

# Key Numbers Report

01 Aug 21 - 31 Aug 21



Date Range: 01 Aug 21 - 31 Aug 21

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Bridgetta Worsley	77	<b>Mins:</b>	02:20	10:03	33:57	27:22	16:55	00:27	<b>91:04</b>	34,089	159	69%
		<b>MEPs:</b>		603	4,074	4,926	4,060	108	<b>13,771</b>			
Darren Moody	19	<b>Mins:</b>	04:46	07:37	04:36	09:57	14:31	02:04	<b>43:31</b>	33,719	183	71%
		<b>MEPs:</b>		457	552	1,791	3,484	496	<b>6,780</b>			
Dan Mills	46	<b>Mins:</b>	08:13	24:43	21:02	09:16	03:09	00:08	<b>66:31</b>	33,330	185	60%
		<b>MEPs:</b>		1,483	2,524	1,668	756	32	<b>6,463</b>			
Jessica Mills	40	<b>Mins:</b>	06:02	19:40	25:43	07:11	02:43	00:00	<b>61:19</b>	24,067	180	61%
		<b>MEPs:</b>		1,180	3,086	1,293	652	0	<b>6,211</b>			
Boris B	80	<b>Mins:</b>	19:11	28:14	14:43	08:11	03:35	00:50	<b>74:44</b>	34,118	181	57%
		<b>MEPs:</b>		1,694	1,766	1,473	860	200	<b>5,993</b>			
Jane Ansell	39	<b>Mins:</b>	07:09	13:24	17:38	10:00	02:08	00:30	<b>50:49</b>	10,165	152	62%
		<b>MEPs:</b>		804	2,116	1,800	512	120	<b>5,352</b>			
Ben Graham-Evans	25	<b>Mins:</b>	33:07	09:21	08:27	10:11	05:42	00:53	<b>67:41</b>	25,879	194	52%
		<b>MEPs:</b>		561	1,014	1,833	1,368	212	<b>4,988</b>			
Sian Mills	27	<b>Mins:</b>	03:50	06:22	15:49	09:47	03:10	00:06	<b>39:04</b>	13,165	174	65%
		<b>MEPs:</b>		382	1,898	1,761	760	24	<b>4,825</b>			
Megan Fox	12	<b>Mins:</b>	03:32	05:38	05:07	04:57	05:17	03:21	<b>27:52</b>	13,292	202	69%
		<b>MEPs:</b>		338	614	891	1,268	804	<b>3,915</b>			
BINA WILSON	22	<b>Mins:</b>	10:24	06:20	04:34	05:16	05:26	03:03	<b>35:03</b>	12,618	189	64%
		<b>MEPs:</b>		380	548	948	1,304	732	<b>3,912</b>			
Anne Harper	21	<b>Mins:</b>	01:03	04:48	06:57	08:06	04:21	00:02	<b>25:17</b>	9,878	164	68%
		<b>MEPs:</b>		288	834	1,458	1,044	8	<b>3,632</b>			
Gemma Howse	39	<b>Mins:</b>	45:12	11:56	06:18	06:20	04:00	00:14	<b>74:00</b>	11,147	190	49%
		<b>MEPs:</b>		716	756	1,140	960	56	<b>3,628</b>			
George Mayes	32	<b>Mins:</b>	09:45	16:00	06:47	05:35	02:49	00:06	<b>41:02</b>	12,239	175	58%
		<b>MEPs:</b>		960	814	1,005	676	24	<b>3,479</b>			
Boo Donovan	24	<b>Mins:</b>	13:25	21:53	09:07	03:08	01:33	00:08	<b>49:14</b>	12,196	175	56%
		<b>MEPs:</b>		1,313	1,094	564	372	32	<b>3,375</b>			

