

# Key Numbers Report

01 Jul 22 - 31 Aug 22



Date Range: 01 Jul 22 - 31 Aug 22

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Darren Moody	18	<b>Mins:</b>	04:07	07:26	05:55	13:42	15:11	01:39	<b>48:00</b>	38,238	183	71%
		<b>MEPs:</b>		446	710	2,466	3,644	396	<b>7,662</b>			
Nina Savage	24	<b>Mins:</b>	02:23	02:06	04:13	05:23	10:57	00:34	<b>25:36</b>	12,299	173	73%
		<b>MEPs:</b>		126	506	969	2,628	136	<b>4,365</b>			
Liza Barber	32	<b>Mins:</b>	01:44	13:23	16:00	04:51	01:31	00:30	<b>37:59</b>	11,338	170	62%
		<b>MEPs:</b>		803	1,920	873	364	120	<b>4,080</b>			
Bev Tout	25	<b>Mins:</b>	00:57	07:30	21:17	03:54	01:13	00:08	<b>34:59</b>	12,592	168	64%
		<b>MEPs:</b>		450	2,554	702	292	32	<b>4,030</b>			
Charlotte Simmons	14	<b>Mins:</b>	00:15	01:28	03:31	05:07	07:54	01:12	<b>19:27</b>	9,561	200	76%
		<b>MEPs:</b>		88	422	921	1,896	288	<b>3,615</b>			
Michael Leevy	25	<b>Mins:</b>	05:37	08:56	09:43	07:10	01:38	00:00	<b>33:04</b>	20,339	170	61%
		<b>MEPs:</b>		536	1,166	1,290	392	0	<b>3,384</b>			
Sian Mills	7	<b>Mins:</b>	00:40	01:18	04:44	07:57	04:18	00:45	<b>19:42</b>	8,590	175	73%
		<b>MEPs:</b>		78	568	1,431	1,032	180	<b>3,289</b>			
Ian Cooke	12	<b>Mins:</b>	03:22	08:28	08:50	05:22	02:09	00:11	<b>28:22</b>	17,124	169	63%
		<b>MEPs:</b>		508	1,060	966	516	44	<b>3,094</b>			
Megan Fox	13	<b>Mins:</b>	04:36	05:23	03:55	03:47	04:27	02:17	<b>24:25</b>	10,548	206	66%
		<b>MEPs:</b>		323	470	681	1,068	548	<b>3,090</b>			
Niamh Moreton	20	<b>Mins:</b>	01:36	07:31	05:20	02:50	05:58	00:02	<b>23:17</b>	10,405	177	66%
		<b>MEPs:</b>		451	640	510	1,432	8	<b>3,041</b>			
Mark Mayes	30	<b>Mins:</b>	10:51	06:31	05:06	06:39	02:53	00:23	<b>32:23</b>	13,157	168	59%
		<b>MEPs:</b>		391	612	1,197	692	92	<b>2,984</b>			
Jane Ansell	36	<b>Mins:</b>	04:16	11:46	14:54	01:56	00:12	00:01	<b>33:05</b>	5,687	154	59%
		<b>MEPs:</b>		706	1,788	348	48	4	<b>2,894</b>			
Kathleen Charles	12	<b>Mins:</b>	00:12	01:53	04:32	08:49	02:28	00:13	<b>18:07</b>	5,681	158	71%
		<b>MEPs:</b>		113	544	1,587	592	52	<b>2,888</b>			
Lorraine Clode	26	<b>Mins:</b>	00:40	02:03	05:14	08:08	01:34	00:04	<b>17:43</b>	9,099	206	69%
		<b>MEPs:</b>		123	628	1,464	376	16	<b>2,607</b>			

