

Key Numbers Report

01 Jun 21 - 30 Jun 21



Date Range: 01 Jun 21 - 30 Jun 21

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Darren Moody	20	Mins:	04:12	05:19	04:20	11:16	13:36	01:19	40:02	31,545	183	72%
		MEPs:		319	520	2,028	3,264	316	6,447			
Boo Donovan	42	Mins:	07:54	22:13	22:58	07:28	03:03	00:12	63:48	21,085	177	61%
		MEPs:		1,333	2,756	1,344	732	48	6,213			
Gemma Howse	36	Mins:	14:11	13:36	09:17	04:59	11:08	02:22	55:33	15,851	176	62%
		MEPs:		816	1,114	897	2,672	568	6,067			
Ben Graham-Evans	29	Mins:	45:04	12:38	09:59	10:16	05:07	00:54	83:58	28,028	193	51%
		MEPs:		758	1,198	1,848	1,228	216	5,248			
Clare Stringer	26	Mins:	08:48	10:33	08:38	04:50	03:43	01:21	37:53	10,061	176	61%
		MEPs:		633	1,036	870	892	324	3,755			
Inez Daly	13	Mins:	05:41	05:08	08:35	10:30	01:19	00:01	31:14	12,902	194	63%
		MEPs:		308	1,030	1,890	316	4	3,548			
Boris B	36	Mins:	03:29	18:23	10:00	03:38	02:00	00:15	37:45	20,584	178	60%
		MEPs:		1,103	1,200	654	480	60	3,497			
Kerry Nelson	14	Mins:	03:48	13:41	09:13	02:22	03:58	00:42	33:44	13,354	169	62%
		MEPs:		821	1,106	426	952	168	3,473			
Jack Mason	4	Mins:	01:58	03:16	03:42	05:58	05:10	01:04	21:08	15,393	184	70%
		MEPs:		196	444	1,074	1,240	256	3,210			
John Moreton	21	Mins:	01:21	09:00	08:47	08:03	00:32	00:01	27:44	23,392	143	63%
		MEPs:		540	1,054	1,449	128	4	3,175			
Jessica Mills	20	Mins:	01:18	10:37	16:20	02:20	00:19	00:00	30:54	12,467	178	61%
		MEPs:		637	1,960	420	76	0	3,093			
Lorraine Clode	24	Mins:	00:29	01:39	08:35	10:16	00:18	00:05	21:22	11,485	199	68%
		MEPs:		99	1,030	1,848	72	20	3,069			
Tim Donovan	16	Mins:	23:22	06:13	05:21	05:28	03:50	00:20	44:34	16,128	177	54%
		MEPs:		373	642	984	920	80	2,999			
Anne Harper	16	Mins:	01:04	03:36	04:46	05:28	03:34	00:12	18:40	7,299	164	69%
		MEPs:		216	572	984	856	48	2,676			

