

Key Numbers Report

01 Mar 23 - 31 Mar 23



Date Range: 01 Mar 23 - 31 Mar 23

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Niamh Moreton	21	Mins:	02:07	04:20	03:05	06:00	10:47	00:00	26:19	13,370	174	71%
		MEPs:		260	370	1,080	2,588	0	4,298			
Boo Donovan	21	Mins:	10:17	15:54	14:27	04:01	02:16	00:12	47:07	13,248	178	58%
		MEPs:		954	1,734	723	544	48	4,003			
Megan Fox	13	Mins:	03:25	04:29	05:06	04:15	05:37	02:31	25:23	12,070	201	68%
		MEPs:		269	612	765	1,348	604	3,598			
Tracy Allbon	23	Mins:	01:20	01:14	02:27	03:35	07:52	00:39	17:07	8,415	174	74%
		MEPs:		74	294	645	1,888	156	3,057			
Sandy Saunders	15	Mins:	12:39	13:01	08:52	03:42	01:43	00:08	40:05	16,619	189	56%
		MEPs:		781	1,064	666	412	32	2,955			
Bev Tout	18	Mins:	01:02	06:19	15:01	02:35	00:35	00:11	25:43	8,870	168	63%
		MEPs:		379	1,802	465	140	44	2,830			
Michael Leevy	23	Mins:	06:21	14:26	07:55	04:35	00:29	00:00	33:46	18,474	166	58%
		MEPs:		866	950	825	116	0	2,757			
Katie Le Flem	23	Mins:	02:52	09:01	11:19	03:36	00:46	00:00	27:34	7,827	152	61%
		MEPs:		541	1,358	648	184	0	2,731			
John Moreton	16	Mins:	00:00	00:14	05:45	10:25	00:36	00:00	17:00	16,836	138	71%
		MEPs:		14	690	1,875	144	0	2,723			
Lyn Fuller	14	Mins:	04:37	07:43	06:26	03:45	02:07	00:27	25:05	7,857	178	61%
		MEPs:		463	772	675	508	108	2,526			
Amanda Mansell	26	Mins:	07:52	05:53	07:39	05:02	01:04	00:00	27:30	9,018	174	58%
		MEPs:		353	918	906	256	0	2,433			
Darren Moody	8	Mins:	01:01	02:00	02:18	05:24	03:36	00:38	14:57	12,261	188	71%
		MEPs:		120	276	972	864	152	2,384			
Lee Cooper	22	Mins:	11:33	06:20	04:59	04:01	02:38	00:06	29:37	12,829	172	55%
		MEPs:		380	598	723	632	24	2,357			
Kathleen Charles	14	Mins:	00:07	01:16	04:11	06:22	02:06	00:04	14:06	4,402	159	71%
		MEPs:		76	502	1,146	504	16	2,244			

Rose Joseph	4	Mins: MEPs:	01:25 119	01:59 392	03:16 468	02:36 900	03:45 352	01:28 14:29	6,874	182	71%
Sarah-Jane Tarr	30	Mins: MEPs:	08:00 794	13:14 908	07:34 402	02:14 108	00:27 0	00:00 31:29	11,180	199	55%
Elaine Smith	12	Mins: MEPs:	01:42 300	05:00 960	08:00 663	03:41 228	00:57 8	00:02 19:22	8,475	192	63%
Richard Thornber	9	Mins: MEPs:	03:44 252	04:12 202	01:41 441	02:27 1,204	05:01 56	00:14 17:19	11,395	184	64%
Francis Worsley	42	Mins: MEPs:	05:29 1,034	17:14 706	05:53 183	01:01 168	00:42 12	00:03 30:22	15,939	173	56%
Boris B	27	Mins: MEPs:	09:27 714	11:54 992	08:16 237	01:19 120	00:30 36	00:09 31:35	12,689	209	55%
Richard Banks	22	Mins: MEPs:	03:12 259	04:19 408	03:24 549	03:03 680	02:50 120	00:30 17:18	10,496	183	64%
Leyon Joseph	19	Mins: MEPs:	04:54 221	03:41 344	02:52 888	04:56 476	01:59 12	00:03 18:25	9,320	174	61%
George Mayes	17	Mins: MEPs:	05:37 445	07:25 520	04:20 480	02:40 448	01:52 40	00:10 22:04	6,711	175	59%
Sue Davis	20	Mins: MEPs:	23:27 693	11:33 560	04:40 333	01:51 236	00:59 104	00:26 42:56	6,837	182	50%
Gemma Howse	28	Mins: MEPs:	74:20 679	11:19 676	05:38 381	02:07 104	00:26 4	00:01 93:51	6,740	168	43%
Mark Mayes	24	Mins: MEPs:	04:43 223	03:43 242	02:01 561	03:07 720	03:00 60	00:15 16:49	7,665	180	61%
Leanne Gelder	13	Mins: MEPs:	04:01 355	05:55 456	03:48 588	03:16 376	01:34 8	00:02 18:36	5,998	170	60%
Clare Stringer	16	Mins: MEPs:	26:32 332	05:32 394	03:17 495	02:45 468	01:57 88	00:22 40:25	5,299	172	49%
kerry mackin	11	Mins: MEPs:	05:27 371	06:11 450	03:45 471	02:37 428	01:47 48	00:12 19:59	5,424	187	58%
Melissa Beadsworth	12	Mins: MEPs:	03:11 183	03:03 230	01:55 264	01:28 396	01:39 692	02:53 14:09	4,887	186	67%
Inez Daly	13	Mins: MEPs:	06:29 606	10:06 840	07:00 261	01:27 12	00:03 0	00:00 25:05	7,612	164	56%

