

Key Numbers Report

01 Nov 21 - 30 Nov 21



Date Range: 01 Nov 21 - 30 Nov 21

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Anne Harper	34	Mins:	01:43	08:27	08:45	11:12	12:21	00:23	42:51	17,720	189	70%
		MEPs:		507	1,050	2,016	2,964	92	6,629			
Bridgetta Worsley	48	Mins:	03:03	08:28	25:07	08:21	01:09	00:03	46:11	14,162	177	64%
		MEPs:		508	3,014	1,503	276	12	5,313			
Boo Donovan	43	Mins:	06:30	17:13	18:58	05:04	03:23	00:11	51:19	17,076	173	61%
		MEPs:		1,033	2,276	912	812	44	5,077			
Francis Worsley	46	Mins:	02:55	10:18	19:59	04:27	03:18	01:21	42:18	26,855	171	64%
		MEPs:		618	2,398	801	792	324	4,933			
Darren Moody	13	Mins:	01:15	03:05	02:53	05:48	09:18	01:36	23:55	20,489	182	74%
		MEPs:		185	346	1,044	2,232	384	4,191			
Megan Fox	11	Mins:	01:51	04:30	04:21	04:25	05:53	02:41	23:41	12,226	206	71%
		MEPs:		270	522	795	1,412	644	3,643			
Clare Stringer	21	Mins:	16:27	08:02	05:48	04:49	02:59	00:50	38:55	7,799	174	56%
		MEPs:		482	696	867	716	200	2,961			
Amanda Mansell	23	Mins:	04:14	09:15	13:59	03:01	00:07	00:00	30:36	11,194	170	60%
		MEPs:		555	1,678	543	28	0	2,804			
Dominic Cahill	31	Mins:	11:39	09:53	07:57	03:29	01:25	00:04	34:27	15,276	164	57%
		MEPs:		593	954	627	340	16	2,530			
Gemma Howse	33	Mins:	43:05	06:08	03:01	03:12	05:01	00:03	60:30	7,495	183	46%
		MEPs:		368	362	576	1,204	12	2,522			
Kathleen Charles	14	Mins:	00:08	01:20	04:16	05:44	02:48	00:22	14:38	4,658	161	72%
		MEPs:		80	512	1,032	672	88	2,384			
Lee Cooper	17	Mins:	05:06	03:59	04:11	03:11	03:14	01:12	20:53	11,789	175	62%
		MEPs:		239	502	573	776	288	2,378			
Nina Savage	10	Mins:	02:23	03:22	03:33	02:02	04:57	00:42	16:59	7,008	175	68%
		MEPs:		202	426	366	1,188	168	2,350			
Ian Cooke	6	Mins:	03:56	08:14	06:54	03:12	00:55	00:32	23:43	13,206	170	60%
		MEPs:		494	828	576	220	128	2,246			