John Moreton	28	<b>Mins:</b> <b>MEPs:</b>	01:01 442	07:22 1,516	12:38 1,278	07:06 84	00:21 0	00:00 <b>28:28</b>	24,447	133	64%
Curtis Batterbee	23	<b>Mins:</b> <b>MEPs:</b>	02:47 257	04:17 684	05:42 852	04:44 1,268	05:17 204	00:51 <b>23:38</b>	16,418	184	68%
Nina Savage	14	<b>Mins:</b> <b>MEPs:</b>	02:20 161	02:41 334	02:47 462	02:34 1,640	06:50 480	02:00 <b>19:12</b>	8,876	177	72%
Kirstie Mayes	63	<b>Mins:</b> <b>MEPs:</b>	26:58 1,885	31:25 1,060	08:50 87	00:29 0	00:00 0	00:00 <b>67:42</b>	11,894	158	51%
Alfie brown	15	<b>Mins:</b> <b>MEPs:</b>	01:02 223	03:43 562	04:41 756	04:12 1,128	04:42 320	01:20 <b>19:40</b>	14,657	198	70%
Michael Leevy	35	<b>Mins:</b> <b>MEPs:</b>	16:17 873	14:33 1,260	10:30 807	04:29 32	00:08 0	00:00 <b>45:57</b>	19,623	162	54%
Inez Daly	11	<b>Mins:</b> <b>MEPs:</b>	05:23 338	05:38 850	07:05 1,284	07:08 264	01:06 36	00:09 <b>26:29</b>	10,285	197	62%
Mark Mayes	26	<b>Mins:</b> <b>MEPs:</b>	06:38 276	04:36 704	05:52 657	03:39 816	03:24 232	00:58 <b>25:07</b>	11,694	188	61%
Kathleen Charles	17	<b>Mins:</b> <b>MEPs:</b>	00:15 97	01:37 556	04:38 1,041	05:47 872	03:38 60	00:15 <b>16:10</b>	5,132	156	72%
Helen Geering	15	<b>Mins:</b> <b>MEPs:</b>	03:34 333	05:33 800	06:40 813	04:31 488	02:02 44	00:11 <b>22:31</b>	7,781	168	63%
Kirsty Garratt	26	<b>Mins:</b> <b>MEPs:</b>	00:52 140	02:20 632	05:16 1,341	07:27 352	01:28 4	00:01 <b>17:24</b>	5,472	173	68%
Clare Stringer	22	<b>Mins:</b> <b>MEPs:</b>	11:22 395	06:35 428	03:34 585	03:15 768	03:12 240	01:00 <b>28:58</b>	6,359	192	57%
Paul Nichols	17	<b>Mins:</b> <b>MEPs:</b>	07:08 604	10:04 554	04:37 495	02:45 552	02:18 0	00:00 <b>26:52</b>	12,107	156	58%
Richard Marrington	12	<b>Mins:</b> <b>MEPs:</b>	03:46 125	02:05 194	01:37 366	02:02 1,476	06:09 16	00:04 <b>15:43</b>	9,509	163	67%
Elaine Smith	14	<b>Mins:</b> <b>MEPs:</b>	08:18 460	07:40 744	06:12 525	02:55 256	01:04 52	00:13 <b>26:22</b>	8,122	185	57%
Liza Riggway	9	<b>Mins:</b> <b>MEPs:</b>	01:34 307	05:07 816	06:48 294	01:38 268	01:07 308	01:17 <b>17:31</b>	5,517	176	64%
Alex Ansell	17	<b>Mins:</b> <b>MEPs:</b>	04:33 283	04:43 378	03:09 504	02:48 704	02:56 80	00:20 <b>18:29</b>	6,085	183	62%

