	04:35 180	01:30 63	00:21 68	00:17 8	00:02 8	07:35 594	3,771	174	57%
Maxwell Rust	6	Mins: MEPs:	01:41 43	00:43 60	00:30 135	00:45 240	01:00 52	00:13 52	04:52 530	2,440	178	61%
Sarah O'Callaghan	5	Mins: MEPs:	02:06 62	01:02 96	00:48 168	00:56 176	00:44 16	00:04 16	05:40 518	1,885	194	58%
Nick Hamstead	3	Mins: MEPs:	01:13 31	00:31 102	00:51 162	00:54 184	00:46 20	00:05 20	04:20 499	2,410	167	63%
mark watson	5	Mins: MEPs:	01:31 69	01:09 212	01:46 165	00:55 48	00:12 0	00:00 0	05:33 494	2,586	168	59%
Richard Gooding	3	Mins: MEPs:	00:14 26	00:26 118	00:59 228	01:16 76	00:19 0	00:00 0	03:14 448	2,113	166	67%
joe miller	3	Mins: MEPs:	00:39 71	01:11 106	00:53 141	00:47 116	00:29 0	00:00 0	03:59 434	2,449	165	62%
phil pafford	3	Mins: MEPs:	00:16 31	00:31 72	00:36 90	00:30 164	00:41 60	00:15 60	02:49 417	2,244	191	70%
Katharine Stainer	3	Mins: MEPs:	01:31 55	00:55 124	01:02 141	00:47 52	00:13 0	00:00 0	04:28 372	1,279	169	58%
George Mayes	3	Mins: MEPs:	00:17 21	00:21 88	00:44 138	00:46 96	00:24 0	00:00 0	02:32 343	1,030	169	67%
Priscilla Thornber	2	Mins: MEPs:	00:00 35	00:35 120	01:00 165	00:55 20	00:05 0	00:00 0	02:35 340	1,037	155	66%
Alex Moreton	1	Mins: MEPs:	00:01 26	00:26 110	00:55 81	00:27 72	00:18 16	00:04 16	02:11 305	1,573	182	68%
Boo Donovan	2	Mins: MEPs:	00:00 35	00:35 198	01:39 48	00:16 0	00:00 0	00:00 0	02:30 281	952	152	64%
Tom Kay	2	Mins: MEPs:	00:03 7	00:07 26	00:13 108	00:36 88	00:22 12	00:03 12	01:24 241	986	166	73%
Charlotte Simmons	1	Mins: MEPs:	00:00 1	00:01 18	00:09 27	00:09 64	00:16 56	00:14 56	00:49 166	436	194	81%
Stephanie Ansell	3	Mins: MEPs:	00:21 13	00:13 18	00:09 39	00:13 64	00:16 0	00:00 0	01:12 134	345	173	62%
Christina Diaper	1	Mins: MEPs:	00:02 9	00:09 14	00:07 54	00:18 36	00:09 0	00:00 0	00:45 113	292	151	70%

Rob Christie	1	Mins:	00:22	00:19	00:12	00:11	00:05	00:03	01:12	555	180	58%
		MEPs:		19	24	33	20	12	108			