

# Key Numbers Report

01 Jan 23 - 31 Jan 23



Date Range: 01 Jan 23 - 31 Jan 23

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Darren Moody	17	<b>Mins:</b>	04:46	04:54	05:29	08:24	08:51	01:21	<b>33:45</b>	24,992	189	69%
		<b>MEPs:</b>		294	658	1,512	2,124	324	<b>4,912</b>			
Lyn Fuller	17	<b>Mins:</b>	03:51	10:36	12:17	07:18	03:12	00:50	<b>38:04</b>	13,598	183	64%
		<b>MEPs:</b>		636	1,474	1,314	768	200	<b>4,392</b>			
Bev Tout	25	<b>Mins:</b>	01:36	10:17	19:11	04:29	00:44	00:14	<b>36:31</b>	12,571	171	63%
		<b>MEPs:</b>		617	2,302	807	176	56	<b>3,958</b>			
Boo Donovan	37	<b>Mins:</b>	07:44	17:38	15:26	02:22	00:49	00:20	<b>44:19</b>	12,436	182	58%
		<b>MEPs:</b>		1,058	1,852	426	196	80	<b>3,612</b>			
Tracy Allbon	22	<b>Mins:</b>	00:55	00:48	01:48	02:29	10:41	00:57	<b>17:38</b>	9,488	175	78%
		<b>MEPs:</b>		48	216	447	2,564	228	<b>3,503</b>			
Francis Worsley	69	<b>Mins:</b>	08:30	27:02	08:41	02:02	01:26	00:01	<b>47:42</b>	25,306	169	56%
		<b>MEPs:</b>		1,622	1,042	366	344	4	<b>3,378</b>			
Leyon Joseph	21	<b>Mins:</b>	10:38	03:49	05:51	11:17	01:21	00:00	<b>32:56</b>	16,829	201	60%
		<b>MEPs:</b>		229	702	2,031	324	0	<b>3,286</b>			
Niamh Moreton	17	<b>Mins:</b>	02:13	03:11	02:50	04:37	07:32	00:02	<b>20:25</b>	10,048	179	70%
		<b>MEPs:</b>		191	340	831	1,808	8	<b>3,178</b>			
Sue Davis	17	<b>Mins:</b>	16:58	11:40	05:39	02:17	03:10	02:06	<b>41:50</b>	10,193	180	56%
		<b>MEPs:</b>		700	678	411	760	504	<b>3,053</b>			
Michael Leevy	24	<b>Mins:</b>	05:14	08:33	09:47	06:56	00:05	00:00	<b>30:35</b>	18,306	168	60%
		<b>MEPs:</b>		513	1,174	1,248	20	0	<b>2,955</b>			
Ian Cooke	14	<b>Mins:</b>	04:33	13:55	10:07	03:14	00:49	00:04	<b>32:42</b>	17,565	169	59%
		<b>MEPs:</b>		835	1,214	582	196	16	<b>2,843</b>			
Gemma Howse	29	<b>Mins:</b>	58:02	10:17	04:32	04:28	02:45	00:03	<b>80:07</b>	8,717	178	46%
		<b>MEPs:</b>		617	544	804	660	12	<b>2,637</b>			
Liza Barber	26	<b>Mins:</b>	04:07	06:19	06:53	05:05	01:28	00:21	<b>24:13</b>	6,771	169	62%
		<b>MEPs:</b>		379	826	915	352	84	<b>2,556</b>			
Clare Rhodes	18	<b>Mins:</b>	36:23	16:12	06:25	02:22	01:25	00:05	<b>62:52</b>	8,434	169	50%
		<b>MEPs:</b>		972	770	426	340	20	<b>2,528</b>			