Andy Beadsworth	6	Mins:	01:02	04:58	03:52	03:55	04:52	00:06	18:45	14,460	169	68%
		MEPs:		298	464	705	1,168	24	2,659			
Richard Marrington	5	Mins:	02:51	04:34	01:33	01:17	07:52	00:11	18:18	11,895	167	69%
		MEPs:		274	186	231	1,888	44	2,623			
Kathleen Charles	16	Mins:	00:42	01:41	04:18	05:39	03:25	00:29	16:14	5,026	166	71%
		MEPs:		101	516	1,017	820	116	2,570			
Larissa Bryan	23	Mins:	03:43	03:45	04:23	05:47	03:03	00:07	20:48	8,524	180	64%
		MEPs:		225	526	1,041	732	28	2,552			
Megan Fox	19	Mins:	04:23	04:39	03:14	03:23	04:07	00:42	20:28	8,183	199	64%
		MEPs:		279	388	609	988	168	2,432			
Helen Geering	18	Mins:	04:45	07:22	05:50	03:03	02:29	00:17	23:46	7,564	169	61%
		MEPs:		442	700	549	596	68	2,355			
Steve Gale	23	Mins:	04:27	10:34	08:12	03:12	00:26	00:00	26:51	13,863	167	59%
		MEPs:		634	984	576	104	0	2,298			
Elaine Smith	17	Mins:	06:07	07:53	08:29	02:53	00:56	00:06	26:24	9,010	182	58%
		MEPs:		473	1,018	519	224	24	2,258			
Sharon Gallagher	13	Mins:	00:04	01:51	04:42	04:37	02:59	00:01	14:14	5,690	152	70%
		MEPs:		111	564	831	716	4	2,226			
Sandy Saunders	12	Mins:	07:50	02:38	02:22	03:44	03:59	00:36	21:09	10,186	177	61%
		MEPs:		158	284	672	956	144	2,214			
Leyon Joseph	18	Mins:	07:18	02:25	04:12	07:02	01:12	00:01	22:10	11,148	169	60%
		MEPs:		145	504	1,266	288	4	2,207			
BINA WILSON	24	Mins:	02:47	06:05	05:49	02:36	01:59	00:38	19:54	7,431	191	63%
		MEPs:		365	698	468	476	152	2,159			
Lesley birch	18	Mins:	07:44	07:15	05:06	04:35	01:07	00:00	25:47	7,773	166	58%
		MEPs:		435	612	825	268	0	2,140			
olly donovan	15	Mins:	02:26	03:25	02:09	02:29	03:31	01:26	15:26	9,458	195	68%
		MEPs:		205	258	447	844	344	2,098			
Brooke Bryan	11	Mins:	00:34	01:17	01:51	01:22	05:14	01:12	11:30	10,039	179	76%
		MEPs:		77	222	246	1,256	288	2,089			
Mark Mayes	24	Mins:	05:46	07:42	06:03	01:58	01:35	00:39	23:43	9,977	171	59%
		MEPs:		462	726	354	380	156	2,078			
Sian Mills	11	Mins:	01:40	05:37	06:12	03:45	01:11	00:02	18:27	5,934	170	63%
		MEPs:		337	744	675	284	8	2,048			

Niamh Moreton	13	Mins: MEPs:	01:33 285	04:45 790	06:35 504	02:48 400	01:40 40	00:10 40	17:31 2,019	7,238	185	64%
Kirstie Mayes	11	Mins: MEPs:	05:49 748	12:28 828	06:54 237	01:19 116	00:29 0	00:00 0	26:59 1,929	7,025	175	56%
neil kirkland	17	Mins: MEPs:	08:08 613	10:13 654	05:27 345	01:55 220	00:55 28	00:07 28	26:45 1,860	11,266	178	56%
Emma Paxton	13	Mins: MEPs:	03:21 206	03:26 284	02:22 453	02:31 668	02:47 180	00:45 180	15:12 1,791	5,897	188	64%
Paul Nichols	14	Mins: MEPs:	05:52 270	04:30 328	02:44 708	03:56 484	02:01 0	00:00 0	19:03 1,790	8,981	157	60%
Michael Leevy	17	Mins: MEPs:	04:04 564	09:24 794	06:37 366	02:02 40	00:10 0	00:00 0	22:17 1,764	12,043	161	58%
Jane Ansell	15	Mins: MEPs:	02:49 533	08:53 808	06:44 366	02:02 40	00:10 0	00:00 0	20:38 1,747	3,360	135	58%
Richard Thornber	10	Mins: MEPs:	03:22 204	03:24 278	02:19 417	02:19 756	03:09 72	00:18 72	14:51 1,727	9,380	181	63%
Kate Bartlett	11	Mins: MEPs:	01:33 195	03:15 424	03:32 507	02:49 536	02:14 56	00:14 56	13:37 1,718	5,389	195	65%
George Mayes	13	Mins: MEPs:	02:34 334	05:34 472	03:56 543	03:01 356	01:29 12	00:03 12	16:37 1,717	5,889	178	61%
Ellen Shearon	14	Mins: MEPs:	02:32 829	13:49 628	05:14 195	01:05 16	00:04 0	00:00 0	22:44 1,668	5,699	162	57%
Danielle Cheyney	4	Mins: MEPs:	01:50 123	02:03 206	01:43 258	01:26 684	02:51 376	01:34 376	11:27 1,647	5,065	189	69%
Bev Tout	10	Mins: MEPs:	01:53 414	06:54 690	05:45 324	01:48 180	00:45 16	00:04 16	17:09 1,624	5,244	165	60%
Britt Megahey	10	Mins: MEPs:	00:58 190	03:10 340	02:50 435	02:25 564	02:21 12	00:03 12	11:47 1,541	7,666	162	66%
Annamarie Cooper	10	Mins: MEPs:	02:54 125	02:05 162	01:21 237	01:19 780	03:15 216	00:54 216	11:48 1,520	4,228	171	66%
Kira Baker	9	Mins: MEPs:	00:09 42	00:42 156	01:18 543	03:01 716	02:59 52	00:13 52	08:22 1,509	4,835	184	75%
Emily Payne	16	Mins: MEPs:	02:57 141	02:21 254	02:07 501	02:47 568	02:22 8	00:02 8	12:36 1,472	4,785	172	63%

