

Key Numbers Report

01 Apr 23 - 30 Apr 23



Date Range: 01 Apr 23 - 30 Apr 23

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Kathleen Charles	47	Mins:	01:07	02:34	11:17	17:40	05:06	00:24	38:08	11,867	159	70%
		MEPs:		154	1,354	3,180	1,224	96	6,008			
Francis Worsley	63	Mins:	10:09	26:36	09:18	04:11	01:57	00:14	52:25	28,127	204	57%
		MEPs:		1,596	1,116	753	468	56	3,989			
Tracy Allbon	25	Mins:	01:51	01:30	02:24	03:43	10:16	01:04	20:48	10,271	174	75%
		MEPs:		90	288	669	2,464	256	3,767			
Niamh Moreton	20	Mins:	02:29	04:21	03:48	05:36	07:22	00:02	23:38	11,146	178	68%
		MEPs:		261	456	1,008	1,768	8	3,501			
Bev Tout	20	Mins:	01:04	09:00	12:48	06:00	00:57	00:12	30:01	10,521	186	63%
		MEPs:		540	1,536	1,080	228	48	3,432			
Sian Mills	30	Mins:	00:25	03:32	11:55	06:38	01:20	00:16	24:06	8,799	170	67%
		MEPs:		212	1,430	1,194	320	64	3,220			
Megan Fox	7	Mins:	02:18	05:08	04:07	03:07	04:43	01:27	20:50	9,637	201	68%
		MEPs:		308	494	561	1,132	348	2,843			
John Moreton	17	Mins:	00:16	02:04	07:10	07:42	01:09	00:01	18:22	17,124	139	68%
		MEPs:		124	860	1,386	276	4	2,650			
yum HAMSTEAD is o	24	Mins:	10:58	15:33	09:02	02:20	00:23	00:00	38:16	8,064	159	55%
		MEPs:		933	1,084	420	92	0	2,529			
Paul Nichols	12	Mins:	05:43	08:25	06:48	03:21	02:18	00:00	26:35	13,590	156	59%
		MEPs:		505	816	603	552	0	2,476			
Michael Leevy	21	Mins:	15:30	12:13	06:56	03:37	00:41	00:00	38:57	15,715	185	53%
		MEPs:		733	832	651	164	0	2,380			
Anne Harper	18	Mins:	00:41	04:59	05:18	05:56	00:58	00:00	17:52	6,392	152	65%
		MEPs:		299	636	1,068	232	0	2,235			
Jenny Heywood	15	Mins:	03:41	11:27	09:07	01:36	00:02	00:00	25:53	5,680	153	58%
		MEPs:		687	1,094	288	8	0	2,077			
Boo Donovan	15	Mins:	05:57	07:48	08:09	01:38	01:01	00:04	24:37	6,587	173	58%
		MEPs:		468	978	294	244	16	2,000			

Clare Stringer	17	Mins: MEPs:	26:32 318	05:18 390	03:15 369	02:03 648	02:42 220	00:55 40:45 1,945	5,743	174	49%
Mark Mayes	23	Mins: MEPs:	09:15 363	06:03 520	04:20 639	03:33 328	01:22 84	00:21 24:54 1,934	8,838	175	56%
Sharon Gallagher	12	Mins: MEPs:	00:06 165	02:45 574	04:47 666	03:42 460	01:55 16	00:04 13:19 1,881	5,076	186	68%
Clare Rhodes	14	Mins: MEPs:	10:12 484	08:04 400	03:20 327	01:49 440	01:50 192	00:48 26:03 1,843	5,586	185	56%
Jane Ansell	21	Mins: MEPs:	07:58 712	11:52 876	07:18 177	00:59 60	00:15 8	00:02 28:24 1,833	3,826	150	55%
Gemma Howse	25	Mins: MEPs:	61:56 707	11:47 538	04:29 429	02:23 156	00:39 0	00:00 81:14 1,830	6,563	163	44%
Amanda Mansell	19	Mins: MEPs:	08:13 389	06:29 1,036	08:38 330	01:50 20	00:05 0	00:00 25:15 1,775	7,096	164	56%
Darren Moody	7	Mins: MEPs:	00:11 13	00:13 50	00:25 312	01:44 896	03:44 484	02:01 08:18 1,755	7,797	182	82%
Bridgetta Worsley	12	Mins: MEPs:	00:20 206	03:26 470	03:55 783	04:21 284	01:11 0	00:00 13:13 1,743	4,453	154	66%
Sarah Barrett	17	Mins: MEPs:	05:31 349	05:49 508	04:14 348	01:56 416	01:44 116	00:29 19:43 1,737	5,861	186	58%
George Mayes	16	Mins: MEPs:	05:08 577	09:37 452	03:46 321	01:47 328	01:22 40	00:10 21:50 1,718	6,318	178	57%
Sandy Saunders	12	Mins: MEPs:	04:12 170	02:50 384	03:12 432	02:24 596	02:29 132	00:33 15:40 1,714	8,239	160	62%
Leanne Gelder	14	Mins: MEPs:	03:37 291	04:51 424	03:32 522	02:54 472	01:58 0	00:00 16:52 1,709	5,576	166	60%
Alex Ansell	13	Mins: MEPs:	08:49 379	06:19 454	03:47 459	02:33 296	01:14 36	00:09 22:51 1,624	5,064	180	55%
Sarah-Jane Tarr	21	Mins: MEPs:	12:58 473	07:53 500	04:10 420	02:20 180	00:45 20	00:05 28:11 1,593	7,554	230	51%
Rachel O'Neill	12	Mins: MEPs:	18:01 257	04:17 272	02:16 330	01:50 536	02:14 188	00:47 29:25 1,583	5,057	191	51%
Brooke Bryan	11	Mins: MEPs:	00:56 131	02:11 250	02:05 477	02:39 560	02:20 120	00:30 10:41 1,538	7,784	177	68%

