

Key Numbers Report

01 Jan 22 - 31 Jan 22



Date Range: 01 Jan 22 - 31 Jan 22

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Anne Harper	45	Mins:	01:56	17:22	22:04	19:44	10:40	00:00	71:46	27,232	158	67%
		MEPs:		1,042	2,648	3,552	2,560	0	9,802			
Boo Donovan	59	Mins:	15:39	27:18	29:25	12:07	07:40	00:22	92:31	30,400	174	61%
		MEPs:		1,638	3,530	2,181	1,840	88	9,277			
Darren Moody	15	Mins:	01:07	04:18	04:20	08:13	12:12	03:21	33:31	29,551	197	75%
		MEPs:		258	520	1,479	2,928	804	5,989			
Nina Savage	21	Mins:	03:59	04:29	05:09	05:04	13:10	00:40	32:31	14,627	173	71%
		MEPs:		269	618	912	3,160	160	5,119			
Andy Beadsworth	19	Mins:	18:21	19:24	16:17	05:59	02:50	00:40	63:31	32,902	179	57%
		MEPs:		1,164	1,954	1,077	680	160	5,035			
Francis Worsley	51	Mins:	03:39	08:11	20:17	06:16	01:41	00:49	40:53	25,311	171	64%
		MEPs:		491	2,434	1,128	404	196	4,653			
Lorraine Clode	24	Mins:	03:03	07:36	06:17	09:44	03:51	00:16	30:47	13,514	200	66%
		MEPs:		456	754	1,752	924	64	3,950			
Megan Fox	11	Mins:	01:31	04:21	04:10	04:19	06:56	02:41	23:58	12,757	200	72%
		MEPs:		261	500	777	1,664	644	3,846			
Amanda Mansell	28	Mins:	13:59	11:00	19:49	03:44	00:21	00:00	48:53	14,980	170	57%
		MEPs:		660	2,378	672	84	0	3,794			
Kathleen Charles	21	Mins:	00:11	02:36	07:11	09:37	03:38	00:18	23:31	7,285	162	71%
		MEPs:		156	862	1,731	872	72	3,693			
John Moreton	19	Mins:	01:44	09:44	14:42	05:47	00:20	00:00	32:17	26,667	134	62%
		MEPs:		584	1,764	1,041	80	0	3,469			
Boris B	58	Mins:	12:30	16:33	07:26	03:38	02:01	01:16	43:24	19,130	182	57%
		MEPs:		993	892	654	484	304	3,327			
Niamh Moreton	20	Mins:	00:29	03:07	04:15	03:00	08:22	00:11	19:24	10,268	182	73%
		MEPs:		187	510	540	2,008	44	3,289			
Tim Donovan	34	Mins:	34:21	14:55	05:41	04:33	03:15	00:15	63:00	19,615	176	50%
		MEPs:		895	682	819	780	60	3,236			

