

Key Numbers Report

01 Jun 22 - 30 Jun 22



Date Range: 01 Jun 22 - 30 Jun 22

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Niamh Moreton	27	Mins:	01:55	08:07	06:49	03:21	09:42	00:09	30:03	14,201	179	68%
		MEPs:		487	818	603	2,328	36	4,272			
Darren Moody	11	Mins:	00:40	01:53	03:03	07:52	08:23	01:03	22:54	20,138	183	75%
		MEPs:		113	366	1,416	2,012	252	4,159			
Michael Leevy	25	Mins:	06:41	10:24	10:37	09:21	01:51	00:00	38:54	23,833	165	62%
		MEPs:		624	1,274	1,683	444	0	4,025			
Jane Ansell	37	Mins:	05:17	15:33	16:51	03:22	01:19	00:06	42:28	7,497	162	59%
		MEPs:		933	2,022	606	316	24	3,901			
Paul Nichols	20	Mins:	03:22	05:25	06:21	06:52	05:47	00:02	27:49	18,112	162	67%
		MEPs:		325	762	1,236	1,388	8	3,719			
Boo Donovan	24	Mins:	12:57	15:39	14:03	03:09	01:07	00:13	47:08	12,348	178	57%
		MEPs:		939	1,686	567	268	52	3,512			
Nina Savage	15	Mins:	01:04	02:58	02:08	02:27	06:48	02:39	18:04	9,170	177	75%
		MEPs:		178	256	441	1,632	636	3,143			
Sian Mills	13	Mins:	01:33	05:02	08:46	06:28	02:05	00:16	24:10	8,327	172	66%
		MEPs:		302	1,052	1,164	500	64	3,082			
Elaine Smith	15	Mins:	03:41	05:39	08:55	05:12	02:05	00:10	25:42	10,797	182	63%
		MEPs:		339	1,070	936	500	40	2,885			
Boris B	31	Mins:	25:02	26:00	07:10	01:42	00:16	00:17	60:27	18,834	182	52%
		MEPs:		1,560	860	306	64	68	2,858			
Bev Tout	22	Mins:	00:37	06:00	14:50	02:46	00:20	00:01	24:34	8,702	161	63%
		MEPs:		360	1,780	498	80	4	2,722			
Ian Cooke	11	Mins:	04:10	06:21	07:04	03:32	01:38	00:08	22:53	12,717	219	61%
		MEPs:		381	848	636	392	32	2,289			
Rachel O'Neill	21	Mins:	18:40	06:55	04:05	03:13	02:56	00:20	36:09	7,189	182	53%
		MEPs:		415	490	579	704	80	2,268			
Richard Banks	14	Mins:	00:33	01:28	02:28	02:59	05:04	00:17	12:49	10,462	172	73%
		MEPs:		88	296	537	1,216	68	2,205			

