

# Key Numbers Report

01 Feb 23 - 28 Feb 23



Date Range: 01 Feb 23 - 28 Feb 23

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Paul Nichols	14	<b>Mins:</b>	19:11	19:48	13:01	07:29	01:17	00:00	<b>60:46</b>	25,812	158	56%
		<b>MEPs:</b>		1,188	1,562	1,347	308	0	<b>4,405</b>			
Bev Tout	26	<b>Mins:</b>	02:42	09:46	15:40	04:20	00:30	00:11	<b>33:09</b>	10,834	178	62%
		<b>MEPs:</b>		586	1,880	780	120	44	<b>3,410</b>			
Niamh Moreton	16	<b>Mins:</b>	01:15	02:43	02:14	03:49	09:29	00:01	<b>19:31</b>	10,478	185	73%
		<b>MEPs:</b>		163	268	687	2,276	4	<b>3,398</b>			
Lyn Fuller	17	<b>Mins:</b>	06:04	09:20	10:47	05:13	01:34	00:29	<b>33:27</b>	10,403	174	61%
		<b>MEPs:</b>		560	1,294	939	376	116	<b>3,285</b>			
Tracy Allbon	24	<b>Mins:</b>	01:13	01:07	02:41	04:13	07:05	00:54	<b>17:13</b>	8,541	174	75%
		<b>MEPs:</b>		67	322	759	1,700	216	<b>3,064</b>			
Amanda Mansell	29	<b>Mins:</b>	08:24	10:06	12:55	03:38	00:24	00:00	<b>35:27</b>	11,633	170	58%
		<b>MEPs:</b>		606	1,550	654	96	0	<b>2,906</b>			
Leyon Joseph	20	<b>Mins:</b>	07:05	05:03	05:02	08:02	01:26	00:03	<b>26:41</b>	13,427	178	61%
		<b>MEPs:</b>		303	604	1,446	344	12	<b>2,709</b>			
neil kirkland	14	<b>Mins:</b>	08:02	20:33	09:17	01:10	00:07	00:00	<b>39:09</b>	17,642	163	56%
		<b>MEPs:</b>		1,233	1,114	210	28	0	<b>2,585</b>			
Kathleen Charles	18	<b>Mins:</b>	00:09	01:32	06:47	06:49	01:24	00:00	<b>16:41</b>	4,905	152	69%
		<b>MEPs:</b>		92	814	1,227	336	0	<b>2,469</b>			
Rose Joseph	10	<b>Mins:</b>	02:33	01:47	02:27	02:47	05:28	00:50	<b>15:52</b>	7,198	186	70%
		<b>MEPs:</b>		107	294	501	1,312	200	<b>2,414</b>			
Francis Worsley	64	<b>Mins:</b>	11:01	23:52	05:28	00:59	00:34	00:00	<b>41:54</b>	19,212	173	54%
		<b>MEPs:</b>		1,432	656	177	136	0	<b>2,401</b>			
Darren Moody	6	<b>Mins:</b>	00:47	01:35	01:10	02:45	05:04	01:49	<b>13:10</b>	11,963	205	76%
		<b>MEPs:</b>		95	140	495	1,216	436	<b>2,382</b>			
Sue Davis	15	<b>Mins:</b>	22:28	08:26	04:16	01:33	02:45	01:09	<b>40:37</b>	7,377	180	52%
		<b>MEPs:</b>		506	512	279	660	276	<b>2,233</b>			
Boris B	23	<b>Mins:</b>	22:32	16:38	06:21	01:45	00:28	00:05	<b>47:49</b>	13,942	209	52%
		<b>MEPs:</b>		998	762	315	112	20	<b>2,207</b>			