Inez Daly	16	Mins: MEPs:	03:37 627	10:27 614	05:07 1,281	07:07 688	02:52 0	00:00 29:10	12,121	175	62%
Tracy Allbon	17	Mins: MEPs:	00:27 22	00:22 92	00:46 90	00:30 1,792	07:28 1,156	04:49 14:22	8,988	177	85%
Clare Rhodes	19	Mins: MEPs:	12:24 463	07:43 432	03:36 381	02:07 1,168	04:52 420	01:45 32:27	8,622	176	59%
Michael Leevy	18	Mins: MEPs:	05:33 653	10:53 872	07:16 1,077	05:59 232	00:58 0	00:00 30:39	17,591	164	60%
Sharon Gallagher	20	Mins: MEPs:	01:58 262	04:22 802	06:41 1,017	05:39 620	02:35 0	00:00 21:15	7,138	196	66%
Alfie brown	11	Mins: MEPs:	01:28 220	03:40 446	03:43 690	03:50 956	03:59 380	01:35 18:15	13,280	198	70%
Vince Hayter	14	Mins: MEPs:	01:25 674	11:14 1,152	09:36 528	02:56 276	01:09 24	00:06 26:26	15,969	170	61%
Bev Tout	19	Mins: MEPs:	01:33 458	07:38 1,278	10:39 540	03:00 216	00:54 80	00:20 24:04	8,112	170	62%
Sue Davis	19	Mins: MEPs:	17:35 450	07:30 554	04:37 378	02:06 684	02:51 480	02:00 36:39	8,265	180	55%
Katie Le Flem	18	Mins: MEPs:	09:07 622	10:22 866	07:13 651	03:37 280	01:10 108	00:27 31:56	7,657	175	57%
Paul Nichols	17	Mins: MEPs:	06:42 422	07:02 434	03:37 852	04:44 724	03:01 8	00:02 25:08	12,415	160	60%
Melissa Beadsworth	11	Mins: MEPs:	03:31 201	03:21 178	01:29 108	00:36 740	03:05 1,172	04:53 16:55	6,474	179	71%
Clare Stringer	14	Mins: MEPs:	19:20 392	06:32 580	04:50 567	03:09 564	02:21 184	00:46 36:58	6,152	177	53%
Mark Mayes	26	Mins: MEPs:	08:30 295	04:55 642	05:21 522	02:54 552	02:18 268	01:07 25:05	10,124	182	59%
George Mayes	16	Mins: MEPs:	03:43 412	06:52 404	03:22 465	02:35 748	03:07 160	00:40 20:19	7,235	183	62%
Michelle Nelson	16	Mins: MEPs:	02:29 312	05:12 608	05:04 573	03:11 560	02:20 100	00:25 18:41	7,186	180	64%
Helen Geering	16	Mins: MEPs:	03:08 303	05:03 662	05:31 645	03:35 524	02:11 16	00:04 19:32	6,717	166	63%

Rhys Burningham	15	Mins: MEPs:	01:42 103	01:43 392	03:16 504	02:48 1,028	04:17 100	00:25 14:11	9,781	171	70%
Leyon Joseph	14	Mins: MEPs:	09:44 197	03:17 488	04:04 1,005	05:35 432	01:48 0	00:00 24:28	10,855	160	58%
BINA WILSON	11	Mins: MEPs:	07:21 396	06:36 424	03:32 396	02:12 528	02:12 376	01:34 23:27	7,308	192	60%
Kirstie Mayes	63	Mins: MEPs:	08:36 1,126	18:46 962	08:01 27	00:09 4	00:01 0	00:00 35:33	8,385	160	54%
Gemma Howse	27	Mins: MEPs:	85:08 447	07:27 466	03:53 753	04:11 424	01:46 16	00:04 102:29	6,614	191	39%
Kerry Nelson	9	Mins: MEPs:	00:59 564	09:24 818	06:49 456	02:32 248	01:02 8	00:02 20:48	8,444	167	62%
Bridgetta Worsley	19	Mins: MEPs:	00:10 129	02:09 728	06:04 975	05:25 240	01:00 12	00:03 14:51	5,365	159	68%
Richard Banks	13	Mins: MEPs:	00:27 103	01:43 224	01:52 510	02:50 1,068	04:27 168	00:42 12:01	9,762	181	74%
Kirsty Garratt	16	Mins: MEPs:	02:05 94	01:34 184	01:32 618	03:26 1,156	04:49 20	00:05 13:31	4,473	178	70%
neil kirkland	31	Mins: MEPs:	05:45 576	09:36 622	05:11 414	02:18 320	01:20 112	00:28 24:38	11,862	180	58%
Dominic Cahill	19	Mins: MEPs:	11:24 753	12:33 628	05:14 306	01:42 272	01:08 36	00:09 32:10	13,107	168	55%
Lyndsey kirkland	26	Mins: MEPs:	08:38 957	15:57 664	05:32 216	01:12 96	00:24 4	00:01 31:44	7,763	171	54%
Ian Cooke	8	Mins: MEPs:	00:55 280	04:40 596	04:58 624	03:28 400	01:40 36	00:09 15:50	10,732	167	65%
Clare Longman	17	Mins: MEPs:	10:00 479	07:59 886	07:23 432	02:24 124	00:31 8	00:02 28:19	5,716	160	55%
Brooke Bryan	16	Mins: MEPs:	01:23 148	02:28 352	02:56 633	03:31 656	02:44 124	00:31 13:33	10,085	183	68%
Jane Ansell	13	Mins: MEPs:	07:04 518	08:38 804	06:42 471	02:37 120	00:30 0	00:00 25:31	3,657	136	57%
Larissa Bryan	13	Mins: MEPs:	00:49 120	02:00 346	02:53 543	03:01 780	03:15 112	00:28 12:26	6,241	188	70%