Sharon Gallagher	15	Mins: MEPs:	00:25 321	05:21 716	05:58 708	03:56 404	01:41 16	00:04 16	17:25 2,165	6,128	154	65%
Kirstie Mayes	42	Mins: MEPs:	42:27 1,589	26:29 492	04:06 66	00:22 0	00:00 0	00:00 0	73:24 2,147	8,988	155	48%
Sandy Saunders	13	Mins: MEPs:	04:57 224	03:44 408	03:24 675	03:45 648	02:42 88	00:22 88	18:54 2,043	9,963	170	62%
Mark Mayes	18	Mins: MEPs:	07:17 267	04:27 688	05:44 471	02:37 468	01:57 100	00:25 100	22:27 1,994	8,939	169	58%
Amanda Mansell	19	Mins: MEPs:	09:06 725	12:05 966	08:03 240	01:20 36	00:09 0	00:00 0	30:43 1,967	8,567	172	55%
Megan Fox	13	Mins: MEPs:	02:13 148	02:28 260	02:10 462	02:34 896	03:44 116	00:29 116	13:38 1,882	6,205	199	68%
George Mayes	16	Mins: MEPs:	04:18 484	08:04 452	03:46 492	02:44 404	01:41 48	00:12 48	20:45 1,880	6,636	180	59%
Gemma Howse	25	Mins: MEPs:	19:43 287	04:47 444	03:42 969	05:23 180	00:45 0	00:00 0	34:20 1,880	6,188	187	50%
Tim Donovan	12	Mins: MEPs:	07:02 166	02:46 352	02:56 705	03:55 648	02:42 8	00:02 8	19:23 1,879	9,899	174	59%
Richard Marrington	4	Mins: MEPs:	02:41 414	06:54 514	04:17 171	00:57 652	02:43 88	00:22 88	17:54 1,839	9,721	165	62%
Jessica Mills	10	Mins: MEPs:	01:14 306	05:06 790	06:35 561	03:07 160	00:40 16	00:04 16	16:46 1,833	6,850	186	63%
Matthew Guille	13	Mins: MEPs:	04:24 443	07:23 876	07:18 453	02:31 56	00:14 0	00:00 0	21:50 1,828	9,114	138	58%
Francis Worsley	20	Mins: MEPs:	05:58 491	08:11 390	03:15 315	01:45 492	02:03 132	00:33 132	21:45 1,820	11,008	173	58%
Rhys Burningham	13	Mins: MEPs:	01:02 104	01:44 272	02:16 489	02:43 764	03:11 80	00:20 80	11:16 1,709	7,935	178	70%
Clare Stringer	14	Mins: MEPs:	14:10 288	04:48 412	03:26 447	02:29 444	01:51 112	00:28 112	27:12 1,703	5,033	173	53%
Bridgetta Worsley	14	Mins: MEPs:	00:04 72	01:12 432	03:36 732	04:04 384	01:36 4	00:01 4	10:33 1,624	4,075	157	70%
Anne Harper	14	Mins: MEPs:	02:34 538	08:58 716	05:58 312	01:44 40	00:10 0	00:00 0	19:24 1,606	5,161	147	58%

Brooke Bryan	14	Mins: MEPs:	04:18 283	04:43 324	02:42 348	01:56 532	02:13 116	00:29 16:21	9,113	178	61%
John Moreton	12	Mins: MEPs:	03:17 362	06:02 584	04:52 621	03:27 16	00:04 0	00:00 17:42	12,478	129	59%
Kathleen Charles	9	Mins: MEPs:	00:04 45	00:45 310	02:35 612	03:24 532	02:13 84	00:21 09:22	3,103	159	73%
Katie Le Flem	22	Mins: MEPs:	08:16 636	10:36 702	05:51 207	01:09 20	00:05 4	00:01 25:58	4,699	161	54%
Lee Cooper	9	Mins: MEPs:	05:33 205	03:25 322	02:41 312	01:44 660	02:45 36	00:09 16:17	8,345	179	60%
Andy Beadsworth	5	Mins: MEPs:	09:11 514	08:34 894	07:27 123	00:41 0	00:00 0	00:00 25:53	9,990	135	54%
Jenny Heywood	13	Mins: MEPs:	01:40 524	08:44 822	06:51 150	00:50 24	00:06 0	00:00 18:11	4,136	156	58%
Jess Mayes	11	Mins: MEPs:	00:54 173	02:53 330	02:45 300	01:40 584	02:26 132	00:33 11:11	5,428	190	67%
Paul Davis	13	Mins: MEPs:	10:17 381	06:21 520	04:20 414	02:18 144	00:36 40	00:10 24:02	9,254	196	54%
Lorraine Clode	13	Mins: MEPs:	00:11 25	00:25 232	01:56 834	04:38 384	01:36 24	00:06 08:52	4,803	200	73%
Tracy Allbon	9	Mins: MEPs:	00:19 7	00:07 48	00:24 129	00:43 1,048	04:22 264	01:06 07:01	4,199	174	82%
Clare Rhodes	15	Mins: MEPs:	05:35 259	04:19 284	02:22 252	01:24 544	02:16 128	00:32 16:28	4,428	172	59%
Inez Daly	12	Mins: MEPs:	02:44 556	09:16 386	03:13 483	02:41 32	00:08 0	00:00 18:02	6,240	175	58%
Kirsty Garratt	12	Mins: MEPs:	00:35 32	00:32 148	01:14 600	03:20 612	02:33 44	00:11 08:25	3,148	181	73%
Karen Gale	13	Mins: MEPs:	02:23 389	06:29 342	02:51 414	02:18 248	01:02 32	00:08 15:11	5,635	180	60%
Helen Geering	13	Mins: MEPs:	04:49 227	03:47 326	02:43 426	02:22 412	01:43 24	00:06 15:30	4,415	167	59%
Leyon Joseph	11	Mins: MEPs:	03:51 139	02:19 346	02:53 501	02:47 420	01:45 0	00:00 13:35	7,322	176	61%