Sandy Saunders	12	<b>Mins:</b> <b>MEPs:</b>	03:59 181	03:01 318	02:39 768	04:16 868	03:37 56	00:14 <b>17:46</b>	10,304	179	65%
Lee Cooper	16	<b>Mins:</b> <b>MEPs:</b>	06:49 574	09:34 588	04:54 510	02:50 464	01:56 28	00:07 <b>26:10</b>	13,401	188	58%
Liza Barber	23	<b>Mins:</b> <b>MEPs:</b>	02:51 339	05:39 880	07:20 525	02:55 276	01:09 100	00:25 <b>20:19</b>	5,746	188	62%
Frair Burgess	15	<b>Mins:</b> <b>MEPs:</b>	52:20 821	13:41 858	07:09 285	01:35 96	00:24 20	00:05 <b>75:14</b>	7,589	175	45%
Paul Davis	15	<b>Mins:</b> <b>MEPs:</b>	13:25 511	08:31 444	03:42 735	04:05 364	01:31 8	00:02 <b>31:16</b>	12,456	175	54%
Alex Ansell	16	<b>Mins:</b> <b>MEPs:</b>	07:24 486	08:06 466	03:53 471	02:37 404	01:41 180	00:45 <b>24:26</b>	6,331	189	58%
Nina Savage	7	<b>Mins:</b> <b>MEPs:</b>	01:01 46	00:46 86	00:43 270	01:30 1,396	05:49 192	00:48 <b>10:37</b>	5,487	174	76%
kerry mackin	13	<b>Mins:</b> <b>MEPs:</b>	04:50 418	06:58 578	04:49 444	02:28 424	01:46 120	00:30 <b>21:21</b>	6,248	181	60%
Michael Leevy	22	<b>Mins:</b> <b>MEPs:</b>	04:57 682	11:22 816	06:48 357	01:59 80	00:20 8	00:02 <b>25:28</b>	13,551	177	57%
Inez Daly	14	<b>Mins:</b> <b>MEPs:</b>	02:24 587	09:47 598	04:59 540	03:00 200	00:50 0	00:00 <b>21:00</b>	8,043	174	60%
Jane Ansell	15	<b>Mins:</b> <b>MEPs:</b>	03:54 465	07:45 886	07:23 459	02:33 80	00:20 0	00:00 <b>21:55</b>	3,922	140	58%
Elaine Smith	9	<b>Mins:</b> <b>MEPs:</b>	00:36 198	03:18 810	06:45 540	03:00 244	01:01 12	00:03 <b>14:43</b>	6,998	182	65%
yum HAMSTEAD is o	24	<b>Mins:</b> <b>MEPs:</b>	02:46 616	10:16 1,030	08:35 147	00:49 0	00:00 0	00:00 <b>22:26</b>	5,904	145	58%
Gemma Howse	20	<b>Mins:</b> <b>MEPs:</b>	40:59 450	07:30 416	03:28 489	02:43 328	01:22 4	00:01 <b>56:03</b>	5,793	172	45%
Katie Le Flem	16	<b>Mins:</b> <b>MEPs:</b>	00:58 279	04:39 988	08:14 366	02:02 12	00:03 0	00:00 <b>15:56</b>	4,793	148	62%
Anne Harper	9	<b>Mins:</b> <b>MEPs:</b>	00:45 269	04:29 688	05:44 519	02:53 156	00:39 0	00:00 <b>14:30</b>	4,834	151	63%
Vickie moody	15	<b>Mins:</b> <b>MEPs:</b>	02:24 345	05:45 342	02:51 411	02:17 508	02:07 16	00:04 <b>15:28</b>	5,527	200	62%