Jenny Heywood	19	<b>Mins:</b> <b>MEPs:</b>	04:06 692	11:32 1,418	11:49 234	01:18 40	00:10 0	00:00 <b>28:55</b>	<b>2,384</b>	6,347	162	58%
Leanne Gelder	16	<b>Mins:</b> <b>MEPs:</b>	03:48 339	05:39 452	03:46 744	04:08 660	02:45 16	00:04 <b>20:10</b>	<b>2,211</b>	7,161	171	62%
Kathleen Charles	12	<b>Mins:</b> <b>MEPs:</b>	00:07 57	00:57 414	03:27 1,080	06:00 612	02:33 36	00:09 <b>13:13</b>	<b>2,199</b>	4,319	156	72%
Frair Burgess	28	<b>Mins:</b> <b>MEPs:</b>	48:22 984	16:24 710	05:55 216	01:12 272	01:08 12	00:03 <b>73:04</b>	<b>2,194</b>	8,078	170	46%
Amanda Mansell	21	<b>Mins:</b> <b>MEPs:</b>	06:29 422	07:02 1,416	11:48 210	01:10 84	00:21 4	00:01 <b>26:51</b>	<b>2,136</b>	8,620	179	57%
Elaine Smith	12	<b>Mins:</b> <b>MEPs:</b>	01:45 214	03:34 840	07:00 723	04:01 332	01:23 20	00:05 <b>17:48</b>	<b>2,129</b>	8,087	181	64%
Boris B	30	<b>Mins:</b> <b>MEPs:</b>	19:11 1,031	17:11 736	06:08 141	00:47 68	00:17 144	00:36 <b>44:10</b>	<b>2,120</b>	13,870	209	52%
Clare Stringer	17	<b>Mins:</b> <b>MEPs:</b>	23:42 301	05:01 502	04:11 576	03:12 592	02:28 148	00:37 <b>39:11</b>	<b>2,119</b>	6,209	173	51%
Katie Le Flem	13	<b>Mins:</b> <b>MEPs:</b>	04:36 549	09:09 890	07:25 471	02:37 152	00:38 44	00:11 <b>24:36</b>	<b>2,106</b>	6,196	164	59%
Rose Joseph	11	<b>Mins:</b> <b>MEPs:</b>	04:37 258	04:18 306	02:33 666	03:42 568	02:22 192	00:48 <b>18:20</b>	<b>1,990</b>	6,509	166	63%
Sandy Saunders	12	<b>Mins:</b> <b>MEPs:</b>	04:49 134	02:14 312	02:36 591	03:17 836	03:29 112	00:28 <b>16:53</b>	<b>1,985</b>	9,209	179	64%
Vickie moody	16	<b>Mins:</b> <b>MEPs:</b>	06:58 493	08:13 380	03:10 375	02:05 664	02:46 48	00:12 <b>23:24</b>	<b>1,960</b>	6,775	175	58%
Clare Longman	20	<b>Mins:</b> <b>MEPs:</b>	13:45 494	08:14 592	04:56 402	02:14 428	01:47 24	00:06 <b>31:02</b>	<b>1,940</b>	5,494	158	54%
Jane Ansell	15	<b>Mins:</b> <b>MEPs:</b>	06:30 398	06:38 922	07:41 540	03:00 64	00:16 0	00:00 <b>24:05</b>	<b>1,924</b>	3,962	137	57%
Kirstie Mayes	29	<b>Mins:</b> <b>MEPs:</b>	20:04 1,085	18:05 744	06:12 87	00:29 0	00:00 0	00:00 <b>44:50</b>	<b>1,916</b>	7,633	158	50%
Lee Cooper	17	<b>Mins:</b> <b>MEPs:</b>	06:36 311	05:11 560	04:40 546	03:02 480	02:00 0	00:00 <b>21:29</b>	<b>1,897</b>	10,892	168	58%
Rachel O'Neill	13	<b>Mins:</b> <b>MEPs:</b>	16:04 320	05:20 348	02:54 393	02:11 724	03:01 64	00:16 <b>29:46</b>	<b>1,849</b>	5,956	181	53%