Rachel O'Neill	20	<b>Mins:</b> <b>MEPs:</b>	10:12 379	06:19 420	03:30 420	03:08 564	04:22 1,048	00:36 144	<b>28:07</b> <b>2,555</b>	7,847	174	59%
Andy Beadsworth	2	<b>Mins:</b> <b>MEPs:</b>	00:50 659	10:59 1,498	12:29 1,498	01:54 342	00:10 40	00:00 0	<b>26:22</b> <b>2,539</b>	15,833	149	60%
Elaine Smith	16	<b>Mins:</b> <b>MEPs:</b>	05:30 397	06:37 906	07:33 906	03:49 687	01:44 416	00:11 44	<b>25:24</b> <b>2,450</b>	9,467	185	60%
Clare Stringer	15	<b>Mins:</b> <b>MEPs:</b>	14:03 371	06:11 656	05:28 656	03:09 567	02:26 584	00:27 108	<b>31:44</b> <b>2,286</b>	6,785	171	54%
Paul Nichols	17	<b>Mins:</b> <b>MEPs:</b>	10:01 434	07:14 342	02:51 342	03:57 711	02:47 668	00:01 4	<b>26:51</b> <b>2,159</b>	11,354	159	57%
Leyon Joseph	14	<b>Mins:</b> <b>MEPs:</b>	04:56 165	02:45 246	02:03 246	05:41 1,023	02:51 684	00:01 4	<b>18:17</b> <b>2,122</b>	10,550	166	63%
Paul Davis	15	<b>Mins:</b> <b>MEPs:</b>	10:13 481	08:01 598	04:59 598	04:50 870	00:33 132	00:02 8	<b>28:38</b> <b>2,089</b>	12,747	181	56%
BINA WILSON	4	<b>Mins:</b> <b>MEPs:</b>	05:03 221	03:41 264	02:12 264	03:26 618	02:46 664	01:11 284	<b>18:19</b> <b>2,051</b>	6,552	186	63%
Richard Marrington	9	<b>Mins:</b> <b>MEPs:</b>	00:01 7	00:07 7	00:27 54	01:49 327	06:14 1,496	00:34 136	<b>09:12</b> <b>2,020</b>	8,368	167	81%
Richard Banks	11	<b>Mins:</b> <b>MEPs:</b>	00:41 96	01:36 96	02:58 356	02:54 522	04:12 1,008	00:04 16	<b>12:25</b> <b>1,998</b>	9,677	172	71%
George Mayes	25	<b>Mins:</b> <b>MEPs:</b>	08:28 825	13:45 368	03:04 368	01:49 327	01:37 388	00:11 44	<b>28:54</b> <b>1,952</b>	7,351	178	55%
Sharon Gallagher	15	<b>Mins:</b> <b>MEPs:</b>	00:48 315	05:15 628	05:14 628	03:53 699	01:07 268	00:00 0	<b>16:17</b> <b>1,910</b>	5,459	146	64%
Anne Harper	22	<b>Mins:</b> <b>MEPs:</b>	05:44 724	12:04 916	07:38 916	00:47 141	00:00 0	00:00 0	<b>26:13</b> <b>1,781</b>	5,970	138	56%
Kate Graham-Evans	14	<b>Mins:</b> <b>MEPs:</b>	05:32 189	03:09 386	03:13 386	02:46 498	02:42 648	00:07 28	<b>17:29</b> <b>1,749</b>	6,146	184	60%
Boo Donovan	12	<b>Mins:</b> <b>MEPs:</b>	03:51 609	10:09 730	06:05 730	01:29 267	00:32 128	00:03 12	<b>22:09</b> <b>1,746</b>	6,314	174	57%
Amanda Mansell	16	<b>Mins:</b> <b>MEPs:</b>	05:15 731	12:11 534	04:27 534	02:11 393	00:08 32	00:00 0	<b>24:12</b> <b>1,690</b>	7,441	193	56%
Helen Geering	17	<b>Mins:</b> <b>MEPs:</b>	05:54 248	04:08 328	02:44 328	02:15 405	02:37 628	00:17 68	<b>17:55</b> <b>1,677</b>	5,184	166	59%