George Mayes	13	<b>Mins:</b>	02:38	05:33	03:29	02:25	01:37	00:08	<b>15:50</b>	5,519	180	61%
		<b>MEPs:</b>		333	418	435	388	32	<b>1,606</b>			
Clare Rhodes	16	<b>Mins:</b>	11:19	06:32	02:12	02:01	02:20	00:04	<b>24:28</b>	4,889	168	55%
		<b>MEPs:</b>		392	264	363	560	16	<b>1,595</b>			
Boo Donovan	15	<b>Mins:</b>	01:35	06:23	06:18	01:46	00:29	00:03	<b>16:34</b>	5,268	170	60%
		<b>MEPs:</b>		383	756	318	116	12	<b>1,585</b>			
Mark Mayes	22	<b>Mins:</b>	10:29	06:51	02:29	01:52	02:00	00:12	<b>23:53</b>	7,428	163	54%
		<b>MEPs:</b>		411	298	336	480	48	<b>1,573</b>			
Clare Stringer	13	<b>Mins:</b>	12:59	03:04	02:46	02:41	01:55	00:27	<b>23:52</b>	4,502	170	54%
		<b>MEPs:</b>		184	332	483	460	108	<b>1,567</b>			
Leanne Gelder	15	<b>Mins:</b>	04:31	04:35	02:38	03:15	01:30	00:00	<b>16:29</b>	5,073	174	59%
		<b>MEPs:</b>		275	316	585	360	0	<b>1,536</b>			
Sharon Gallagher	14	<b>Mins:</b>	00:44	02:47	04:05	02:30	01:34	00:11	<b>11:51</b>	4,212	175	66%
		<b>MEPs:</b>		167	490	450	376	44	<b>1,527</b>			
Charlotte Simmons	9	<b>Mins:</b>	01:52	01:42	02:03	01:26	02:17	01:31	<b>10:51</b>	4,697	204	69%
		<b>MEPs:</b>		102	246	258	548	364	<b>1,518</b>			
Emily Payne	15	<b>Mins:</b>	02:31	02:57	02:52	02:27	02:17	00:00	<b>13:04</b>	5,044	171	63%
		<b>MEPs:</b>		177	344	441	548	0	<b>1,510</b>			
Sian Mills	6	<b>Mins:</b>	00:25	01:50	02:53	03:43	01:20	00:09	<b>10:20</b>	3,941	171	68%
		<b>MEPs:</b>		110	346	669	320	36	<b>1,481</b>			
Jenny Heywood	10	<b>Mins:</b>	01:49	06:22	08:03	00:39	00:03	00:00	<b>16:56</b>	3,939	162	59%
		<b>MEPs:</b>		382	966	117	12	0	<b>1,477</b>			
Richard Banks	13	<b>Mins:</b>	01:03	02:19	02:36	02:08	02:14	00:23	<b>10:43</b>	7,347	174	67%
		<b>MEPs:</b>		139	312	384	536	92	<b>1,463</b>			
Michelle Nelson	9	<b>Mins:</b>	00:05	01:15	06:36	01:28	01:14	00:00	<b>10:38</b>	4,781	163	67%
		<b>MEPs:</b>		75	792	264	296	0	<b>1,427</b>			
Jess Mayes	11	<b>Mins:</b>	01:24	02:24	02:37	02:14	01:57	00:23	<b>10:59</b>	5,043	192	66%
		<b>MEPs:</b>		144	314	402	468	92	<b>1,420</b>			
Kirsty Garratt	10	<b>Mins:</b>	00:09	00:48	00:56	03:35	02:32	00:01	<b>08:01</b>	2,958	173	74%
		<b>MEPs:</b>		48	112	645	608	4	<b>1,417</b>			
Bridgetta Worsley	10	<b>Mins:</b>	00:10	01:47	03:51	03:59	00:31	00:00	<b>10:18</b>	3,629	153	67%
		<b>MEPs:</b>		107	462	717	124	0	<b>1,410</b>			
Hayley SK	9	<b>Mins:</b>	05:11	07:18	03:43	02:04	00:36	00:01	<b>18:53</b>	5,835	182	57%
		<b>MEPs:</b>		438	446	372	144	4	<b>1,404</b>			

Rhys Burningham	13	<b>Mins:</b> <b>MEPs:</b>	01:09 130	02:10 292	02:26 312	01:44 496	02:04 168	00:42 <b>10:15</b> <b>1,398</b>	6,666	181	68%
Kirstie Mayes	24	<b>Mins:</b> <b>MEPs:</b>	14:48 767	12:47 526	04:23 78	00:26 20	00:05 4	00:01 <b>32:30</b> <b>1,395</b>	5,537	198	50%
Andy Beadsworth	5	<b>Mins:</b> <b>MEPs:</b>	07:38 360	06:00 348	02:54 378	02:06 160	00:40 144	00:36 <b>19:54</b> <b>1,390</b>	8,452	172	56%
Britt Megahey	11	<b>Mins:</b> <b>MEPs:</b>	01:46 165	02:45 440	03:40 387	02:09 388	01:37 8	00:02 <b>11:59</b> <b>1,388</b>	7,036	164	64%
Sarah-Jane Tarr	18	<b>Mins:</b> <b>MEPs:</b>	06:38 346	05:46 350	02:55 432	02:24 248	01:02 8	00:02 <b>18:47</b> <b>1,384</b>	6,331	225	55%
Ian Cooke	11	<b>Mins:</b> <b>MEPs:</b>	03:07 331	05:31 520	04:20 339	01:53 184	00:46 8	00:02 <b>15:39</b> <b>1,382</b>	8,158	165	59%
Lorraine Clode	9	<b>Mins:</b> <b>MEPs:</b>	00:09 15	00:15 170	01:25 762	04:14 428	01:47 0	00:00 <b>07:50</b> <b>1,375</b>	4,673	174	74%
Larissa Bryan	11	<b>Mins:</b> <b>MEPs:</b>	04:14 225	03:45 314	02:37 489	02:43 316	01:19 12	00:03 <b>14:41</b> <b>1,356</b>	4,727	180	58%
Brooke Bryan	11	<b>Mins:</b> <b>MEPs:</b>	02:40 257	04:17 330	02:45 378	02:06 388	01:37 0	00:00 <b>13:25</b> <b>1,353</b>	7,526	167	61%
Melissa Beadsworth	10	<b>Mins:</b> <b>MEPs:</b>	01:59 103	01:43 176	01:28 162	00:54 400	01:40 488	02:02 <b>09:46</b> <b>1,329</b>	3,619	171	69%
Rachel O'Neill	14	<b>Mins:</b> <b>MEPs:</b>	26:38 404	06:44 232	01:56 267	01:29 400	01:40 12	00:03 <b>38:30</b> <b>1,315</b>	4,521	180	47%
Becky Burningham	13	<b>Mins:</b> <b>MEPs:</b>	17:36 293	04:53 220	01:50 348	01:56 376	01:34 76	00:19 <b>28:08</b> <b>1,313</b>	4,009	180	52%
Richard Marrington	10	<b>Mins:</b> <b>MEPs:</b>	00:02 3	00:03 16	00:08 297	01:39 940	03:55 52	00:13 <b>06:00</b> <b>1,308</b>	5,410	167	81%
Annmarie Cooper	16	<b>Mins:</b> <b>MEPs:</b>	06:16 219	03:39 272	02:16 192	01:04 444	01:51 180	00:45 <b>15:51</b> <b>1,307</b>	3,914	170	58%
BINA WILSON	4	<b>Mins:</b> <b>MEPs:</b>	04:33 169	02:49 358	02:59 192	01:04 152	00:38 156	00:39 <b>12:42</b> <b>1,027</b>	3,559	180	57%
Sarah Barrett	7	<b>Mins:</b> <b>MEPs:</b>	00:17 56	00:56 150	01:15 195	01:05 484	02:01 140	00:35 <b>06:09</b> <b>1,025</b>	3,148	187	73%
Matthew Guille	9	<b>Mins:</b> <b>MEPs:</b>	01:48 263	04:23 314	02:37 228	01:16 12	00:03 0	00:00 <b>10:07</b> <b>817</b>	4,240	123	58%

