

Key Numbers Report

01 Dec 21 - 31 Dec 21



Date Range: 01 Dec 21 - 31 Dec 21

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Anne Harper	32	Mins:	03:01	10:07	09:24	10:04	11:17	00:25	44:18	17,295	179	68%
		MEPs:		607	1,128	1,812	2,708	100	6,355			
Paul Nichols	13	Mins:	13:56	17:35	11:31	08:26	02:16	00:04	53:48	24,955	162	58%
		MEPs:		1,055	1,382	1,518	544	16	4,515			
Boo Donovan	32	Mins:	03:15	13:13	13:35	03:50	02:45	00:06	36:44	12,765	175	62%
		MEPs:		793	1,630	690	660	24	3,797			
Alfie brown	15	Mins:	02:02	04:20	04:55	05:44	05:15	00:55	23:11	16,408	193	69%
		MEPs:		260	590	1,032	1,260	220	3,362			
Darren Moody	11	Mins:	01:13	02:03	01:48	04:41	06:19	01:56	18:00	15,460	186	75%
		MEPs:		123	216	843	1,516	464	3,162			
John Moreton	19	Mins:	02:26	12:03	12:07	04:14	00:17	00:00	31:07	24,440	134	60%
		MEPs:		723	1,454	762	68	0	3,007			
Francis Worsley	33	Mins:	01:56	06:54	15:48	01:43	00:51	00:26	27:38	16,640	166	62%
		MEPs:		414	1,896	309	204	104	2,927			
Amanda Mansell	19	Mins:	06:56	08:59	12:27	03:55	00:17	00:00	32:34	11,108	172	59%
		MEPs:		539	1,494	705	68	0	2,806			
Megan Fox	13	Mins:	02:24	02:32	02:42	02:45	05:05	02:08	17:36	8,871	205	71%
		MEPs:		152	324	495	1,220	512	2,703			
Lesley birch	15	Mins:	04:34	05:03	02:55	03:59	04:02	00:01	20:34	7,788	173	63%
		MEPs:		303	350	717	968	4	2,342			
Nina Savage	9	Mins:	02:02	02:51	02:02	02:20	05:31	00:33	15:19	6,643	174	69%
		MEPs:		171	244	420	1,324	132	2,291			
Mark Mayes	19	Mins:	05:55	05:59	04:54	01:40	03:31	00:46	22:45	10,241	166	60%
		MEPs:		359	588	300	844	184	2,275			
Dominic Cahill	16	Mins:	21:49	16:54	07:27	01:37	00:09	00:00	47:56	15,654	151	52%
		MEPs:		1,014	894	291	36	0	2,235			
Bev Tout	15	Mins:	01:04	04:42	07:37	02:41	01:15	00:23	17:42	6,313	175	64%
		MEPs:		282	914	483	300	92	2,071			