sue wierzbicki	7	Mins:	02:15	04:34	03:32	02:10	00:56	00:23	13:50	4,713	190	62%
		MEPs:		274	424	390	224	92	1,404			
Vince Hayter	10	Mins:	04:09	07:34	03:23	01:19	01:08	00:03	17:36	8,454	167	58%
		MEPs:		454	406	237	272	12	1,381			
Melissa Beadsworth	11	Mins:	04:05	02:25	01:36	01:05	01:29	02:02	12:42	3,778	165	63%
		MEPs:		145	192	195	356	488	1,376			
Clare Longman	13	Mins:	14:42	10:45	03:55	00:27	00:43	00:00	30:32	4,382	154	52%
		MEPs:		645	470	81	172	0	1,368			
olly donovan	11	Mins:	03:32	04:47	02:35	02:18	01:10	00:13	14:35	6,724	200	60%
		MEPs:		287	310	414	280	52	1,343			
neil kirkland	24	Mins:	15:36	12:00	03:12	00:58	00:15	00:01	32:02	9,055	172	51%
		MEPs:		720	384	174	60	4	1,342			
Ellen HAMSTEAD	14	Mins:	01:19	08:54	04:50	00:59	00:09	00:01	16:12	4,420	168	58%
		MEPs:		534	580	177	36	4	1,331			
Hayley SK	13	Mins:	02:37	07:27	03:36	01:21	00:44	00:06	15:51	5,591	190	59%
		MEPs:		447	432	243	176	24	1,322			
Becky Burningham	11	Mins:	01:47	03:13	02:03	02:41	01:35	00:05	11:24	3,945	170	64%
		MEPs:		193	246	483	380	20	1,322			
Britt Megahey	8	Mins:	00:40	01:58	02:49	02:29	01:40	00:04	09:40	6,517	162	67%
		MEPs:		118	338	447	400	16	1,319			
Larissa Bryan	11	Mins:	02:32	02:29	03:07	02:53	01:06	00:02	12:09	4,543	179	61%
		MEPs:		149	374	519	264	8	1,314			
Annmarie Cooper	10	Mins:	04:20	02:13	01:27	01:32	01:40	01:21	12:33	3,756	170	62%
		MEPs:		133	174	276	400	324	1,307			
Michelle Nelson	21	Mins:	03:42	04:37	04:16	02:03	00:36	00:01	15:15	4,662	166	59%
		MEPs:		277	512	369	144	4	1,306			
Emily Payne	16	Mins:	05:10	03:03	02:07	01:53	02:12	00:00	14:25	4,303	168	58%
		MEPs:		183	254	339	528	0	1,304			
BINA WILSON	6	Mins:	01:27	02:00	01:34	03:59	01:09	00:00	10:09	4,112	167	66%
		MEPs:		120	188	717	276	0	1,301			
Steve Gale	11	Mins:	01:12	01:31	03:41	03:06	00:24	00:00	09:54	6,244	169	64%
		MEPs:		91	442	558	96	0	1,187			
Lyndsey kirkland	24	Mins:	11:12	11:31	02:20	00:33	00:09	00:00	25:45	4,604	163	51%
		MEPs:		691	280	99	36	0	1,106			

