

Key Numbers Report
01 Dec 22 - 31 Dec 22



Date Range: 01 Dec 22 - 31 Dec 22

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Andy Beadsworth	6	Mins:	02:11	21:29	22:27	05:11	00:19	00:00	51:37	32,019	153	61%
		MEPs:		1,289	2,694	933	76	0	4,992			
Paul Nichols	12	Mins:	08:03	14:18	12:34	08:49	02:03	00:02	45:49	24,834	159	61%
		MEPs:		858	1,508	1,587	492	8	4,453			
Frair Burgess	33	Mins:	30:06	21:21	11:53	02:59	03:05	00:29	69:53	14,139	173	54%
		MEPs:		1,281	1,426	537	740	116	4,100			
Lyn Fuller	10	Mins:	11:00	12:27	11:00	04:08	01:36	01:02	41:13	11,207	175	58%
		MEPs:		747	1,320	744	384	248	3,443			
Leyon Joseph	22	Mins:	10:26	04:38	04:24	10:54	02:13	00:00	32:35	16,823	165	60%
		MEPs:		278	528	1,962	532	0	3,300			
Katie Le Flem	20	Mins:	03:34	11:35	11:40	04:55	00:26	00:01	32:11	9,011	157	60%
		MEPs:		695	1,400	885	104	4	3,088			
Darren Moody	7	Mins:	00:44	03:54	02:42	03:38	05:26	01:53	18:17	15,287	186	73%
		MEPs:		234	324	654	1,304	452	2,968			
Elaine Smith	14	Mins:	01:27	05:28	08:35	05:48	01:45	00:11	23:14	10,915	184	65%
		MEPs:		328	1,030	1,044	420	44	2,866			
Michael Leevy	25	Mins:	03:25	07:31	07:39	05:07	02:16	00:08	26:06	17,022	180	63%
		MEPs:		451	918	921	544	32	2,866			
Clare Rhodes	26	Mins:	38:06	12:02	03:44	03:44	04:03	00:00	61:39	8,696	163	50%
		MEPs:		722	448	672	972	0	2,814			
Bev Tout	20	Mins:	02:07	08:53	12:53	02:54	00:42	00:05	27:34	8,888	169	61%
		MEPs:		533	1,546	522	168	20	2,789			
Boo Donovan	19	Mins:	04:19	11:44	13:25	01:39	00:32	00:00	31:39	9,631	168	58%
		MEPs:		704	1,610	297	128	0	2,739			
Kathleen Charles	22	Mins:	00:12	01:12	05:29	07:07	02:54	00:01	16:55	5,280	161	71%
		MEPs:		72	658	1,281	696	4	2,711			
John Moreton	9	Mins:	00:10	05:53	11:00	05:22	00:05	00:00	22:30	20,056	132	65%
		MEPs:		353	1,320	966	20	0	2,659			

Amanda Mansell	21	Mins: MEPs:	05:32 475	07:55 1,144	09:32 591	03:17 52	00:13 0	00:00 26:29	8,974	166	58%
Boris B	32	Mins: MEPs:	21:30 1,102	18:22 676	05:38 144	00:48 80	00:20 8	00:02 46:40	13,441	171	51%
Megan Fox	6	Mins: MEPs:	01:40 131	02:11 262	02:11 360	02:00 792	03:18 440	01:50 13:10	6,668	198	70%
Liza Barber	18	Mins: MEPs:	03:01 361	06:01 744	06:12 516	02:52 136	00:34 108	00:27 19:07	5,116	174	61%
Jane Ansell	19	Mins: MEPs:	08:14 642	10:42 870	07:15 240	01:20 56	00:14 12	00:03 27:48	3,788	147	55%
Rachel O'Neill	13	Mins: MEPs:	22:54 437	07:17 302	02:31 306	01:42 616	02:34 120	00:30 37:28	5,970	181	50%
Richard Marrington	4	Mins: MEPs:	00:01 5	00:05 102	00:51 759	04:13 872	03:38 28	00:07 08:55	7,601	170	78%
BINA WILSON	9	Mins: MEPs:	06:11 460	07:40 386	03:13 306	01:42 320	01:20 236	00:59 21:05	6,139	191	58%
Sandy Saunders	10	Mins: MEPs:	08:57 229	03:49 372	03:06 525	02:55 508	02:07 40	00:10 21:04	8,397	170	56%
neil kirkland	7	Mins: MEPs:	10:56 1,075	17:55 482	04:01 72	00:24 24	00:06 0	00:00 33:22	12,006	164	53%
yum HAMSTEAD is o	11	Mins: MEPs:	08:35 692	11:32 740	06:10 168	00:56 0	00:00 0	00:00 27:13	5,300	143	54%
Kirstie Mayes	29	Mins: MEPs:	23:50 920	15:20 618	05:09 51	00:17 4	00:01 0	00:00 44:37	6,391	160	48%
kerry mackin	9	Mins: MEPs:	02:47 308	05:08 418	03:29 393	02:11 388	01:37 76	00:19 15:31	4,822	177	61%
Lee Cooper	12	Mins: MEPs:	08:29 330	05:30 438	03:39 450	02:30 360	01:30 0	00:00 21:38	9,346	169	55%
Mark Mayes	22	Mins: MEPs:	05:39 229	03:49 358	02:59 591	03:17 380	01:35 16	00:04 17:23	7,050	171	58%
Niamh Moreton	9	Mins: MEPs:	00:42 121	02:01 274	02:17 408	02:16 744	03:06 24	00:06 10:28	5,122	179	69%
George Mayes	9	Mins: MEPs:	01:32 374	06:14 582	04:51 372	02:04 216	00:54 16	00:04 15:39	5,599	175	61%