Bridgetta Worsley	10	Mins: MEPs:	00:02 52	00:52 308	02:34 612	03:24 392	01:38 68	00:17 1,432	3,564	163	72%
Melissa Beadsworth	11	Mins: MEPs:	01:45 88	01:28 160	01:20 198	01:06 248	01:02 736	03:04 1,430	3,866	173	72%
Alfie brown	9	Mins: MEPs:	03:22 151	02:31 366	03:03 438	02:26 324	01:21 148	00:37 1,427	7,244	196	62%
Paul Davis	11	Mins: MEPs:	06:51 406	06:46 380	03:10 405	02:15 212	00:53 8	00:02 1,411	8,752	176	56%
Matthew Guille	10	Mins: MEPs:	00:47 195	03:15 524	04:22 396	02:12 148	00:37 140	00:35 1,403	6,388	173	64%
Bruce Mills	4	Mins: MEPs:	00:23 120	02:00 434	03:37 432	02:24 400	01:40 8	00:02 1,394	6,911	165	67%
Kymerley Saunders	11	Mins: MEPs:	04:39 167	02:47 352	02:56 624	03:28 224	00:56 16	00:04 1,383	4,550	204	59%
Michelle Nelson	7	Mins: MEPs:	00:18 96	01:36 326	02:43 318	01:46 536	02:14 80	00:20 1,356	4,195	175	70%
Sue Davis	12	Mins: MEPs:	09:14 403	06:43 280	02:20 216	01:12 192	00:48 264	01:06 1,355	4,637	189	55%
Jess Mayes	10	Mins: MEPs:	01:48 241	04:01 494	04:07 354	01:58 240	01:00 20	00:05 1,349	5,186	191	62%
Kate Graham-Evans	14	Mins: MEPs:	11:57 370	06:10 350	02:55 315	01:45 284	01:11 0	00:00 1,319	5,227	181	52%
Curtis Batterbee	12	Mins: MEPs:	01:20 82	01:22 288	02:24 345	01:55 276	01:09 320	01:20 1,311	6,569	194	68%
sue wierzbicki	12	Mins: MEPs:	04:31 354	05:54 556	04:38 279	01:33 116	00:29 4	00:01 1,309	5,167	182	57%
Amanda Mansell	9	Mins: MEPs:	02:59 148	02:28 238	01:59 153	00:51 760	03:10 8	00:02 1,307	4,443	183	63%
Hayley SK	12	Mins: MEPs:	01:12 171	02:51 828	06:54 228	01:16 44	00:11 32	00:08 1,303	5,197	191	62%
Lee Cooper	8	Mins: MEPs:	00:56 105	01:45 322	02:41 411	02:17 400	01:40 64	00:16 1,302	6,517	180	67%
Alex Ansell	15	Mins: MEPs:	03:00 172	02:52 356	02:58 369	02:03 364	01:31 40	00:10 1,301	4,101	187	61%