Ellen HAMSTEAD	16	<b>Mins:</b> <b>MEPs:</b>	00:41 386	06:26 948	07:54 294	01:38 48	00:12 0	00:00 <b>16:51</b> <b>1,676</b>	5,311	160	61%
Bridgetta Worsley	13	<b>Mins:</b> <b>MEPs:</b>	00:28 115	01:55 478	03:59 942	05:14 132	00:33 0	00:00 <b>12:09</b> <b>1,667</b>	4,216	152	67%
Brooke Bryan	10	<b>Mins:</b> <b>MEPs:</b>	01:29 175	02:55 274	02:17 342	01:54 552	02:18 284	01:11 <b>12:04</b> <b>1,627</b>	8,732	185	68%
Sandy Saunders	10	<b>Mins:</b> <b>MEPs:</b>	02:42 176	02:56 382	03:11 453	02:31 436	01:49 176	00:44 <b>13:53</b> <b>1,623</b>	7,973	178	64%
Tracy Allbon	10	<b>Mins:</b> <b>MEPs:</b>	00:23 6	00:06 36	00:18 129	00:43 1,172	04:53 248	01:02 <b>07:25</b> <b>1,591</b>	4,388	179	82%
Larissa Bryan	11	<b>Mins:</b> <b>MEPs:</b>	01:54 221	03:41 328	02:44 477	02:39 548	02:17 16	00:04 <b>13:19</b> <b>1,590</b>	5,615	182	65%
Jessica Mills	6	<b>Mins:</b> <b>MEPs:</b>	02:20 333	05:33 558	04:39 492	02:44 200	00:50 0	00:00 <b>16:06</b> <b>1,583</b>	5,930	177	61%
John Moreton	12	<b>Mins:</b> <b>MEPs:</b>	01:20 164	02:44 626	05:13 753	04:11 28	00:07 0	00:00 <b>13:35</b> <b>1,571</b>	11,153	130	64%
Boris B	31	<b>Mins:</b> <b>MEPs:</b>	21:58 684	11:24 610	05:05 228	01:16 48	00:12 0	00:00 <b>39:55</b> <b>1,570</b>	9,841	161	51%
Katie Le Flem	21	<b>Mins:</b> <b>MEPs:</b>	06:40 576	09:36 728	06:04 204	01:08 44	00:11 12	00:03 <b>23:42</b> <b>1,564</b>	4,694	170	55%
Kirsty Garratt	9	<b>Mins:</b> <b>MEPs:</b>	01:19 196	03:16 216	01:48 609	03:23 512	02:08 20	00:05 <b>11:59</b> <b>1,553</b>	3,379	172	67%
Rhys Burningham	13	<b>Mins:</b> <b>MEPs:</b>	01:05 147	02:27 292	02:26 441	02:27 580	02:25 48	00:12 <b>11:02</b> <b>1,508</b>	7,189	171	67%
Jess Mayes	15	<b>Mins:</b> <b>MEPs:</b>	02:44 429	07:09 360	03:00 303	01:41 348	01:27 40	00:10 <b>16:11</b> <b>1,480</b>	5,898	195	60%
Annmarie Cooper	11	<b>Mins:</b> <b>MEPs:</b>	03:17 156	02:36 252	02:06 498	02:46 548	02:17 16	00:04 <b>13:06</b> <b>1,470</b>	4,174	160	63%
Kirstie Mayes	44	<b>Mins:</b> <b>MEPs:</b>	44:19 1,096	18:16 362	03:01 6	00:02 0	00:00 0	00:00 <b>65:38</b> <b>1,464</b>	6,047	155	45%
Becky Burningham	9	<b>Mins:</b> <b>MEPs:</b>	01:41 296	04:56 284	02:22 480	02:40 376	01:34 24	00:06 <b>13:19</b> <b>1,460</b>	4,515	171	63%
Britt Megahey	9	<b>Mins:</b> <b>MEPs:</b>	01:11 171	02:51 350	02:55 411	02:17 476	01:59 20	00:05 <b>11:18</b> <b>1,428</b>	7,081	161	65%