Lee Cooper	8	Mins: MEPs:	01:16 183	03:03 183	02:43 326	02:10 390	01:59 476	00:38 152	11:49 1,527	7,490	181	66%
Annmarie Cooper	11	Mins: MEPs:	03:06 162	02:42 162	01:43 206	01:25 255	03:20 800	00:23 92	12:39 1,515	4,217	169	64%
Liza Barber	13	Mins: MEPs:	06:50 455	07:35 455	04:39 558	01:27 261	00:35 140	00:21 84	21:27 1,498	4,143	171	55%
Kirstie Mayes	26	Mins: MEPs:	18:51 920	15:20 920	04:00 480	00:19 57	00:04 16	00:00 0	38:34 1,473	5,910	166	47%
Leyon Joseph	12	Mins: MEPs:	05:18 142	02:22 142	02:25 290	04:06 738	01:05 260	00:00 0	15:16 1,430	6,927	165	59%
Debbie Penney	9	Mins: MEPs:	01:23 116	01:56 116	01:48 216	01:21 243	03:11 764	00:19 76	09:58 1,415	4,198	175	68%
Sue Davis	12	Mins: MEPs:	18:36 682	11:22 682	02:57 354	00:45 135	00:38 152	00:20 80	34:38 1,403	5,169	178	50%
Britt Megahey	9	Mins: MEPs:	00:37 226	03:46 226	04:14 508	02:36 468	00:47 188	00:01 4	12:01 1,394	7,368	167	63%
Melissa Beadsworth	10	Mins: MEPs:	02:20 152	02:32 152	02:09 258	00:48 144	00:51 204	02:35 620	11:15 1,378	3,885	169	66%
BINA WILSON	5	Mins: MEPs:	02:15 167	02:47 167	01:31 182	01:09 207	01:22 328	02:01 484	11:05 1,368	4,454	184	66%
Larissa Bryan	13	Mins: MEPs:	01:02 172	02:52 172	03:27 414	02:33 459	01:16 304	00:01 4	11:11 1,353	4,547	177	64%
Rose Joseph	14	Mins: MEPs:	04:23 397	06:37 397	05:57 714	01:15 225	00:04 16	00:00 0	18:16 1,352	5,018	161	56%
Paul Davis	21	Mins: MEPs:	20:24 632	10:32 632	03:10 380	01:28 264	00:18 72	00:00 0	35:52 1,348	9,394	163	49%
Elaine Smith	20	Mins: MEPs:	01:33 385	06:25 385	05:53 706	01:18 234	00:05 20	00:00 0	15:14 1,345	5,908	181	59%
Hayley SK	9	Mins: MEPs:	04:43 434	07:14 434	04:47 574	01:23 249	00:22 88	00:00 0	18:29 1,345	5,668	176	56%
Michelle Nelson	8	Mins: MEPs:	00:05 38	00:38 38	04:00 480	02:37 471	01:21 324	00:08 32	08:49 1,345	4,255	176	70%
Matthew Guille	12	Mins: MEPs:	03:14 318	05:18 318	05:09 618	02:04 372	00:07 28	00:00 0	15:52 1,336	6,606	135	58%