Leanne Gelder	14	Mins: MEPs:	03:33 433	07:13 433	03:02 364	02:42 486	01:04 256	00:00 0	17:34 1,539	5,446	168	59%
Sue Davis	17	Mins: MEPs:	21:54 757	12:37 757	04:35 550	00:55 165	00:12 48	00:00 0	40:13 1,520	5,768	158	50%
Anne Harper	8	Mins: MEPs:	00:39 280	04:40 280	06:14 748	02:04 372	00:28 112	00:00 0	14:05 1,512	4,605	156	62%
Annmarie Cooper	13	Mins: MEPs:	04:53 420	07:00 420	03:11 382	01:19 237	01:29 356	00:22 88	18:14 1,483	4,734	172	58%
Michelle Nelson	10	Mins: MEPs:	00:20 73	01:13 73	05:01 602	02:46 498	01:02 248	00:04 16	10:26 1,437	4,686	169	67%
Clare Stringer	18	Mins: MEPs:	42:14 417	06:57 417	02:28 296	01:27 261	01:25 340	00:27 108	54:58 1,422	4,417	173	46%
Jenny Heywood	9	Mins: MEPs:	03:18 482	08:02 482	06:44 808	00:31 93	00:02 8	00:00 0	18:37 1,391	3,794	150	57%
Rose Joseph	8	Mins: MEPs:	02:44 101	01:41 101	00:59 118	02:25 435	03:00 720	00:02 8	10:51 1,382	4,421	179	65%
Melissa Beadsworth	11	Mins: MEPs:	01:56 138	02:18 138	01:44 208	01:16 228	01:18 312	02:04 496	10:36 1,382	3,813	181	68%
Nina Savage	8	Mins: MEPs:	00:13 23	00:23 23	00:28 56	00:44 132	03:38 872	01:13 292	06:39 1,375	3,859	175	81%
Charlotte Simmons	9	Mins: MEPs:	00:19 113	01:53 113	01:26 172	01:09 207	02:54 696	00:40 160	08:21 1,348	3,992	200	72%
Emily Payne	12	Mins: MEPs:	01:36 139	02:19 139	02:41 322	02:13 399	02:01 484	00:00 0	10:50 1,344	4,455	171	65%
Alex Ansell	15	Mins: MEPs:	04:39 227	03:47 227	02:48 336	02:07 381	01:30 360	00:10 40	15:01 1,344	4,107	179	59%
Bridgetta Worsley	12	Mins: MEPs:	00:19 159	02:39 159	03:55 470	03:14 582	00:32 128	00:01 4	10:40 1,343	3,489	156	65%
Francis Worsley	28	Mins: MEPs:	03:49 626	10:26 626	03:50 460	00:36 108	00:34 136	00:02 8	19:17 1,338	10,040	173	56%
Sharon Gallagher	11	Mins: MEPs:	00:10 93	01:33 93	02:54 348	02:21 423	01:53 452	00:05 20	08:56 1,336	3,527	155	69%
Paul Davis	18	Mins: MEPs:	10:27 647	10:47 647	03:07 374	01:06 198	00:25 100	00:00 0	25:52 1,319	9,374	167	53%

