

# Key Numbers Report

01 May 23 - 31 May 23



Date Range: 01 May 23 - 31 May 23

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Kathleen Charles	59	<b>Mins:</b>	00:11	07:55	27:29	22:05	03:32	00:04	<b>61:16</b>	17,619	155	67%
		<b>MEPs:</b>		475	3,298	3,975	848	16	<b>8,612</b>			
Darren Moody	15	<b>Mins:</b>	00:35	02:44	03:15	05:26	10:43	05:29	<b>28:12</b>	24,998	206	78%
		<b>MEPs:</b>		164	390	978	2,572	1,316	<b>5,420</b>			
Sian Mills	20	<b>Mins:</b>	01:18	05:20	09:23	09:02	06:07	01:30	<b>32:40</b>	12,951	174	70%
		<b>MEPs:</b>		320	1,126	1,626	1,468	360	<b>4,900</b>			
Lyn Fuller	12	<b>Mins:</b>	06:43	16:24	11:38	06:32	01:57	00:17	<b>43:31</b>	13,195	176	60%
		<b>MEPs:</b>		984	1,396	1,176	468	68	<b>4,092</b>			
Francis Worsley	68	<b>Mins:</b>	12:30	24:43	09:11	04:10	02:00	00:18	<b>52:52</b>	26,921	206	55%
		<b>MEPs:</b>		1,483	1,102	750	480	72	<b>3,887</b>			
Frair Burgess	23	<b>Mins:</b>	47:23	28:00	09:22	00:56	00:03	00:00	<b>85:44</b>	11,458	151	48%
		<b>MEPs:</b>		1,680	1,124	168	12	0	<b>2,984</b>			
Paul Nichols	19	<b>Mins:</b>	14:55	16:02	06:30	03:27	02:15	00:17	<b>43:26</b>	17,433	164	55%
		<b>MEPs:</b>		962	780	621	540	68	<b>2,971</b>			
Inez Daly	20	<b>Mins:</b>	02:33	07:00	10:23	05:52	00:51	00:00	<b>26:39</b>	11,130	168	62%
		<b>MEPs:</b>		420	1,246	1,056	204	0	<b>2,926</b>			
Michael Leevy	20	<b>Mins:</b>	05:04	11:14	08:27	04:20	01:41	00:00	<b>30:46</b>	18,071	175	59%
		<b>MEPs:</b>		674	1,014	780	404	0	<b>2,872</b>			
Niamh Moreton	18	<b>Mins:</b>	01:42	03:54	03:59	04:12	05:43	00:01	<b>19:31</b>	9,156	179	68%
		<b>MEPs:</b>		234	478	756	1,372	4	<b>2,844</b>			
kerry mackin	13	<b>Mins:</b>	04:11	09:46	07:42	03:15	02:15	00:44	<b>27:53</b>	8,820	180	61%
		<b>MEPs:</b>		586	924	585	540	176	<b>2,811</b>			
Jane Ansell	18	<b>Mins:</b>	07:47	09:13	06:50	04:13	01:52	00:44	<b>30:39</b>	5,461	153	59%
		<b>MEPs:</b>		553	820	759	448	176	<b>2,756</b>			
Clare Stringer	14	<b>Mins:</b>	30:47	07:38	04:04	02:51	03:19	00:34	<b>49:13</b>	7,047	209	50%
		<b>MEPs:</b>		458	488	513	796	136	<b>2,391</b>			
Richard Thornber	11	<b>Mins:</b>	06:40	03:02	01:50	02:47	05:42	00:12	<b>20:13</b>	11,816	191	62%
		<b>MEPs:</b>		182	220	501	1,368	48	<b>2,319</b>			