Lee Cooper	13	<b>Mins:</b> <b>MEPs:</b>	04:31 323	05:23 428	03:34 456	02:32 640	02:40 96	00:24 <b>19:04</b> <b>1,943</b>	10,386	181	61%
Toni Reid	11	<b>Mins:</b> <b>MEPs:</b>	07:02 536	08:56 304	02:32 411	02:17 504	02:06 36	00:09 <b>23:02</b> <b>1,791</b>	5,705	171	56%
Sandy Saunders	13	<b>Mins:</b> <b>MEPs:</b>	15:53 311	05:11 512	04:16 471	02:37 360	01:30 84	00:21 <b>29:48</b> <b>1,738</b>	9,052	196	52%
Bruce Mills	13	<b>Mins:</b> <b>MEPs:</b>	01:22 464	07:44 822	06:51 375	02:05 68	00:17 0	00:00 <b>18:19</b> <b>1,729</b>	10,126	154	60%
Tracy Poole	14	<b>Mins:</b> <b>MEPs:</b>	00:35 205	03:25 242	02:01 168	00:56 672	02:48 400	01:40 <b>11:25</b> <b>1,687</b>	5,226	178	70%
Lorraine Clode	16	<b>Mins:</b> <b>MEPs:</b>	02:47 125	02:05 744	06:12 798	04:26 8	00:02 8	00:02 <b>15:34</b> <b>1,683</b>	7,351	207	61%
Sue Davis	9	<b>Mins:</b> <b>MEPs:</b>	25:42 637	10:37 628	05:14 126	00:42 192	00:48 52	00:13 <b>43:16</b> <b>1,635</b>	5,918	176	49%
neil kirkland	12	<b>Mins:</b> <b>MEPs:</b>	05:14 521	08:41 666	05:33 276	01:32 152	00:38 12	00:03 <b>21:41</b> <b>1,627</b>	9,890	168	57%
Paul Davis	8	<b>Mins:</b> <b>MEPs:</b>	08:33 459	07:39 410	03:25 648	03:36 92	00:23 8	00:02 <b>23:38</b> <b>1,617</b>	10,135	177	54%
olly donovan	7	<b>Mins:</b> <b>MEPs:</b>	00:51 121	02:01 188	01:34 402	02:14 736	03:04 168	00:42 <b>10:26</b> <b>1,615</b>	7,205	198	71%
Bev Tout	11	<b>Mins:</b> <b>MEPs:</b>	00:57 307	05:07 678	05:39 405	02:15 176	00:44 12	00:03 <b>14:45</b> <b>1,578</b>	4,955	163	62%
Matthew Guille	11	<b>Mins:</b> <b>MEPs:</b>	01:40 190	03:10 498	04:09 702	03:54 176	00:44 0	00:00 <b>13:37</b> <b>1,566</b>	6,919	135	63%
Jack Mason	4	<b>Mins:</b> <b>MEPs:</b>	01:55 62	01:02 154	01:17 342	01:54 700	02:55 292	01:13 <b>10:16</b> <b>1,550</b>	7,256	191	70%
Annmarie Cooper	11	<b>Mins:</b> <b>MEPs:</b>	04:43 152	02:32 192	01:36 273	01:31 700	02:55 224	00:56 <b>14:13</b> <b>1,541</b>	4,356	170	62%
Rhys Burningham	13	<b>Mins:</b> <b>MEPs:</b>	01:57 184	03:04 252	02:06 408	02:16 624	02:36 72	00:18 <b>12:17</b> <b>1,540</b>	7,441	172	66%
Leyon Joseph	10	<b>Mins:</b> <b>MEPs:</b>	03:29 79	01:19 186	01:33 963	05:21 296	01:14 0	00:00 <b>12:56</b> <b>1,524</b>	7,414	157	63%
Kerry Nelson	7	<b>Mins:</b> <b>MEPs:</b>	00:33 452	07:32 390	03:15 411	02:17 260	01:05 0	00:00 <b>14:42</b> <b>1,513</b>	6,018	156	61%