Sian Mills	12	Mins: MEPs:	00:22 181	03:01 772	06:26 777	04:19 160	00:40 4	00:01 14:49	5,197	167	66%
Jessica Mills	15	Mins: MEPs:	01:12 296	04:56 1,256	10:28 318	01:46 24	00:06 0	00:00 18:28	7,411	174	62%
Lesley birch	16	Mins: MEPs:	08:08 268	04:28 226	01:53 591	03:17 776	03:14 0	00:00 21:00	6,181	168	58%
Lee Cooper	12	Mins: MEPs:	07:07 261	04:21 404	03:22 444	02:28 576	02:24 64	00:16 19:58	9,265	186	58%
Annmarie Cooper	12	Mins: MEPs:	03:56 192	03:12 214	01:47 291	01:37 844	03:31 168	00:42 14:45	4,843	173	63%
Sandy Saunders	10	Mins: MEPs:	03:59 97	01:37 228	01:54 477	02:39 704	02:56 164	00:41 13:46	7,664	176	64%
Liza Riggway	13	Mins: MEPs:	00:02 59	00:59 386	03:13 687	03:49 320	01:20 184	00:46 10:09	4,166	171	72%
Becky Burningham	14	Mins: MEPs:	03:18 167	02:47 250	02:05 552	03:04 568	02:22 84	00:21 13:57	4,687	176	63%
Emily Payne	12	Mins: MEPs:	01:11 111	01:51 214	01:47 384	02:08 904	03:46 4	00:01 10:44	5,043	173	69%
olly donovan	11	Mins: MEPs:	04:21 248	04:08 312	02:36 495	02:45 348	01:27 140	00:35 15:52	7,313	204	60%
Ellen HAMSTEAD	13	Mins: MEPs:	05:12 492	08:12 586	04:53 348	01:56 60	00:15 0	00:00 20:28	4,745	162	56%
Sarah Barrett	12	Mins: MEPs:	01:01 81	01:21 196	01:38 348	01:56 480	02:00 372	01:33 09:29	4,670	187	72%
Mikey Graves	10	Mins: MEPs:	02:02 277	04:37 354	02:57 300	01:40 360	01:30 176	00:44 13:30	7,570	199	63%
Bruce Mills	12	Mins: MEPs:	00:38 325	05:25 654	05:27 282	01:34 176	00:44 4	00:01 13:49	8,171	167	62%
sue wierzbicki	9	Mins: MEPs:	10:04 406	06:46 608	05:04 336	01:52 60	00:15 0	00:00 24:01	5,718	172	53%
Ollie Davis	14	Mins: MEPs:	03:33 145	02:25 120	01:00 639	03:33 476	01:59 28	00:07 12:37	7,087	182	63%
Elaine Smith	10	Mins: MEPs:	02:50 213	03:33 468	03:54 420	02:20 244	01:01 20	00:05 13:43	5,113	184	61%