Larissa Bryan	9	Mins: MEPs:	04:53 340	05:40 212	01:46 212	02:25 435	01:16 304	00:07 28	16:07 1,319	4,741	180	57%
Brooke Bryan	10	Mins: MEPs:	01:33 210	03:30 250	02:05 250	02:22 426	01:43 412	00:05 20	11:18 1,318	7,168	173	64%
Kirsty Garratt	8	Mins: MEPs:	00:34 33	00:33 216	01:48 216	02:08 384	02:50 680	00:01 4	07:54 1,317	2,746	174	72%
Sian Mills	9	Mins: MEPs:	00:35 121	02:01 460	03:50 460	03:05 555	00:44 176	00:01 4	10:16 1,316	3,617	164	65%
Inez Daly	10	Mins: MEPs:	07:06 568	09:28 600	05:00 600	00:44 132	00:03 12	00:00 0	22:21 1,312	5,959	169	54%
Tracy Allbon	8	Mins: MEPs:	00:16 13	00:13 56	00:28 56	00:47 141	04:15 1,020	00:20 80	06:19 1,310	3,545	184	80%
Britt Megahey	7	Mins: MEPs:	00:44 79	01:19 454	03:47 454	01:44 312	01:46 424	00:10 40	09:30 1,309	6,416	170	67%
Sarah-Jane Tarr	11	Mins: MEPs:	18:22 283	04:43 266	02:13 266	02:09 387	01:33 372	00:00 0	29:00 1,308	5,780	197	48%
Jess Mayes	12	Mins: MEPs:	02:37 292	04:52 402	03:21 402	01:40 300	01:01 244	00:16 64	13:47 1,302	5,078	188	60%
Hayley SK	10	Mins: MEPs:	08:49 507	08:27 486	04:03 486	01:32 276	00:08 32	00:00 0	22:59 1,301	5,737	174	54%
Rhys Burningham	11	Mins: MEPs:	01:39 179	02:59 284	02:22 284	01:30 270	01:29 356	00:53 212	10:52 1,301	6,460	179	66%
Becky Burningham	17	Mins: MEPs:	21:26 439	07:19 272	02:16 272	01:54 342	01:01 244	00:01 4	33:57 1,301	4,223	168	49%
Victoria Hodgson	8	Mins: MEPs:	03:55 376	06:16 454	03:47 454	01:15 225	00:10 40	00:00 0	15:23 1,095	3,699	154	57%
Matthew Guille	7	Mins: MEPs:	00:56 132	02:12 236	01:58 236	02:06 378	00:57 228	00:01 4	08:10 978	4,296	138	64%
Richard Banks	6	Mins: MEPs:	00:42 50	00:50 114	00:57 114	00:54 162	01:44 416	00:26 104	05:33 846	4,084	176	70%
Clare Longman	9	Mins: MEPs:	07:15 298	04:58 430	03:35 430	00:15 45	00:00 0	00:00 0	16:03 773	2,427	130	53%
Ian Cooke	4	Mins: MEPs:	00:56 140	02:20 264	02:12 264	01:05 195	00:12 48	00:01 4	06:46 651	3,815	165	61%

Mandy Bowers	3	Mins:	00:30	00:50	00:51	00:33	00:44	00:43	04:11	1,700	180	69%
		MEPs:		50	102	99	176	172	599			
Sophia Cooper	6	Mins:	04:08	02:28	01:10	00:44	00:21	00:04	08:55	1,891	190	53%
		MEPs:		148	140	132	84	16	520			
Bruce Mills	3	Mins:	00:10	00:53	02:03	01:03	00:07	00:00	04:16	2,742	154	65%
		MEPs:		53	246	189	28	0	516			
Andy Powell	7	Mins:	04:38	01:10	01:22	01:00	00:06	00:00	08:16	2,473	155	51%
		MEPs:		70	164	180	24	0	438			
Vickie moody	7	Mins:	02:40	04:02	01:10	00:07	00:06	00:02	08:07	1,808	177	53%
		MEPs:		242	140	21	24	8	435			
sue wierzbicki	3	Mins:	00:26	01:16	00:53	00:51	00:20	00:02	03:48	1,393	173	64%
		MEPs:		76	106	153	80	8	423			
Toni Reid	2	Mins:	02:34	01:47	01:10	00:43	00:09	00:00	06:23	1,350	163	54%
		MEPs:		107	140	129	36	0	412			
Marcus Paramor	3	Mins:	00:12	00:59	01:17	00:26	00:05	00:00	02:59	1,804	169	62%
		MEPs:		59	154	78	20	0	311			
Helen Geering	3	Mins:	00:21	00:30	00:39	00:30	00:23	00:00	02:23	868	160	65%
		MEPs:		30	78	90	92	0	290			
Mark Gulliford	2	Mins:	00:06	00:09	00:32	00:32	00:15	00:00	01:34	1,320	164	68%
		MEPs:		9	64	96	60	0	229			
Tim Donovan	1	Mins:	00:10	00:22	00:06	00:14	00:20	00:00	01:12	820	170	65%
		MEPs:		22	12	42	80	0	156			