Jess Mayes	10	<b>Mins:</b> <b>MEPs:</b>	01:16 306	05:06 348	02:54 348	02:32 456	01:29 356	00:11 44	<b>13:28</b> <b>1,510</b>	5,773	190	63%
Brooke Bryan	9	<b>Mins:</b> <b>MEPs:</b>	01:52 187	03:07 242	02:01 237	01:19 668	02:47 164	00:41 164	<b>11:47</b> <b>1,498</b>	7,554	179	66%
Niamh Moreton	16	<b>Mins:</b> <b>MEPs:</b>	01:34 338	05:38 496	04:08 249	01:23 292	01:13 84	00:21 84	<b>14:17</b> <b>1,459</b>	5,409	188	61%
Lesley birch	12	<b>Mins:</b> <b>MEPs:</b>	05:41 243	04:03 340	02:50 528	02:56 344	01:26 0	00:00 0	<b>16:56</b> <b>1,455</b>	5,103	169	58%
Michelle Nelson	12	<b>Mins:</b> <b>MEPs:</b>	01:37 227	03:47 448	03:44 309	01:43 344	01:26 112	00:28 112	<b>12:45</b> <b>1,440</b>	4,795	182	64%
Sophia Cooper	13	<b>Mins:</b> <b>MEPs:</b>	07:51 342	05:42 472	03:56 366	02:02 208	00:52 44	00:11 44	<b>20:34</b> <b>1,432</b>	5,135	190	55%
Emily Payne	13	<b>Mins:</b> <b>MEPs:</b>	02:12 143	02:23 206	01:43 492	02:44 544	02:16 36	00:09 36	<b>11:27</b> <b>1,421</b>	4,641	175	65%
Steve Gale	11	<b>Mins:</b> <b>MEPs:</b>	00:54 156	02:36 538	04:29 543	03:01 144	00:36 4	00:01 4	<b>11:37</b> <b>1,385</b>	7,406	178	64%
sue wierzbicki	11	<b>Mins:</b> <b>MEPs:</b>	06:22 417	06:57 590	04:55 315	01:45 60	00:15 0	00:00 0	<b>20:14</b> <b>1,382</b>	5,543	175	55%
Becky Burningham	12	<b>Mins:</b> <b>MEPs:</b>	01:48 257	04:17 266	02:13 429	02:23 408	01:42 0	00:00 0	<b>12:23</b> <b>1,360</b>	4,158	167	63%
Vickie moody	16	<b>Mins:</b> <b>MEPs:</b>	02:15 402	06:42 310	02:35 342	01:54 296	01:14 4	00:01 4	<b>14:41</b> <b>1,354</b>	4,896	173	60%
Ellen Shearon	13	<b>Mins:</b> <b>MEPs:</b>	10:07 865	14:25 354	02:57 96	00:32 20	00:05 0	00:00 0	<b>28:06</b> <b>1,335</b>	4,684	157	52%
Tim Donovan	8	<b>Mins:</b> <b>MEPs:</b>	09:16 82	01:22 174	01:27 366	02:02 672	02:48 36	00:09 36	<b>17:04</b> <b>1,330</b>	6,661	175	54%
Richard Thornber	7	<b>Mins:</b> <b>MEPs:</b>	04:54 179	02:59 220	01:50 279	01:33 524	02:11 120	00:30 120	<b>13:57</b> <b>1,322</b>	7,340	191	63%
Melissa Beadsworth	11	<b>Mins:</b> <b>MEPs:</b>	02:34 95	01:35 154	01:17 198	01:06 372	01:33 500	02:05 500	<b>10:10</b> <b>1,319</b>	3,470	167	67%
Hayley SK	12	<b>Mins:</b> <b>MEPs:</b>	08:19 312	05:12 512	04:16 249	01:23 212	00:53 32	00:08 32	<b>20:11</b> <b>1,317</b>	5,257	189	55%
Larissa Bryan	13	<b>Mins:</b> <b>MEPs:</b>	05:12 165	02:45 298	02:29 540	03:00 296	01:14 296	00:03 12	<b>14:43</b> <b>1,311</b>	4,515	177	58%