Michelle Nelson	13	<b>Mins:</b> <b>MEPs:</b>	02:53 220	03:40 288	02:24 288	01:48 324	01:52 448	00:36 144	<b>13:13</b> <b>1,424</b>	4,741	175	63%
Emily Payne	16	<b>Mins:</b> <b>MEPs:</b>	03:46 185	03:05 350	02:55 321	01:47 560	02:20 0	00:00 0	<b>13:53</b> <b>1,416</b>	4,753	170	61%
Lee Cooper	10	<b>Mins:</b> <b>MEPs:</b>	02:35 279	04:39 436	03:38 471	02:37 220	00:55 4	00:01 4	<b>14:25</b> <b>1,410</b>	8,327	172	61%
Vickie moody	14	<b>Mins:</b> <b>MEPs:</b>	11:58 836	13:56 444	03:42 87	00:29 0	00:00 0	00:00 0	<b>30:05</b> <b>1,367</b>	5,828	145	52%
Sue Davis	11	<b>Mins:</b> <b>MEPs:</b>	10:46 204	03:24 340	02:50 231	01:17 420	01:45 164	00:41 164	<b>20:43</b> <b>1,359</b>	4,304	180	53%
Melissa Beadsworth	12	<b>Mins:</b> <b>MEPs:</b>	02:15 91	01:31 154	01:17 174	00:58 456	01:54 468	01:57 468	<b>09:52</b> <b>1,343</b>	3,567	169	68%
Clare Longman	8	<b>Mins:</b> <b>MEPs:</b>	07:50 401	06:41 162	01:21 165	00:55 412	01:43 200	00:50 200	<b>19:20</b> <b>1,340</b>	4,013	176	56%
Matthew Guille	11	<b>Mins:</b> <b>MEPs:</b>	13:31 604	10:04 540	04:30 159	00:53 20	00:05 0	00:00 0	<b>29:03</b> <b>1,323</b>	7,363	137	51%
Inez Daly	13	<b>Mins:</b> <b>MEPs:</b>	05:29 260	04:20 646	05:23 339	01:53 68	00:17 0	00:00 0	<b>17:22</b> <b>1,313</b>	5,268	167	57%
Clare Rhodes	13	<b>Mins:</b> <b>MEPs:</b>	16:19 431	07:11 232	01:56 192	01:04 360	01:30 96	00:24 96	<b>28:24</b> <b>1,311</b>	4,224	171	52%
neil kirkland	17	<b>Mins:</b> <b>MEPs:</b>	06:54 638	10:38 444	03:42 192	01:04 32	00:08 0	00:00 0	<b>22:26</b> <b>1,306</b>	8,773	162	54%
Gemma Howse	24	<b>Mins:</b> <b>MEPs:</b>	31:31 297	04:57 266	02:13 606	03:22 136	00:34 0	00:00 0	<b>42:37</b> <b>1,305</b>	4,393	168	45%
Hayley SK	12	<b>Mins:</b> <b>MEPs:</b>	08:19 315	05:15 346	02:53 291	01:37 240	01:00 108	00:27 108	<b>19:31</b> <b>1,300</b>	5,118	196	55%
Francis Worsley	17	<b>Mins:</b> <b>MEPs:</b>	03:27 426	07:06 288	02:24 153	00:51 272	01:08 64	00:16 64	<b>15:12</b> <b>1,203</b>	7,741	169	57%
Jenny Heywood	13	<b>Mins:</b> <b>MEPs:</b>	05:36 480	08:00 482	04:01 138	00:46 4	00:01 0	00:00 0	<b>18:24</b> <b>1,104</b>	3,025	146	54%
Mandy Bowers	5	<b>Mins:</b> <b>MEPs:</b>	03:08 187	03:07 136	01:08 159	00:53 444	01:51 172	00:43 172	<b>10:50</b> <b>1,098</b>	3,118	174	61%
Karen Gale	10	<b>Mins:</b> <b>MEPs:</b>	01:35 274	04:34 206	01:43 246	01:22 252	01:03 56	00:14 56	<b>10:31</b> <b>1,034</b>	4,066	183	61%