Katie Le Flem	22	Mins: MEPs:	06:50 663	11:03 676	05:38 429	02:23 232	00:58 40	00:10 27:02	2,040	6,370	173	56%
Helen Geering	15	Mins: MEPs:	03:05 242	04:02 576	04:48 693	03:51 512	02:08 12	00:03 17:57	2,035	6,295	163	63%
Kathleen Charles	11	Mins: MEPs:	00:07 57	00:57 356	02:58 846	04:42 728	03:02 28	00:07 11:53	2,015	3,945	155	73%
Melissa Beadsworth	10	Mins: MEPs:	02:05 146	02:26 146	01:13 204	01:08 348	01:27 1,160	04:50 13:09	2,004	5,455	171	73%
Leyon Joseph	15	Mins: MEPs:	05:52 97	01:37 224	01:52 945	05:15 716	02:59 4	00:01 17:36	1,986	9,427	167	62%
Richard Banks	12	Mins: MEPs:	00:41 139	02:19 302	02:31 411	02:17 972	04:03 84	00:21 12:12	1,908	9,238	176	71%
Jack Mason	9	Mins: MEPs:	01:07 51	00:51 200	01:40 339	01:53 1,060	04:25 132	00:33 10:29	1,782	8,108	180	73%
Inez Daly	11	Mins: MEPs:	04:31 444	07:24 252	02:06 552	03:04 516	02:09 0	00:00 19:14	1,764	6,816	178	59%
Annmarie Cooper	11	Mins: MEPs:	02:57 135	02:15 164	01:22 318	01:46 876	03:39 264	01:06 13:05	1,757	4,823	171	67%
Sandy Saunders	11	Mins: MEPs:	04:46 200	03:20 320	02:40 489	02:43 516	02:09 80	00:20 15:58	1,605	7,896	193	61%
Gemma Howse	17	Mins: MEPs:	23:29 252	04:12 320	02:40 393	02:11 628	02:37 8	00:02 35:11	1,601	4,798	169	47%
Sian Mills	10	Mins: MEPs:	01:21 160	02:40 684	05:42 513	02:51 232	00:58 0	00:00 13:32	1,589	4,340	162	64%
Lorraine Clode	10	Mins: MEPs:	00:34 61	01:01 472	03:56 753	04:11 292	01:13 0	00:00 10:55	1,578	6,032	184	69%
George Mayes	9	Mins: MEPs:	01:16 317	05:17 422	03:31 312	01:44 436	01:49 40	00:10 13:47	1,527	5,221	174	63%
Kirstie Mayes	52	Mins: MEPs:	11:01 940	15:40 574	04:47 9	00:03 0	00:00 0	00:00 31:31	1,523	6,201	151	52%
Vince Hayter	8	Mins: MEPs:	01:35 360	06:00 598	04:59 327	01:49 204	00:51 32	00:08 15:22	1,521	8,969	167	61%
Andy Beadsworth	4	Mins: MEPs:	03:10 298	04:58 524	04:22 255	01:25 332	01:23 72	00:18 15:36	1,481	9,366	177	60%

Clare Stringer	13	Mins: MEPs:	07:10 320	05:20 416	03:28 309	01:43 292	01:13 120	00:30 19:24 1,457	3,931	174	56%
Tracy Allbon	10	Mins: MEPs:	00:30 122	02:02 224	01:52 75	00:25 704	02:56 312	01:18 09:03 1,437	4,369	171	72%
Emily Payne	11	Mins: MEPs:	01:26 120	02:00 218	01:49 423	02:21 648	02:42 0	00:00 10:18 1,409	4,525	173	67%
Ellen Shearon	10	Mins: MEPs:	07:21 1,034	17:14 340	02:50 30	00:10 0	00:00 0	00:00 27:35 1,404	5,157	141	52%
Hayley SK	9	Mins: MEPs:	03:08 283	04:43 630	05:15 321	01:47 136	00:34 24	00:06 15:33 1,394	5,561	188	59%
Sue Davis	10	Mins: MEPs:	19:11 832	13:52 388	03:14 78	00:26 52	00:13 44	00:11 37:07 1,394	5,479	177	50%
Bridgetta Worsley	9	Mins: MEPs:	00:32 115	01:55 564	04:42 522	02:54 160	00:40 16	00:04 10:47 1,377	3,582	170	66%
Jane Ansell	10	Mins: MEPs:	02:27 358	05:58 436	03:38 405	02:15 176	00:44 0	00:00 15:02 1,375	2,662	146	59%
Elaine Smith	9	Mins: MEPs:	01:29 112	01:52 468	03:54 642	03:34 144	00:36 8	00:02 11:27 1,374	5,018	177	64%
Paul Davis	11	Mins: MEPs:	05:08 292	04:52 318	02:39 486	02:42 260	01:05 12	00:03 16:29 1,368	8,043	180	58%
olly donovan	10	Mins: MEPs:	02:56 218	03:38 270	02:15 357	01:59 420	01:45 96	00:24 12:57 1,361	6,320	202	62%
Michelle Nelson	17	Mins: MEPs:	04:52 445	07:25 568	04:44 210	01:10 128	00:32 8	00:02 18:45 1,359	5,133	172	56%
Victoria Hodgson	19	Mins: MEPs:	16:58 770	12:50 248	02:04 213	01:11 100	00:25 20	00:05 33:33 1,351	4,868	172	50%
Jessica Mills	11	Mins: MEPs:	00:32 179	02:59 908	07:34 219	01:13 40	00:10 0	00:00 12:28 1,346	5,215	174	62%
Michael Leevy	12	Mins: MEPs:	01:28 227	03:47 430	03:35 546	03:02 140	00:35 0	00:00 12:27 1,343	7,942	165	63%
Kate Graham-Evans	10	Mins: MEPs:	07:27 395	06:35 270	02:15 390	02:10 260	01:05 24	00:06 19:38 1,339	5,271	199	55%
Richard Marrington	8	Mins: MEPs:	00:56 83	01:23 312	02:36 342	01:54 588	02:27 8	00:02 09:18 1,333	6,192	163	69%