Liza Barber	10	Mins: MEPs:	00:30 84	01:24 400	03:20 312	01:44 272	01:08 16	00:04 16	08:10 1,084	2,831	162	67%
Sophia Cooper	10	Mins: MEPs:	06:28 320	05:20 312	02:36 192	01:04 68	00:17 8	00:02 8	15:47 900	3,424	183	53%
Lou Barrow	4	Mins: MEPs:	06:11 339	05:39 268	02:14 186	01:02 88	00:22 0	00:00 0	15:28 881	2,757	159	54%
Frair Burgess	11	Mins: MEPs:	22:57 406	06:46 338	02:49 102	00:34 8	00:02 0	00:00 0	33:08 854	3,224	149	45%
Victoria Hodgson	7	Mins: MEPs:	00:59 225	03:45 230	01:55 336	01:52 60	00:15 0	00:00 0	08:46 851	2,750	159	60%
Mandy Bowers	4	Mins: MEPs:	00:31 83	01:23 120	01:00 117	00:39 224	00:56 292	01:13 292	05:42 836	2,379	176	71%
Barbara Jackson	4	Mins: MEPs:	01:35 148	02:28 188	01:34 231	01:17 204	00:51 20	00:05 20	07:50 791	2,514	170	61%
Sarah Barrett	6	Mins: MEPs:	02:06 42	00:42 94	00:47 180	01:00 352	01:28 76	00:19 76	06:22 744	2,298	182	63%
Lesley birch	9	Mins: MEPs:	03:01 96	01:36 128	01:04 258	01:26 244	01:01 0	00:00 0	08:08 726	2,495	169	59%
Vickie moody	9	Mins: MEPs:	05:34 497	08:17 212	01:46 9	00:03 0	00:00 0	00:00 0	15:40 718	3,164	141	52%
Alex Ansell	5	Mins: MEPs:	03:48 177	02:57 188	01:34 171	00:57 120	00:30 48	00:12 48	09:58 704	2,247	191	56%
Kate Graham-Evans	7	Mins: MEPs:	03:58 78	01:18 134	01:07 174	00:58 248	01:02 4	00:01 4	08:24 638	2,235	183	56%
Kymerley Saunders	8	Mins: MEPs:	02:11 122	02:02 162	01:21 225	01:15 32	00:08 0	00:00 0	06:57 541	2,105	168	56%
Mark Gulliford	4	Mins: MEPs:	00:21 24	00:24 100	00:50 177	00:59 132	00:33 0	00:00 0	03:07 433	2,398	170	67%
Christina Diaper	2	Mins: MEPs:	00:27 11	00:11 44	00:22 84	00:28 168	00:42 36	00:09 36	02:19 343	915	174	70%
Rose Joseph	2	Mins: MEPs:	00:32 44	00:44 52	00:26 99	00:33 124	00:31 0	00:00 0	02:46 319	1,108	171	64%
Tom Kay	5	Mins: MEPs:	00:21 43	00:43 96	00:48 120	00:40 32	00:08 0	00:00 0	02:40 291	1,425	160	62%

Charlotte Simmons	1	Mins:	00:00	00:00	00:01	00:02	00:12	00:31	00:46	533	208	91%
		MEPs:		0	2	6	48	124	180			
Kira Baker	1	Mins:	00:00	00:01	00:09	00:16	00:19	00:02	00:47	480	179	77%
		MEPs:		1	18	48	76	8	151			
Kerry Nelson	1	Mins:	00:16	00:28	00:15	00:08	00:10	00:00	01:17	453	158	60%
		MEPs:		28	30	24	40	0	122			
Katie Cumming	1	Mins:	00:24	00:07	00:04	00:05	00:10	00:03	00:53	286	184	61%
		MEPs:		7	8	15	40	12	82			