Steve Gale	9	<b>Mins:</b> <b>MEPs:</b>	00:42 115	01:55 388	03:14 414	02:18 112	00:28 4	00:01 4	<b>08:38</b> <b>1,033</b>	5,566	172	64%
Alex Ansell	8	<b>Mins:</b> <b>MEPs:</b>	03:52 157	02:37 160	01:20 228	01:16 388	01:37 80	00:20 80	<b>11:02</b> <b>1,013</b>	3,009	179	59%
sue wierzbicki	6	<b>Mins:</b> <b>MEPs:</b>	01:51 167	02:47 316	02:38 225	01:15 96	00:24 4	00:01 4	<b>08:56</b> <b>808</b>	2,772	177	59%
Sarah-Jane Tarr	4	<b>Mins:</b> <b>MEPs:</b>	01:16 99	01:39 204	01:42 150	00:50 136	00:34 180	00:45 180	<b>06:46</b> <b>769</b>	2,620	197	65%
Vince Hayter	4	<b>Mins:</b> <b>MEPs:</b>	00:05 48	00:48 204	01:42 228	01:16 268	01:07 8	00:02 8	<b>05:00</b> <b>756</b>	3,790	170	70%
Lyndsey kirkland	13	<b>Mins:</b> <b>MEPs:</b>	08:57 454	07:34 146	01:13 54	00:18 16	00:04 0	00:00 0	<b>18:06</b> <b>670</b>	2,875	166	50%
Mark Gulliford	6	<b>Mins:</b> <b>MEPs:</b>	00:39 66	01:06 166	01:23 255	01:25 176	00:44 0	00:00 0	<b>05:17</b> <b>663</b>	3,860	170	65%
Sophia Cooper	6	<b>Mins:</b> <b>MEPs:</b>	03:47 249	04:09 218	01:49 81	00:27 36	00:09 8	00:02 8	<b>10:23</b> <b>592</b>	2,328	185	53%
Katie Cumming	5	<b>Mins:</b> <b>MEPs:</b>	00:54 45	00:45 122	01:01 204	01:08 128	00:32 0	00:00 0	<b>04:20</b> <b>499</b>	1,798	174	63%
Sarah Barrett	4	<b>Mins:</b> <b>MEPs:</b>	00:05 29	00:29 52	00:26 105	00:35 224	00:56 44	00:11 44	<b>02:42</b> <b>454</b>	1,397	184	73%
Kira Baker	4	<b>Mins:</b> <b>MEPs:</b>	00:22 20	00:20 44	00:22 132	00:44 176	00:44 60	00:15 60	<b>02:47</b> <b>432</b>	1,430	184	71%
Rose Joseph	2	<b>Mins:</b> <b>MEPs:</b>	00:09 31	00:31 28	00:14 105	00:35 208	00:52 44	00:11 44	<b>02:32</b> <b>416</b>	1,335	178	72%
Victoria Hodgson	3	<b>Mins:</b> <b>MEPs:</b>	00:27 76	01:16 86	00:43 174	00:58 64	00:16 0	00:00 0	<b>03:40</b> <b>400</b>	1,247	157	63%
olly donovan	3	<b>Mins:</b> <b>MEPs:</b>	01:31 136	02:16 104	00:52 87	00:29 52	00:13 4	00:01 4	<b>05:22</b> <b>383</b>	2,058	185	56%
Lesley birch	4	<b>Mins:</b> <b>MEPs:</b>	00:39 112	01:52 102	00:51 63	00:21 20	00:05 0	00:00 0	<b>03:48</b> <b>297</b>	1,223	162	57%
Kerry Nelson	1	<b>Mins:</b> <b>MEPs:</b>	00:02 84	01:24 74	00:37 51	00:17 40	00:10 4	00:01 4	<b>02:31</b> <b>253</b>	1,045	168	62%
Kymerley Saunders	3	<b>Mins:</b> <b>MEPs:</b>	00:44 38	00:38 86	00:43 114	00:38 0	00:00 0	00:00 0	<b>02:43</b> <b>238</b>	892	155	58%

Lorraine Oxford	2	<b>Mins:</b>	00:00	00:00	00:06	00:06	00:22	00:08	<b>00:42</b>	404	173	82%
		<b>MEPs:</b>		0	12	18	88	32	<b>150</b>			
Barbara Jackson	1	<b>Mins:</b>	00:02	00:13	00:25	00:23	00:04	00:00	<b>01:07</b>	461	155	67%
		<b>MEPs:</b>		13	50	69	16	0	<b>148</b>			
Tom Barrett	1	<b>Mins:</b>	00:05	00:02	00:05	00:05	00:06	00:18	<b>00:41</b>	613	189	79%
		<b>MEPs:</b>		2	10	15	24	72	<b>123</b>			
Anne Megahey	1	<b>Mins:</b>	00:26	00:51	00:16	00:06	00:00	00:00	<b>01:39</b>	322	140	54%
		<b>MEPs:</b>		51	32	18	0	0	<b>101</b>			
Frair Burgess	2	<b>Mins:</b>	00:51	00:30	00:11	00:00	00:00	00:00	<b>01:32</b>	204	126	48%
		<b>MEPs:</b>		30	22	0	0	0	<b>52</b>			