Clare Rhodes	9	Mins: MEPs:	01:37 131	02:11 186	01:33 183	01:01 183	02:49 676	00:39 156	09:50 1,332	3,857	176	67%
Bruce Mills	17	Mins: MEPs:	01:12 590	09:50 502	04:11 210	01:10 210	00:04 16	00:01 4	16:28 1,322	8,538	163	58%
Britt Megahey	9	Mins: MEPs:	01:13 212	03:32 386	03:13 330	01:50 330	01:34 376	00:04 16	11:26 1,320	6,862	170	63%
Rhys Burningham	9	Mins: MEPs:	01:02 72	01:12 160	01:20 408	02:16 408	02:30 600	00:20 80	08:40 1,320	6,061	176	70%
Lee Cooper	10	Mins: MEPs:	05:20 190	03:10 314	02:37 267	01:29 267	01:32 368	00:45 180	14:53 1,319	6,949	177	59%
Matthew Guille	13	Mins: MEPs:	02:20 296	04:56 438	03:39 444	02:28 444	00:30 120	00:03 12	13:56 1,310	6,244	148	60%
Boris B	29	Mins: MEPs:	04:53 384	06:24 380	03:10 333	01:51 333	00:50 200	00:03 12	17:11 1,309	7,421	175	57%
sue wierzbicki	7	Mins: MEPs:	15:37 384	06:24 394	03:17 417	02:19 417	00:27 108	00:01 4	28:05 1,307	5,096	181	51%
neil kirkland	15	Mins: MEPs:	04:35 496	08:16 542	04:31 108	00:36 108	00:27 108	00:13 52	18:38 1,306	8,144	173	56%
Sarah Barrett	13	Mins: MEPs:	00:30 33	00:33 136	01:08 225	01:15 225	02:07 508	01:41 404	07:14 1,306	4,056	191	77%
Jess Mayes	15	Mins: MEPs:	04:35 462	07:42 360	03:00 210	01:10 210	00:45 180	00:23 92	17:35 1,304	5,442	191	57%
Clare Longman	14	Mins: MEPs:	09:06 492	08:12 726	06:03 78	00:26 78	00:02 8	00:00 0	23:49 1,304	4,120	143	53%
Brooke Bryan	9	Mins: MEPs:	00:54 88	01:28 192	01:36 435	02:25 435	02:20 560	00:07 28	08:50 1,303	6,575	177	69%
Curtis Batterbee	8	Mins: MEPs:	00:12 24	00:24 172	01:26 387	02:09 387	01:11 284	01:49 436	07:11 1,303	6,284	200	77%
Kirsty Garratt	12	Mins: MEPs:	00:07 52	00:52 108	00:54 498	02:46 498	02:24 576	00:17 68	07:20 1,302	2,830	179	74%
Becky Burningham	11	Mins: MEPs:	01:12 154	02:34 236	01:58 570	03:10 570	01:25 340	00:00 0	10:19 1,300	3,839	162	65%
Lyndsey kirkland	15	Mins: MEPs:	01:38 554	09:14 402	03:21 12	00:04 12	00:00 0	00:00 0	14:17 968	4,130	148	56%