yum HAMSTEAD is o	15	<b>Mins:</b> <b>MEPs:</b>	01:24 462	07:42 954	07:57 399	02:13 24	00:06 0	00:00 <b>19:22</b>	5,823	159	60%
Brooke Bryan	17	<b>Mins:</b> <b>MEPs:</b>	02:02 194	03:14 344	02:52 498	02:46 652	02:43 124	00:31 <b>14:08</b>	9,429	179	66%
kerry mackin	10	<b>Mins:</b> <b>MEPs:</b>	07:20 469	07:49 528	04:24 366	02:02 308	01:17 108	00:27 <b>23:19</b>	5,696	190	57%
Richard Banks	11	<b>Mins:</b> <b>MEPs:</b>	00:16 56	00:56 334	02:47 267	01:29 828	03:27 280	01:10 <b>10:05</b>	8,465	176	75%
Anne Harper	9	<b>Mins:</b> <b>MEPs:</b>	00:26 249	04:09 700	05:50 507	02:49 280	01:10 0	00:00 <b>14:24</b>	5,120	158	65%
George Mayes	17	<b>Mins:</b> <b>MEPs:</b>	03:31 487	08:07 452	03:46 408	02:16 324	01:21 40	00:10 <b>19:11</b>	6,097	176	59%
Charlotte Simmons	8	<b>Mins:</b> <b>MEPs:</b>	02:06 224	03:44 394	03:17 345	01:55 600	02:30 136	00:34 <b>14:06</b>	5,330	202	65%
Megan Fox	9	<b>Mins:</b> <b>MEPs:</b>	01:57 186	03:06 266	02:13 342	01:54 624	02:36 212	00:53 <b>12:39</b>	5,599	198	66%
Paul Davis	16	<b>Mins:</b> <b>MEPs:</b>	08:34 470	07:50 498	04:09 345	01:55 276	01:09 40	00:10 <b>23:47</b>	10,252	187	56%
Mark Mayes	19	<b>Mins:</b> <b>MEPs:</b>	05:17 241	04:01 210	01:45 612	03:24 524	02:11 36	00:09 <b>16:47</b>	7,096	183	59%
Paul Nichols	11	<b>Mins:</b> <b>MEPs:</b>	08:53 252	04:12 302	02:31 528	02:56 520	02:10 0	00:00 <b>20:42</b>	8,277	158	56%
Sharon Gallagher	12	<b>Mins:</b> <b>MEPs:</b>	00:13 164	02:44 488	04:04 513	02:51 396	01:39 40	00:10 <b>11:41</b>	4,444	157	67%
neil kirkland	23	<b>Mins:</b> <b>MEPs:</b>	02:18 556	09:16 712	05:56 234	01:18 92	00:23 0	00:00 <b>19:11</b>	10,120	165	58%
Sian Mills	7	<b>Mins:</b> <b>MEPs:</b>	00:11 119	01:59 410	03:25 621	03:27 396	01:39 20	00:05 <b>10:46</b>	4,226	170	69%
Emily Payne	15	<b>Mins:</b> <b>MEPs:</b>	02:09 222	03:42 354	02:57 603	03:21 340	01:25 0	00:00 <b>13:34</b>	5,158	166	63%
Inez Daly	12	<b>Mins:</b> <b>MEPs:</b>	02:40 979	16:19 504	04:12 24	00:08 0	00:00 0	00:00 <b>23:19</b>	7,704	153	56%
Jess Mayes	11	<b>Mins:</b> <b>MEPs:</b>	02:54 176	02:56 372	03:06 348	01:56 480	02:00 72	00:18 <b>13:10</b>	5,222	190	62%

Rhys Burningham	13	<b>Mins:</b> <b>MEPs:</b>	01:55 161	02:41 274	02:17 333	01:51 472	01:58 208	00:52 <b>11:34</b>	7,006	180	66%
Hayley SK	13	<b>Mins:</b> <b>MEPs:</b>	03:15 415	06:55 598	04:59 315	01:45 104	00:26 0	00:00 <b>17:20</b>	5,938	178	58%
Alex Ansell	14	<b>Mins:</b> <b>MEPs:</b>	06:52 364	06:04 358	02:59 309	01:43 328	01:22 60	00:15 <b>19:15</b>	4,480	184	56%
Becky Burningham	7	<b>Mins:</b> <b>MEPs:</b>	06:58 958	15:58 136	01:08 159	00:53 156	00:39 8	00:02 <b>25:38</b>	6,041	169	55%
Sarah-Jane Tarr	18	<b>Mins:</b> <b>MEPs:</b>	08:57 334	05:34 250	02:05 507	02:49 304	01:16 16	00:04 <b>20:45</b>	6,276	227	54%
Bridgetta Worsley	9	<b>Mins:</b> <b>MEPs:</b>	00:04 93	01:33 372	03:06 786	04:22 132	00:33 0	00:00 <b>09:38</b>	3,554	155	69%
Michelle Nelson	27	<b>Mins:</b> <b>MEPs:</b>	01:15 266	04:26 724	06:02 279	01:33 112	00:28 0	00:00 <b>13:44</b>	5,007	159	61%
Annmarie Cooper	12	<b>Mins:</b> <b>MEPs:</b>	05:13 230	03:50 298	02:29 234	01:18 460	01:55 140	00:35 <b>15:20</b>	4,051	169	59%
Melissa Beadsworth	13	<b>Mins:</b> <b>MEPs:</b>	03:00 121	02:01 166	01:23 177	00:59 460	01:55 432	01:48 <b>11:06</b>	3,634	162	65%
Britt Megahey	11	<b>Mins:</b> <b>MEPs:</b>	00:42 159	02:39 436	03:38 417	02:19 312	01:18 16	00:04 <b>10:40</b>	6,820	167	65%
Nina Savage	7	<b>Mins:</b> <b>MEPs:</b>	00:41 36	00:36 62	00:31 93	00:31 940	03:55 188	00:47 <b>07:01</b>	3,738	177	77%
Larissa Bryan	12	<b>Mins:</b> <b>MEPs:</b>	06:13 214	03:34 354	02:57 465	02:35 260	01:05 12	00:03 <b>16:27</b>	4,569	182	56%
Kirsty Garratt	13	<b>Mins:</b> <b>MEPs:</b>	01:45 22	00:22 108	00:54 435	02:25 732	03:03 4	00:01 <b>08:30</b>	2,779	172	70%
Kate Mardel-Ferreira	11	<b>Mins:</b> <b>MEPs:</b>	16:01 268	04:28 224	01:52 261	01:27 416	01:44 64	00:16 <b>25:48</b>	4,413	176	49%
BINA WILSON	5	<b>Mins:</b> <b>MEPs:</b>	02:30 186	03:06 188	01:34 246	01:22 232	00:58 204	00:51 <b>10:21</b>	3,593	189	62%
Sarah Barrett	9	<b>Mins:</b> <b>MEPs:</b>	00:34 49	00:49 134	01:07 186	01:02 488	02:02 176	00:44 <b>06:18</b>	3,155	186	72%
Matthew Guille	10	<b>Mins:</b> <b>MEPs:</b>	03:34 224	03:44 320	02:40 204	01:08 108	00:27 4	00:01 <b>11:34</b>	4,184	136	56%