Tim Donovan	8	<b>Mins:</b> <b>MEPs:</b>	03:14	01:23 83	00:55 110	01:29 267	01:23 332	00:01 4	<b>08:25</b> <b>796</b>	4,190	174	60%
Sophia Cooper	8	<b>Mins:</b> <b>MEPs:</b>	03:14	03:43 223	02:02 244	00:57 171	00:33 132	00:04 16	<b>10:33</b> <b>786</b>	2,855	188	57%
Andy Powell	7	<b>Mins:</b> <b>MEPs:</b>	04:23	02:38 158	01:47 214	01:30 270	00:34 136	00:01 4	<b>10:53</b> <b>782</b>	4,371	160	55%
Kymerley Saunders	6	<b>Mins:</b> <b>MEPs:</b>	00:36	01:06 66	01:14 148	01:28 264	00:49 196	00:00 0	<b>05:13</b> <b>674</b>	2,372	172	66%
Kate Mardel-Ferreira	9	<b>Mins:</b> <b>MEPs:</b>	13:17	02:41 161	00:52 104	00:26 78	00:55 220	00:15 60	<b>18:26</b> <b>623</b>	2,251	178	46%
Marcus Paramor	5	<b>Mins:</b> <b>MEPs:</b>	00:20	01:38 98	01:54 228	01:00 180	00:24 96	00:00 0	<b>05:16</b> <b>602</b>	3,337	176	63%
Megan Fox	1	<b>Mins:</b> <b>MEPs:</b>	00:22	01:14 74	00:45 90	00:32 96	00:33 132	00:41 164	<b>04:07</b> <b>556</b>	1,975	201	68%
Clare Longman	7	<b>Mins:</b> <b>MEPs:</b>	07:09	03:35 215	02:16 272	00:17 51	00:01 4	00:00 0	<b>13:18</b> <b>542</b>	1,690	148	51%
John Moreton	3	<b>Mins:</b> <b>MEPs:</b>	00:00	00:10 10	00:59 118	01:45 315	00:04 16	00:00 0	<b>02:58</b> <b>459</b>	2,918	126	70%
sue wierzbicki	4	<b>Mins:</b> <b>MEPs:</b>	01:43	01:30 90	01:09 138	00:42 126	00:13 52	00:03 12	<b>05:20</b> <b>418</b>	1,419	182	57%
Toni Reid	3	<b>Mins:</b> <b>MEPs:</b>	02:34	02:04 124	00:56 112	00:24 72	00:06 24	00:01 4	<b>06:05</b> <b>336</b>	1,119	185	53%
Richard Thornber	1	<b>Mins:</b> <b>MEPs:</b>	00:50	00:16 16	00:19 38	00:15 45	00:33 132	00:05 20	<b>02:18</b> <b>251</b>	1,314	179	61%
Anne Megahey	4	<b>Mins:</b> <b>MEPs:</b>	00:54	00:37 37	00:15 30	00:05 15	00:00 0	00:00 0	<b>01:51</b> <b>82</b>	249	128	50%