Clare Rhodes	14	Mins: MEPs:	06:32 356	05:56 290	02:25 309	01:43 572	02:23 168	00:42 19:41 1,695	4,996	171	58%
Rachel O'Neill	13	Mins: MEPs:	23:43 340	05:40 306	02:33 426	02:22 508	02:07 100	00:25 36:50 1,680	5,499	181	49%
Kirsty Garratt	10	Mins: MEPs:	00:29 124	02:04 142	01:11 459	02:33 928	03:52 12	00:03 10:12 1,665	3,383	172	71%
Sharon Gallagher	14	Mins: MEPs:	00:11 130	02:10 448	03:44 561	03:07 456	01:54 44	00:11 11:17 1,639	4,413	175	68%
Ian Cooke	13	Mins: MEPs:	02:58 239	03:59 610	05:05 360	02:00 384	01:36 28	00:07 15:45 1,621	8,826	168	62%
Anne Harper	10	Mins: MEPs:	00:48 361	06:01 622	05:11 510	02:50 104	00:26 0	00:00 15:16 1,597	4,878	155	62%
Jess Mayes	12	Mins: MEPs:	00:36 102	01:42 366	03:03 549	03:03 492	02:03 68	00:17 10:44 1,577	5,499	189	69%
Becky Burningham	8	Mins: MEPs:	04:02 910	15:10 174	01:27 237	01:19 192	00:48 48	00:12 22:58 1,561	5,160	174	53%
Andy Beadsworth	6	Mins: MEPs:	12:03 613	10:13 348	02:54 288	01:36 288	01:12 0	00:00 27:58 1,537	10,387	158	53%
Paul Nichols	9	Mins: MEPs:	03:18 170	02:50 314	02:37 519	02:53 496	02:04 12	00:03 13:45 1,511	7,619	162	62%
Brooke Bryan	10	Mins: MEPs:	00:40 160	02:40 408	03:24 549	03:03 352	01:28 0	00:00 11:15 1,469	7,892	165	66%
Annmarie Cooper	12	Mins: MEPs:	08:14 255	04:15 172	01:26 243	01:21 632	02:38 140	00:35 18:29 1,442	4,147	172	56%
Jenny Heywood	12	Mins: MEPs:	03:48 480	08:00 812	06:46 117	00:39 8	00:02 0	00:00 19:15 1,417	3,855	156	56%
yum HAMSTEAD is o	11	Mins: MEPs:	01:39 415	06:55 652	05:26 267	01:29 80	00:20 0	00:00 15:49 1,414	4,454	161	59%
Nina Savage	11	Mins: MEPs:	01:09 91	01:31 232	01:56 285	01:35 728	03:02 64	00:16 09:29 1,400	4,077	172	69%
Jane Ansell	16	Mins: MEPs:	09:36 411	06:51 630	05:15 288	01:36 64	00:16 0	00:00 23:34 1,393	2,904	136	53%
Paul Davis	24	Mins: MEPs:	23:15 643	10:43 300	02:30 321	01:47 116	00:29 0	00:00 38:44 1,380	9,544	164	49%