Toni Reid	5	<b>Mins:</b> <b>MEPs:</b>	01:47 202	03:22 196	01:38 195	01:05 195	00:40 160	00:01 4	<b>08:33</b> <b>757</b>	2,391	166	59%
Lorraine Clode	6	<b>Mins:</b> <b>MEPs:</b>	00:03 11	00:11 106	00:53 495	02:45 112	00:28 0	00:00 0	<b>04:20</b> <b>724</b>	2,525	178	72%
Marcus Paramor	6	<b>Mins:</b> <b>MEPs:</b>	00:50 93	01:33 252	02:06 186	01:02 116	00:29 0	00:00 0	<b>06:00</b> <b>647</b>	3,535	179	62%
Richard Marrington	2	<b>Mins:</b> <b>MEPs:</b>	00:02 12	00:12 58	00:29 228	01:16 292	01:13 4	00:01 4	<b>03:13</b> <b>594</b>	2,562	163	75%
Sophia Cooper	6	<b>Mins:</b> <b>MEPs:</b>	02:39 177	02:57 212	01:46 123	00:41 52	00:13 8	00:02 8	<b>08:18</b> <b>572</b>	2,140	185	56%
Mandy Bowers	3	<b>Mins:</b> <b>MEPs:</b>	01:41 67	01:07 104	00:52 81	00:27 164	00:41 84	00:21 84	<b>05:09</b> <b>500</b>	1,456	173	60%
Kymerley Saunders	3	<b>Mins:</b> <b>MEPs:</b>	00:22 21	00:21 82	00:41 144	00:48 32	00:08 0	00:00 0	<b>02:20</b> <b>279</b>	988	162	63%
John Moreton	2	<b>Mins:</b> <b>MEPs:</b>	00:00 17	00:17 144	01:12 108	00:36 0	00:00 0	00:00 0	<b>02:05</b> <b>269</b>	1,909	121	66%
Andy Powell	3	<b>Mins:</b> <b>MEPs:</b>	02:57 71	01:11 66	00:33 57	00:19 8	00:02 0	00:00 0	<b>05:02</b> <b>202</b>	1,293	149	49%
sue wierzbicki	2	<b>Mins:</b> <b>MEPs:</b>	00:33 70	01:10 92	00:46 27	00:09 4	00:01 0	00:00 0	<b>02:39</b> <b>193</b>	726	153	57%
Tim Donovan	1	<b>Mins:</b> <b>MEPs:</b>	00:36 29	00:29 76	00:38 57	00:19 16	00:04 0	00:00 0	<b>02:06</b> <b>178</b>	1,056	161	57%
Richard Thornber	1	<b>Mins:</b> <b>MEPs:</b>	00:17 9	00:09 18	00:09 24	00:08 72	00:18 12	00:03 12	<b>01:04</b> <b>135</b>	700	180	67%