Danielle Cheyney	2	Mins: MEPs:	00:46 81	01:21 81	00:41 82	00:54 162	01:24 336	00:48 192	05:54 853	2,633	192	70%
BINA WILSON	5	Mins: MEPs:	05:05 194	03:14 98	00:49 98	00:48 144	00:58 232	00:37 148	11:31 816	2,872	183	54%
Tim Donovan	4	Mins: MEPs:	01:28 62	01:02 66	00:33 66	01:47 321	01:17 308	00:00 0	06:07 757	3,884	168	64%
Mikey Graves	5	Mins: MEPs:	00:30 129	02:09 198	01:39 108	00:36 128	00:32 116	00:29 116	05:55 679	3,527	201	65%
Alex Ansell	4	Mins: MEPs:	00:39 42	00:42 80	00:40 80	00:45 135	01:19 316	00:00 0	04:05 573	1,701	175	68%
Lou Barrow	3	Mins: MEPs:	03:43 226	03:46 98	00:49 98	00:43 129	00:16 64	00:00 0	09:17 517	1,589	160	54%
Kymerley Saunders	4	Mins: MEPs:	01:42 87	01:27 126	01:03 126	00:51 153	00:36 144	00:00 0	05:39 510	1,853	181	59%
Sharon Gallagher	6	Mins: MEPs:	00:00 45	00:45 196	01:38 196	00:36 108	00:21 84	00:01 4	03:21 437	1,196	151	66%
Holly Beadsworth	4	Mins: MEPs:	01:07 79	01:19 168	01:24 168	00:56 168	00:05 20	00:00 0	04:51 435	1,557	160	59%
Kathryn Smith	3	Mins: MEPs:	00:21 52	00:52 122	01:01 122	00:55 165	00:18 72	00:00 0	03:27 411	1,192	156	65%
Ollie Davis	4	Mins: MEPs:	01:10 40	00:40 58	00:29 58	00:30 90	00:35 140	00:14 56	03:38 384	1,979	182	62%
Christina Diaper	2	Mins: MEPs:	00:04 9	00:09 9	00:07 14	00:15 45	00:39 156	00:39 156	01:53 380	1,022	174	81%
Sian Rixon	2	Mins: MEPs:	01:21 61	01:01 61	00:37 74	00:42 126	00:19 76	00:02 8	04:02 345	988	183	58%
Sophia Cooper	2	Mins: MEPs:	00:27 50	00:50 110	00:55 110	00:50 150	00:07 28	00:00 0	03:09 338	1,177	170	62%
Larissa Bryan	3	Mins: MEPs:	00:10 23	00:23 76	00:38 76	00:43 129	00:20 80	00:05 20	02:19 328	1,098	177	68%
Charles Jackson	4	Mins: MEPs:	01:22 40	00:40 40	00:39 78	00:43 129	00:13 52	00:00 0	03:37 299	1,672	161	57%
Katie Cumming	2	Mins: MEPs:	00:05 16	00:16 16	00:17 34	00:18 54	00:45 180	00:01 4	01:42 288	979	193	73%

Andrew Mayes	1	Mins:	04:47	00:56	01:01	00:17	00:05	00:00	07:06	916	117	47%
		MEPs:		56	122	51	20	0	249			
Liza Riggway	1	Mins:	00:00	00:01	00:12	00:24	00:22	00:00	00:59	450	156	76%
		MEPs:		1	24	72	88	0	185			
Joanne Monks	1	Mins:	00:19	00:31	00:16	00:11	00:01	00:00	01:18	318	152	56%
		MEPs:		31	32	33	4	0	100			
Dan Mills	1	Mins:	00:05	00:28	00:21	00:03	00:01	00:00	00:58	480	165	59%
		MEPs:		28	42	9	4	0	83			
Pam Saunders	1	Mins:	00:32	00:39	00:08	00:00	00:00	00:00	01:19	203	114	51%
		MEPs:		39	16	0	0	0	55			