Britt Megahey	10	<b>Mins:</b> <b>MEPs:</b>	03:12 163	02:43 366	03:03 489	02:43 284	01:11 4	00:01 4	<b>12:53</b> <b>1,306</b>	6,648	165	61%
Amanda Mansell	12	<b>Mins:</b> <b>MEPs:</b>	01:48 253	04:13 760	06:20 249	01:23 40	00:10 0	00:00 0	<b>13:54</b> <b>1,302</b>	5,217	196	60%
Kate Graham-Evans	12	<b>Mins:</b> <b>MEPs:</b>	06:03 295	04:55 328	02:44 366	02:02 260	01:05 52	00:13 52	<b>17:02</b> <b>1,301</b>	5,010	199	57%
Mark Gulliford	8	<b>Mins:</b> <b>MEPs:</b>	00:58 38	00:38 152	01:16 405	02:15 528	02:12 24	00:06 24	<b>07:25</b> <b>1,147</b>	6,042	177	70%
Ian Cooke	7	<b>Mins:</b> <b>MEPs:</b>	00:47 82	01:22 204	01:42 330	01:50 472	01:58 48	00:12 48	<b>07:51</b> <b>1,136</b>	5,626	188	69%
Clare Rhodes	8	<b>Mins:</b> <b>MEPs:</b>	02:09 81	01:21 132	01:06 189	01:03 500	02:05 8	00:02 8	<b>07:46</b> <b>910</b>	2,905	179	63%
Holly Beadsworth	8	<b>Mins:</b> <b>MEPs:</b>	00:38 99	01:39 296	02:28 243	01:21 260	01:05 12	00:03 12	<b>07:14</b> <b>910</b>	3,048	189	65%
Victoria Hodgson	8	<b>Mins:</b> <b>MEPs:</b>	04:18 261	04:21 180	01:30 150	00:50 144	00:36 16	00:04 16	<b>11:39</b> <b>751</b>	2,469	168	55%
Sian Rixon	3	<b>Mins:</b> <b>MEPs:</b>	00:45 74	01:14 182	01:31 204	01:08 184	00:46 52	00:13 52	<b>05:37</b> <b>696</b>	1,976	188	65%
Ollie Davis	5	<b>Mins:</b> <b>MEPs:</b>	01:30 34	00:34 56	00:28 174	00:58 160	00:40 12	00:03 12	<b>04:13</b> <b>436</b>	2,138	178	60%
Joanne Monks	3	<b>Mins:</b> <b>MEPs:</b>	04:06 69	01:09 102	00:51 147	00:49 64	00:16 4	00:01 4	<b>07:12</b> <b>386</b>	1,158	163	50%
Lyndsey kirkland	8	<b>Mins:</b> <b>MEPs:</b>	04:29 302	05:02 72	00:36 0	00:00 0	00:00 0	00:00 0	<b>10:07</b> <b>374</b>	1,667	129	50%
Kymerley Saunders	5	<b>Mins:</b> <b>MEPs:</b>	01:14 121	02:01 140	01:10 87	00:29 0	00:00 0	00:00 0	<b>04:54</b> <b>348</b>	1,469	159	56%
Danielle Cheyney	1	<b>Mins:</b> <b>MEPs:</b>	00:35 54	00:54 52	00:26 42	00:14 80	00:20 112	00:28 112	<b>02:57</b> <b>340</b>	1,119	191	65%
Richard Banks	2	<b>Mins:</b> <b>MEPs:</b>	00:15 15	00:15 46	00:23 69	00:23 168	00:42 12	00:03 12	<b>02:01</b> <b>310</b>	1,442	173	70%
Rose Joseph	3	<b>Mins:</b> <b>MEPs:</b>	01:09 42	00:42 78	00:39 75	00:25 100	00:25 8	00:02 8	<b>03:22</b> <b>303</b>	1,069	174	59%
Clare Turner	2	<b>Mins:</b> <b>MEPs:</b>	00:19 33	00:33 78	00:39 96	00:32 64	00:16 64	00:00 0	<b>02:19</b> <b>271</b>	762	155	64%

Emma Paxton	1	<b>Mins:</b> <b>MEPs:</b>	00:03 19	00:19 19	00:15 30	00:11 33	00:15 60	00:11 44	<b>01:14</b> <b>186</b>	605	183	71%
Sharon Gallagher	1	<b>Mins:</b> <b>MEPs:</b>	00:00 16	00:16 16	00:17 34	00:21 63	00:14 56	00:00 0	<b>01:08</b> <b>169</b>	433	139	69%
Kira Baker	1	<b>Mins:</b> <b>MEPs:</b>	00:03 2	00:02 2	00:10 20	00:21 63	00:13 52	00:07 28	<b>00:56</b> <b>165</b>	539	185	75%
Kate Bartlett	1	<b>Mins:</b> <b>MEPs:</b>	00:11 11	00:11 11	00:05 10	00:23 69	00:16 64	00:01 4	<b>01:07</b> <b>158</b>	456	186	67%
Anne Megahey	2	<b>Mins:</b> <b>MEPs:</b>	00:51 70	01:10 70	00:27 54	00:07 21	00:01 4	00:00 0	<b>02:36</b> <b>149</b>	483	145	54%
Clare Longman	1	<b>Mins:</b> <b>MEPs:</b>	00:12 25	00:25 25	00:15 30	00:16 48	00:09 36	00:00 0	<b>01:17</b> <b>139</b>	382	158	63%
Andrew Mayes	1	<b>Mins:</b> <b>MEPs:</b>	00:06 12	00:12 12	00:10 20	00:03 9	00:02 8	00:00 0	<b>00:33</b> <b>49</b>	163	123	59%
Charlotte Simmons	1	<b>Mins:</b> <b>MEPs:</b>	00:00 11	00:11 11	00:10 20	00:00 0	00:00 0	00:00 0	<b>00:21</b> <b>31</b>	103	141	60%