Richard Marrington	7	Mins: MEPs:	00:17 57	00:57 140	01:10 129	00:43 852	03:33 152	00:38 07:18 1,330	5,862	170	75%
Emily Payne	17	Mins: MEPs:	04:02 185	03:05 380	03:10 582	03:14 172	00:43 0	00:00 14:14 1,319	4,485	165	59%
Inez Daly	16	Mins: MEPs:	08:01 617	10:17 600	05:00 60	00:20 40	00:10 0	00:00 23:48 1,317	6,092	174	53%
Jess Mayes	10	Mins: MEPs:	01:35 243	04:03 306	02:33 264	01:28 412	01:43 76	00:19 11:41 1,301	4,843	191	63%
Becky Burningham	10	Mins: MEPs:	12:56 398	06:38 248	02:04 327	01:49 304	01:16 24	00:06 24:49 1,301	4,104	174	52%
Nina Savage	10	Mins: MEPs:	04:12 318	05:18 394	03:17 228	01:16 344	01:26 16	00:04 15:33 1,300	4,295	170	58%
Rhys Burningham	15	Mins: MEPs:	03:48 324	05:24 200	01:40 240	01:20 324	01:21 212	00:53 14:26 1,300	6,761	178	59%
Boris B	17	Mins: MEPs:	08:55 456	07:36 364	03:02 156	00:52 156	00:39 168	00:42 21:46 1,300	7,669	209	54%
Tim Donovan	6	Mins: MEPs:	02:10 241	04:01 282	02:21 585	03:15 188	00:47 0	00:00 12:34 1,296	7,399	165	61%
kerry mackin	6	Mins: MEPs:	02:12 240	04:00 344	02:52 270	01:30 152	00:38 28	00:07 11:19 1,034	3,260	177	59%
Ian Cooke	8	Mins: MEPs:	01:34 252	04:12 430	03:35 171	00:57 104	00:26 40	00:10 10:54 997	5,925	167	59%
Richard Thornber	5	Mins: MEPs:	07:36 129	02:09 148	01:14 198	01:06 376	01:34 20	00:05 13:44 871	4,788	192	51%
Vickie moody	11	Mins: MEPs:	02:35 337	05:37 262	02:11 111	00:37 124	00:31 16	00:04 11:35 850	3,190	179	56%
Lyn Fuller	5	Mins: MEPs:	00:10 103	01:43 366	03:03 294	01:38 52	00:13 4	00:01 06:48 819	2,577	164	64%
Kymerley Saunders	9	Mins: MEPs:	02:36 149	02:29 262	02:11 366	02:02 20	00:05 0	00:00 09:23 797	3,010	171	57%
Charlotte Simmons	1	Mins: MEPs:	00:30 229	03:49 216	01:48 126	00:42 72	00:18 24	00:06 07:13 667	2,300	195	59%
Clare Longman	8	Mins: MEPs:	08:26 392	06:32 166	01:23 24	00:08 0	00:00 0	00:00 16:29 582	1,885	136	49%

Kirsty Garratt	2	Mins: MEPs:	01:02 53	00:53 104	00:52 246	01:22 172	00:43 0	00:00 04:52 575	1,163	185	64%
Richard Banks	5	Mins: MEPs:	00:14 34	00:34 96	00:48 177	00:59 204	00:51 32	00:08 03:34 543	2,628	172	70%
Toni Reid	5	Mins: MEPs:	02:20 198	03:18 182	01:31 99	00:33 52	00:13 0	00:00 07:55 531	1,763	162	55%
Andy Powell	4	Mins: MEPs:	05:08 120	02:00 126	01:03 84	00:28 76	00:19 52	00:13 09:11 458	2,362	156	51%
Kate Mardel-Ferreira	4	Mins: MEPs:	02:20 101	01:41 96	00:48 111	00:37 132	00:33 12	00:03 06:02 452	1,598	173	56%
Sophia Cooper	3	Mins: MEPs:	00:40 76	01:16 154	01:17 111	00:37 48	00:12 28	00:07 04:09 417	1,455	193	61%
sue wierzbicki	3	Mins: MEPs:	00:52 80	01:20 108	00:54 138	00:46 36	00:09 0	00:00 04:01 362	1,214	164	59%
Kira Baker	1	Mins: MEPs:	00:01 1	00:01 6	00:03 24	00:08 56	00:14 32	00:08 00:35 119	383	185	79%
Laura Surman	3	Mins: MEPs:	01:12 93	01:33 16	00:08 0	00:00 0	00:00 0	00:00 02:53 109	481	124	50%
Ollie Davis	1	Mins: MEPs:	00:08 12	00:12 18	00:09 63	00:21 0	00:00 0	00:00 00:50 93	498	148	62%
Katie Le Flem	1	Mins: MEPs:	00:14 41	00:41 2	00:01 0	00:00 0	00:00 0	00:00 00:56 43	145	108	51%