Mark Mayes	25	<b>Mins:</b> <b>MEPs:</b>	07:20 428	07:08 524	04:22 876	04:52 364	01:31 20	00:05 20	<b>25:18</b> <b>2,212</b>	10,087	162	58%
Tim Donovan	11	<b>Mins:</b> <b>MEPs:</b>	06:07 260	04:20 454	03:47 1,089	06:03 336	01:24 4	00:01 4	<b>21:42</b> <b>2,143</b>	11,720	203	59%
John Moreton	14	<b>Mins:</b> <b>MEPs:</b>	00:15 216	03:36 1,196	09:58 687	03:49 4	00:01 0	00:00 0	<b>17:39</b> <b>2,103</b>	15,488	123	64%
Leyon Joseph	13	<b>Mins:</b> <b>MEPs:</b>	03:28 226	03:46 444	03:42 774	04:18 440	01:50 212	00:53 212	<b>17:57</b> <b>2,096</b>	10,261	196	64%
Jenny Heywood	15	<b>Mins:</b> <b>MEPs:</b>	06:10 755	12:35 1,112	09:16 180	01:00 4	00:01 0	00:00 0	<b>29:02</b> <b>2,051</b>	5,548	147	56%
Lee Cooper	10	<b>Mins:</b> <b>MEPs:</b>	01:36 226	03:46 600	05:00 642	03:34 424	01:46 56	00:14 56	<b>15:56</b> <b>1,948</b>	9,771	167	65%
Sarah-Jane Tarr	28	<b>Mins:</b> <b>MEPs:</b>	14:07 707	11:47 514	04:17 498	02:46 208	00:52 0	00:00 0	<b>33:49</b> <b>1,927</b>	9,396	229	52%
George Mayes	16	<b>Mins:</b> <b>MEPs:</b>	03:30 323	05:23 560	04:40 642	03:34 324	01:21 12	00:03 12	<b>18:31</b> <b>1,861</b>	6,335	176	61%
Gemma Howse	20	<b>Mins:</b> <b>MEPs:</b>	40:23 663	11:03 700	05:50 369	02:03 108	00:27 108	00:00 0	<b>59:46</b> <b>1,840</b>	6,621	163	45%
Tracy Allbon	12	<b>Mins:</b> <b>MEPs:</b>	00:15 29	00:29 134	01:07 366	02:02 1,028	04:17 272	01:08 272	<b>09:18</b> <b>1,829</b>	5,128	184	78%
Sue Davis	7	<b>Mins:</b> <b>MEPs:</b>	09:46 530	08:50 514	04:17 318	01:46 232	00:58 192	00:48 192	<b>26:25</b> <b>1,786</b>	6,195	183	55%
Brooke Bryan	14	<b>Mins:</b> <b>MEPs:</b>	01:30 180	03:00 318	02:39 504	02:48 628	02:37 108	00:27 108	<b>13:01</b> <b>1,738</b>	8,909	172	67%
Rachel O'Neill	11	<b>Mins:</b> <b>MEPs:</b>	10:56 197	03:17 234	01:57 330	01:50 760	03:10 180	00:45 180	<b>21:55</b> <b>1,701</b>	5,284	187	55%
Boo Donovan	20	<b>Mins:</b> <b>MEPs:</b>	07:08 742	12:22 544	04:32 186	01:02 212	00:53 0	00:00 0	<b>25:57</b> <b>1,684</b>	5,954	167	55%
Anne Harper	9	<b>Mins:</b> <b>MEPs:</b>	00:29 274	04:34 454	03:47 693	03:51 236	00:59 20	00:05 20	<b>13:45</b> <b>1,677</b>	4,855	168	65%
Kirstie Mayes	20	<b>Mins:</b> <b>MEPs:</b>	08:13 881	14:41 628	05:14 138	00:46 0	00:00 0	00:00 0	<b>28:54</b> <b>1,647</b>	6,488	156	53%
Boris B	16	<b>Mins:</b> <b>MEPs:</b>	10:49 932	15:32 582	04:51 93	00:31 28	00:07 12	00:03 12	<b>31:53</b> <b>1,647</b>	11,059	209	53%