Toni Reid	10	Mins: MEPs:	14:39 764	12:44 180	01:30 135	00:45 52	00:13 8	00:02 1,139	29:53	4,197	166	50%
Holly Beadsworth	9	Mins: MEPs:	01:06 230	03:50 398	03:19 261	01:27 196	00:49 44	00:11 1,129	10:42	4,028	195	62%
Ollie Davis	7	Mins: MEPs:	07:44 232	03:52 310	02:35 288	01:36 140	00:35 0	00:00 970	16:22	5,656	173	53%
Sarah Barrett	7	Mins: MEPs:	00:03 104	01:44 336	02:48 204	01:08 68	00:17 44	00:11 756	06:11	2,635	187	65%
Tina Wyatt	4	Mins: MEPs:	00:56 46	00:46 44	00:22 42	00:14 488	02:02 60	00:15 680	04:35	2,016	193	70%
Richard Banks	4	Mins: MEPs:	00:39 27	00:27 104	00:52 186	01:02 324	01:21 4	00:01 645	04:22	3,028	171	68%
Andrew Mayes	7	Mins: MEPs:	03:15 266	04:26 226	01:53 66	00:22 28	00:07 32	00:08 618	10:11	2,431	131	54%
Lyndsey kirkland	10	Mins: MEPs:	05:27 382	06:22 170	01:25 0	00:00 0	00:00 0	00:00 13:14	13:14	2,425	130	51%
Kirsty Garratt	3	Mins: MEPs:	00:35 50	00:50 110	00:55 276	01:32 116	00:29 0	00:00 552	04:21	1,224	172	66%
Clare Rhodes	4	Mins: MEPs:	00:44 50	00:50 92	00:46 108	00:36 276	01:09 12	00:03 538	04:08	1,745	182	66%
Clare Longman	3	Mins: MEPs:	04:00 161	02:41 134	01:07 72	00:24 56	00:14 68	00:17 491	08:43	1,480	166	53%
Katie Cumming	3	Mins: MEPs:	00:00 1	00:01 22	00:11 108	00:36 272	01:08 68	00:17 471	02:13	1,516	188	81%
Nina Savage	3	Mins: MEPs:	00:15 25	00:25 132	01:06 105	00:35 72	00:18 112	00:28 446	03:07	1,342	185	70%
Sian Rixon	5	Mins: MEPs:	00:39 83	01:23 150	01:15 135	00:45 56	00:14 4	00:01 428	04:17	1,270	184	61%
Lissie Cervenka	4	Mins: MEPs:	00:41 67	01:07 72	00:36 111	00:37 168	00:42 0	00:00 418	03:43	1,482	179	62%
Priscilla Thornber	1	Mins: MEPs:	00:03 49	00:49 32	00:16 90	00:30 224	00:56 20	00:05 415	02:39	1,210	166	71%
Clare Turner	3	Mins: MEPs:	00:30 31	00:31 60	00:30 117	00:39 152	00:38 12	00:03 372	02:51	1,003	164	66%

Anne Megahey	3	Mins:	00:46	01:33	01:07	00:31	00:05	00:03	04:05	1,047	174	58%
		MEPs:		93	134	93	20	12	352			
Dan Mills	2	Mins:	00:13	00:35	00:44	00:33	00:11	00:03	02:19	1,148	189	65%
		MEPs:		35	88	99	44	12	278			
Mark Gulliford	2	Mins:	00:10	00:11	00:32	00:36	00:11	00:00	01:40	1,278	166	66%
		MEPs:		11	64	108	44	0	227			
Liam Dobbin	3	Mins:	00:21	01:47	00:47	00:03	00:00	00:00	02:58	1,219	119	57%
		MEPs:		107	94	9	0	0	210			
olivia Moreton	1	Mins:	00:19	00:38	00:37	00:12	00:05	00:00	01:51	617	169	59%
		MEPs:		38	74	36	20	0	168			
Rose Joseph	1	Mins:	00:05	00:06	00:17	00:29	00:05	00:00	01:02	493	161	68%
		MEPs:		6	34	87	20	0	147			
Sophia Cooper	1	Mins:	00:35	00:27	00:25	00:12	00:01	00:00	01:40	432	170	56%
		MEPs:		27	50	36	4	0	117			
Karen Gale	1	Mins:	00:10	00:48	00:02	00:00	00:00	00:00	01:00	282	129	53%
		MEPs:		48	4	0	0	0	52			