Britt Megahey	9	Mins: MEPs:	00:38 229	03:49 372	03:06 276	01:32 472	01:58 24	00:06 11:09 1,373	7,047	167	65%
Debbie Penney	10	Mins: MEPs:	02:04 104	01:44 160	01:20 336	01:52 652	02:43 112	00:28 10:11 1,364	4,034	174	66%
Sian Mills	5	Mins: MEPs:	00:34 159	02:39 300	02:30 468	02:36 396	01:39 36	00:09 10:07 1,359	3,662	170	67%
Liza Barber	18	Mins: MEPs:	03:54 268	04:28 462	03:51 462	02:34 148	00:37 12	00:03 15:27 1,352	3,613	161	58%
Emily Payne	14	Mins: MEPs:	02:54 166	02:46 338	02:49 465	02:35 376	01:34 0	00:00 12:38 1,345	4,491	167	62%
Rhys Burningham	13	Mins: MEPs:	02:14 156	02:36 268	02:14 339	01:53 448	01:52 120	00:30 11:19 1,331	6,436	185	64%
Hayley SK	8	Mins: MEPs:	02:01 350	05:50 494	04:07 363	02:01 108	00:27 0	00:00 14:26 1,315	5,354	176	59%
Kirstie Mayes	30	Mins: MEPs:	19:16 671	11:11 556	04:38 84	00:28 0	00:00 0	00:00 35:33 1,311	5,056	161	48%
Alex Ansell	13	Mins: MEPs:	03:52 235	03:55 316	02:38 315	01:45 356	01:29 88	00:22 14:01 1,310	4,008	184	59%
Vickie moody	16	Mins: MEPs:	03:56 351	05:51 356	02:58 222	01:14 360	01:30 20	00:05 15:34 1,309	4,589	181	58%
Michelle Nelson	14	Mins: MEPs:	01:06 256	04:16 514	04:17 279	01:33 260	01:05 0	00:00 12:17 1,309	4,603	164	62%
Richard Marrington	4	Mins: MEPs:	01:16 279	04:39 478	03:59 210	01:10 336	01:24 0	00:00 12:28 1,303	6,961	156	62%
Sarah Barrett	10	Mins: MEPs:	00:42 56	00:56 142	01:11 273	01:31 604	02:31 228	00:57 07:48 1,303	3,967	186	73%
Bridgetta Worsley	10	Mins: MEPs:	00:11 105	01:45 330	02:45 483	02:41 380	01:35 4	00:01 08:58 1,302	3,273	161	68%
Larissa Bryan	10	Mins: MEPs:	03:26 230	03:50 310	02:35 441	02:27 312	01:18 8	00:02 13:38 1,301	4,530	174	58%
BINA WILSON	7	Mins: MEPs:	06:42 260	04:20 242	02:01 195	01:05 144	00:36 292	01:13 15:57 1,133	3,991	188	55%
Andy Powell	10	Mins: MEPs:	04:48 134	02:14 250	02:05 279	01:33 304	01:16 60	00:15 12:11 1,027	5,070	164	58%

Kymerley Saunders	11	Mins:	02:26	02:09	02:04	02:58	00:11	00:00	09:48	3,506	173	60%
		MEPs:		129	248	534	44	0	955			
neil kirkland	9	Mins:	15:56	08:40	01:55	00:37	00:04	00:00	27:12	6,021	154	48%
		MEPs:		520	230	111	16	0	877			
Clare Longman	9	Mins:	04:30	03:28	03:11	00:31	00:25	00:01	12:06	2,253	156	54%
		MEPs:		208	382	93	100	4	787			
Matthew Guille	10	Mins:	09:22	06:46	02:17	00:18	00:00	00:00	18:43	4,235	120	49%
		MEPs:		406	274	54	0	0	734			
Sophia Cooper	6	Mins:	02:02	02:38	01:56	00:26	00:13	00:00	07:15	1,958	179	56%
		MEPs:		158	232	78	52	0	520			
Toni Reid	5	Mins:	01:39	02:05	00:53	00:29	00:14	00:01	05:21	1,214	169	56%
		MEPs:		125	106	87	56	4	378			
Marcus Paramor	2	Mins:	00:16	00:24	00:37	00:29	00:28	00:01	02:15	1,525	178	67%
		MEPs:		24	74	87	112	4	301			
Charlotte Simmons	2	Mins:	00:10	00:14	00:20	00:25	00:39	00:01	01:49	884	184	72%
		MEPs:		14	40	75	156	4	289			
Kate Mardel-Ferreira	2	Mins:	00:46	00:20	00:20	00:27	00:35	00:00	02:28	896	170	63%
		MEPs:		20	40	81	140	0	281			
Tim Donovan	2	Mins:	01:25	01:13	00:24	00:38	00:06	00:00	03:46	1,594	155	56%
		MEPs:		73	48	114	24	0	259			
sue wierzbicki	3	Mins:	01:41	01:21	00:45	00:16	00:01	00:00	04:04	814	152	52%
		MEPs:		81	90	48	4	0	223			
Frair Burgess	2	Mins:	01:54	01:12	00:18	00:00	00:00	00:00	03:24	434	127	48%
		MEPs:		72	36	0	0	0	108			
Anne Megahey	2	Mins:	00:31	00:04	00:08	00:00	00:00	00:00	00:43	63	121	46%
		MEPs:		4	16	0	0	0	20			