Vickie moody	13	Mins: MEPs:	08:52	09:04	05:10	00:38	00:12	00:03	23:59 1,338	5,301	178	53%
Paul Davis	10	Mins: MEPs:	06:55	07:10	04:28	01:20	00:32	00:00	20:25 1,334	8,779	161	55%
Britt Megahey	9	Mins: MEPs:	00:58	01:58	03:01	02:17	01:38	00:10	10:02 1,323	6,542	177	67%
Hayley SK	9	Mins: MEPs:	05:55	04:39	03:26	02:22	00:48	00:02	17:12 1,317	5,113	185	56%
Jess Mayes	11	Mins: MEPs:	00:51	03:56	03:38	01:40	01:16	00:09	11:30 1,312	4,965	191	64%
Victoria Hodgson	26	Mins: MEPs:	09:57	10:40	02:58	01:04	00:31	00:00	25:10 1,312	4,623	166	53%
Richard Marrington	10	Mins: MEPs:	01:20	02:42	03:13	01:48	01:49	00:00	10:52 1,308	6,472	161	65%
Tom Barrett	7	Mins: MEPs:	00:22	00:19	01:10	01:35	01:27	01:33	06:26 1,164	5,581	195	78%
Mark Gulliford	8	Mins: MEPs:	00:47	00:30	01:12	01:50	02:36	00:04	06:59 1,144	5,952	189	72%
Kate Graham-Evans	7	Mins: MEPs:	02:08	01:41	00:50	02:00	02:03	00:10	08:52 1,093	3,668	187	64%
Matthew Guille	8	Mins: MEPs:	05:04	03:42	02:19	01:24	00:57	00:16	13:42 1,044	4,786	154	56%
Danielle Cheyney	3	Mins: MEPs:	01:49	01:50	00:47	00:51	01:36	01:10	08:03 1,021	3,189	209	66%
Katie Cumming	4	Mins: MEPs:	00:42	00:31	00:17	00:35	02:47	00:42	05:34 1,006	3,225	196	76%
Sian Rixon	9	Mins: MEPs:	02:18	02:31	01:52	01:32	00:50	00:14	09:17 907	2,617	175	60%
Sophia Cooper	11	Mins: MEPs:	03:26	04:57	03:01	00:44	00:12	00:00	12:20 839	3,249	179	55%
Kathryn Smith	6	Mins: MEPs:	00:45	02:31	01:39	00:53	00:34	00:07	06:29 672	2,017	166	62%
Holly Beadsworth	6	Mins: MEPs:	00:19	01:02	01:34	01:00	00:39	00:13	04:47 638	2,134	180	67%

Anne Megahey	5	Mins: MEPs:	01:01 156	02:36 190	01:35 135	00:45 96	00:24 48	00:12 06:33 625	1,838	174	61%
Charles Jackson	4	Mins: MEPs:	00:29 36	00:36 100	00:50 174	00:58 172	00:43 0	00:00 03:36 482	2,519	176	67%
suzanne Auger	5	Mins: MEPs:	02:18 65	01:05 98	00:49 162	00:54 144	00:36 0	00:00 05:42 469	1,771	167	57%
Alex Ansell	7	Mins: MEPs:	03:26 167	02:47 116	00:58 81	00:27 80	00:20 4	00:01 07:59 448	1,560	179	53%
Dan Mills	4	Mins: MEPs:	01:24 93	01:33 108	00:54 156	00:52 84	00:21 0	00:00 05:04 441	2,250	181	58%
Steve Gale	3	Mins: MEPs:	00:29 25	00:25 96	00:48 138	00:46 140	00:35 16	00:04 03:07 415	2,065	179	66%
Kymerley Saunders	4	Mins: MEPs:	01:20 74	01:14 142	01:11 147	00:49 4	00:01 0	00:00 04:35 367	1,427	163	57%
Connor Gale	2	Mins: MEPs:	00:41 37	00:37 64	00:32 42	00:14 24	00:06 0	00:00 02:10 167	1,005	191	57%
Jack Mason	1	Mins: MEPs:	00:09 9	00:09 28	00:14 36	00:12 56	00:14 0	00:00 00:58 129	616	170	67%
Kira Baker	1	Mins: MEPs:	00:01 1	00:01 20	00:10 21	00:07 60	00:15 8	00:02 00:36 110	350	185	76%