Emily Payne	16	<b>Mins:</b> <b>MEPs:</b>	03:00 201	03:21 322	02:41 405	02:15 688	02:52 0	00:00 <b>14:09</b>	5,288	172	62%
Debbie Penney	9	<b>Mins:</b> <b>MEPs:</b>	02:12 225	03:45 234	01:57 309	01:43 708	02:57 76	00:19 <b>12:53</b>	4,817	176	64%
Melissa Beadsworth	12	<b>Mins:</b> <b>MEPs:</b>	02:35 80	01:20 122	01:01 141	00:47 400	01:40 800	03:20 <b>10:43</b>	4,158	167	70%
Leanne Gelder	11	<b>Mins:</b> <b>MEPs:</b>	02:07 269	04:29 410	03:25 498	02:46 360	01:30 4	00:01 <b>14:18</b>	5,128	169	62%
Bev Tout	11	<b>Mins:</b> <b>MEPs:</b>	00:36 221	03:41 940	07:50 339	01:53 40	00:10 0	00:00 <b>14:10</b>	4,755	153	62%
Jess Mayes	8	<b>Mins:</b> <b>MEPs:</b>	01:06 116	01:56 440	03:40 495	02:45 404	01:41 32	00:08 <b>11:16</b>	5,252	188	66%
Annmarie Cooper	11	<b>Mins:</b> <b>MEPs:</b>	04:14 273	04:33 326	02:43 249	01:23 552	02:18 76	00:19 <b>15:30</b>	4,367	167	59%
Sandy Saunders	10	<b>Mins:</b> <b>MEPs:</b>	03:25 111	01:51 264	02:12 426	02:22 560	02:20 84	00:21 <b>12:31</b>	6,714	163	63%
Clare Rhodes	13	<b>Mins:</b> <b>MEPs:</b>	11:03 372	06:12 244	02:02 291	01:37 520	02:10 16	00:04 <b>23:08</b>	4,575	169	54%
yum HAMSTEAD is o	13	<b>Mins:</b> <b>MEPs:</b>	05:53 606	10:06 522	04:21 270	01:30 12	00:03 0	00:00 <b>21:53</b>	4,580	153	55%
Paul Davis	9	<b>Mins:</b> <b>MEPs:</b>	05:16 354	05:54 514	04:17 408	02:16 132	00:33 0	00:00 <b>18:16</b>	8,675	168	57%
Bridgetta Worsley	14	<b>Mins:</b> <b>MEPs:</b>	00:08 152	02:32 500	04:10 444	02:28 248	01:02 44	00:11 <b>10:31</b>	3,554	170	66%
Britt Megahey	12	<b>Mins:</b> <b>MEPs:</b>	00:43 151	02:31 530	04:25 486	02:42 208	00:52 8	00:02 <b>11:15</b>	7,059	161	64%
Clare Longman	16	<b>Mins:</b> <b>MEPs:</b>	07:11 554	09:14 694	05:47 117	00:39 12	00:03 4	00:01 <b>22:55</b>	4,225	166	54%
Clare Greenhalgh	11	<b>Mins:</b> <b>MEPs:</b>	08:12 518	08:38 654	05:27 159	00:53 32	00:08 0	00:00 <b>23:18</b>	5,258	168	53%
Kirsty Garratt	10	<b>Mins:</b> <b>MEPs:</b>	00:46 151	02:31 468	03:54 699	03:53 44	00:11 0	00:00 <b>11:15</b>	2,765	159	64%
Larissa Bryan	19	<b>Mins:</b> <b>MEPs:</b>	06:23 297	04:57 418	03:29 372	02:04 248	01:02 20	00:05 <b>18:00</b>	4,844	181	56%

Richard Marrington	5	<b>Mins:</b> <b>MEPs:</b>	00:02 50	00:50 194	01:37 210	01:10 784	03:16 88	00:22 <b>07:17</b>	<b>1,326</b>	5,856	168	75%
Rhys Burningham	13	<b>Mins:</b> <b>MEPs:</b>	04:33 261	04:21 392	03:16 327	01:49 280	01:10 60	00:15 <b>15:24</b>	<b>1,320</b>	6,848	177	58%
Amanda Mansell	17	<b>Mins:</b> <b>MEPs:</b>	03:05 534	08:54 722	06:01 60	00:20 0	00:00 0	00:00 <b>18:20</b>	<b>1,316</b>	5,787	156	56%
Rose Joseph	14	<b>Mins:</b> <b>MEPs:</b>	06:18 392	06:32 528	04:24 339	01:53 56	00:14 0	00:00 <b>19:21</b>	<b>1,315</b>	4,763	157	55%
Michelle Nelson	10	<b>Mins:</b> <b>MEPs:</b>	00:11 48	00:48 456	03:48 576	03:12 220	00:55 12	00:03 <b>08:57</b>	<b>1,312</b>	4,233	166	69%
Liza Barber	15	<b>Mins:</b> <b>MEPs:</b>	02:21 177	02:57 412	03:26 549	03:03 168	00:42 0	00:00 <b>12:29</b>	<b>1,306</b>	3,330	159	61%
Nina Savage	8	<b>Mins:</b> <b>MEPs:</b>	02:47 82	01:22 190	01:35 129	00:43 380	01:35 524	02:11 <b>10:13</b>	<b>1,305</b>	3,949	175	66%
Hayley SK	9	<b>Mins:</b> <b>MEPs:</b>	07:13 613	10:13 442	03:41 132	00:44 80	00:20 36	00:09 <b>22:20</b>	<b>1,303</b>	5,852	188	53%
Becky Burningham	13	<b>Mins:</b> <b>MEPs:</b>	12:00 350	05:50 278	02:19 249	01:23 380	01:35 44	00:11 <b>23:18</b>	<b>1,301</b>	4,074	171	53%
Vickie moody	18	<b>Mins:</b> <b>MEPs:</b>	07:49 446	07:26 406	03:23 258	01:26 132	00:33 44	00:11 <b>20:48</b>	<b>1,286</b>	4,858	198	53%
Alex Ansell	15	<b>Mins:</b> <b>MEPs:</b>	04:32 234	03:54 294	02:27 285	01:35 412	01:43 40	00:10 <b>14:21</b>	<b>1,265</b>	3,807	181	58%
Sarah Barrett	4	<b>Mins:</b> <b>MEPs:</b>	01:03 98	01:38 348	02:54 267	01:29 412	01:43 124	00:31 <b>09:18</b>	<b>1,249</b>	3,942	186	67%
Ian Cooke	10	<b>Mins:</b> <b>MEPs:</b>	04:32 335	05:35 394	03:17 273	01:31 140	00:35 0	00:00 <b>15:30</b>	<b>1,142</b>	6,816	161	56%
Matthew Guille	10	<b>Mins:</b> <b>MEPs:</b>	08:24 431	07:11 478	03:59 138	00:46 36	00:09 0	00:00 <b>20:29</b>	<b>1,083</b>	5,895	134	52%
Kate Mardel-Ferreira	9	<b>Mins:</b> <b>MEPs:</b>	12:03 206	03:26 246	02:03 255	01:25 208	00:52 20	00:05 <b>19:54</b>	<b>935</b>	3,355	175	49%
Andy Powell	6	<b>Mins:</b> <b>MEPs:</b>	04:07 163	02:43 140	01:10 183	01:01 228	00:57 96	00:24 <b>10:22</b>	<b>810</b>	3,899	159	57%
Vince Hayter	3	<b>Mins:</b> <b>MEPs:</b>	00:04 16	00:16 126	01:03 183	01:01 320	01:20 52	00:13 <b>03:57</b>	<b>697</b>	3,374	170	75%

Megan Fox	6	<b>Mins:</b> <b>MEPs:</b>	00:49 40	00:40 70	00:35 165	00:55 324	01:21 32	00:08 <b>04:28</b> <b>631</b>	2,016	186	68%
Sharon Gallagher	6	<b>Mins:</b> <b>MEPs:</b>	00:06 48	00:48 132	01:06 219	01:13 224	00:56 4	00:01 <b>04:10</b> <b>627</b>	1,637	151	69%
Laura Surman	10	<b>Mins:</b> <b>MEPs:</b>	08:18 251	04:11 312	02:36 36	00:12 0	00:00 0	00:00 <b>15:17</b> <b>599</b>	2,326	145	49%
Sophia Cooper	5	<b>Mins:</b> <b>MEPs:</b>	01:33 141	02:21 262	02:11 108	00:36 76	00:19 4	00:01 <b>07:01</b> <b>591</b>	2,143	182	58%
BINA WILSON	4	<b>Mins:</b> <b>MEPs:</b>	03:12 163	02:43 96	00:48 150	00:50 156	00:39 16	00:04 <b>08:16</b> <b>581</b>	1,982	175	55%
Toni Reid	3	<b>Mins:</b> <b>MEPs:</b>	01:29 178	02:58 124	01:02 102	00:34 76	00:19 4	00:01 <b>06:23</b> <b>484</b>	1,569	166	56%
Kira Baker	3	<b>Mins:</b> <b>MEPs:</b>	00:02 0	00:00 10	00:05 24	00:08 188	00:47 120	00:30 <b>01:32</b> <b>342</b>	1,087	188	84%
Richard Banks	2	<b>Mins:</b> <b>MEPs:</b>	00:13 26	00:26 66	00:33 69	00:23 116	00:29 12	00:03 <b>02:07</b> <b>289</b>	1,466	173	67%
Kymerley Saunders	2	<b>Mins:</b> <b>MEPs:</b>	00:37 27	00:27 38	00:19 135	00:45 28	00:07 0	00:00 <b>02:15</b> <b>228</b>	821	164	60%
Katie Le Flem	3	<b>Mins:</b> <b>MEPs:</b>	00:09 82	01:22 80	00:40 15	00:05 8	00:02 4	00:01 <b>02:19</b> <b>189</b>	597	158	58%
Karen Gale	3	<b>Mins:</b> <b>MEPs:</b>	00:06 7	00:07 142	01:11 3	00:01 0	00:00 0	00:00 <b>01:25</b> <b>152</b>	568	137	61%
sue wierzbicki	2	<b>Mins:</b> <b>MEPs:</b>	00:52 61	01:01 52	00:26 21	00:07 0	00:00 0	00:00 <b>02:26</b> <b>134</b>	506	144	53%