Michael Leevy	21	Mins: MEPs:	02:45 359	05:59 752	06:16 792	04:24 320	01:20 0	00:00 20:44 2,223	13,064	168	63%
Richard Banks	13	Mins: MEPs:	00:28 110	01:50 322	02:41 558	03:06 1,160	04:50 44	00:11 13:06 2,194	10,445	174	73%
Paul Nichols	12	Mins: MEPs:	03:53 352	05:52 396	03:18 681	03:47 744	03:06 4	00:01 19:57 2,177	11,011	161	62%
olly donovan	15	Mins: MEPs:	04:50 475	07:55 502	04:11 438	02:26 520	02:10 172	00:43 22:15 2,107	10,151	193	60%
Charles Jackson	12	Mins: MEPs:	02:14 88	01:28 234	01:57 252	01:24 1,308	05:27 204	00:51 13:21 2,086	10,216	189	70%
Inez Daly	10	Mins: MEPs:	03:23 384	06:24 520	04:20 837	04:39 324	01:21 4	00:01 20:08 2,069	7,922	179	62%
Kirstie Mayes	50	Mins: MEPs:	14:03 1,294	21:34 686	05:43 84	00:28 0	00:00 0	00:00 41:48 2,064	8,402	160	52%
Mark Mayes	20	Mins: MEPs:	05:45 274	04:34 288	02:24 513	02:51 808	03:22 168	00:42 19:38 2,051	8,861	177	61%
Kirsty Garratt	12	Mins: MEPs:	00:22 57	00:57 168	01:24 717	03:59 1,104	04:36 0	00:00 11:18 2,046	4,425	172	75%
Boris B	41	Mins: MEPs:	06:37 633	10:33 572	04:46 441	02:27 292	01:13 20	00:05 25:41 1,958	11,413	176	57%
neil kirkland	24	Mins: MEPs:	03:22 693	11:33 562	04:41 348	01:56 204	00:51 124	00:31 22:54 1,931	11,797	183	59%
Tracy Allbon	13	Mins: MEPs:	00:16 57	00:57 250	02:05 138	00:46 1,152	04:48 284	01:11 10:03 1,881	5,392	176	77%
Tim Donovan	9	Mins: MEPs:	06:42 114	01:54 138	01:09 618	03:26 968	04:02 20	00:05 17:18 1,858	9,252	174	61%
George Mayes	11	Mins: MEPs:	01:31 235	03:55 416	03:28 612	03:24 500	02:05 32	00:08 14:31 1,795	5,849	194	65%
Katie Le Flem	22	Mins: MEPs:	09:15 492	08:12 428	03:34 387	02:09 312	01:18 140	00:35 25:03 1,759	5,355	178	55%
Andy Beadsworth	5	Mins: MEPs:	02:47 522	08:42 776	06:28 255	01:25 176	00:44 8	00:02 20:08 1,737	12,169	172	56%
Helen Geering	12	Mins: MEPs:	02:06 246	04:06 504	04:12 633	03:31 340	01:25 0	00:00 15:20 1,723	5,414	159	63%

Brooke Bryan	11	Mins: MEPs:	01:06	01:29	02:04	02:31	03:30	00:17	10:57 1,698	8,424	185	71%
Alfie brown	6	Mins: MEPs:	02:03	02:47	02:14	02:22	02:33	00:49	12:48 1,669	8,238	193	66%
Larissa Bryan	11	Mins: MEPs:	00:12	01:43	02:23	03:13	02:43	00:09	10:23 1,656	5,448	180	71%
Sian Mills	14	Mins: MEPs:	00:37	02:23	04:24	04:07	00:40	00:00	12:11 1,572	4,241	167	66%
Annmarie Cooper	12	Mins: MEPs:	05:41	02:39	01:37	01:30	02:54	01:03	15:24 1,571	4,407	169	61%
Rhys Burningham	10	Mins: MEPs:	00:49	00:59	01:30	02:00	03:24	00:35	09:17 1,555	7,093	173	73%
Clare Rhodes	9	Mins: MEPs:	01:00	02:14	01:36	01:34	02:30	01:26	10:20 1,552	4,511	175	70%
Jane Ansell	12	Mins: MEPs:	02:26	04:54	05:02	02:51	00:29	00:00	15:42 1,527	2,906	142	61%
Becky Burningham	12	Mins: MEPs:	00:54	02:10	01:53	03:07	02:30	00:01	10:35 1,521	4,377	171	68%
Sue Davis	11	Mins: MEPs:	09:51	06:47	04:08	01:28	00:53	00:32	23:39 1,507	5,203	182	54%
Curtis Batterbee	12	Mins: MEPs:	00:18	01:00	02:30	02:02	01:52	01:23	09:05 1,506	7,403	185	73%
Leyon Joseph	12	Mins: MEPs:	05:29	02:08	02:14	04:23	01:20	00:00	15:34 1,505	7,582	161	59%
Clare Longman	18	Mins: MEPs:	09:51	09:09	07:08	00:29	00:01	00:00	26:38 1,496	4,721	140	53%
Victoria Hodgson	15	Mins: MEPs:	09:18	09:52	02:43	02:02	00:44	00:01	24:40 1,464	4,964	204	54%
Emily Payne	11	Mins: MEPs:	00:53	01:34	01:20	02:04	03:22	00:00	09:13 1,434	4,432	170	70%
Matthew Guille	10	Mins: MEPs:	04:06	01:57	02:53	03:50	00:59	00:07	13:52 1,417	5,969	146	60%
Sandy Saunders	12	Mins: MEPs:	08:39	03:42	03:08	01:59	01:41	00:11	19:20 1,403	7,200	162	55%

Danielle Cheyney	3	Mins: MEPs:	01:19 99	01:39 112	00:56 165	00:55 165	02:23 572	01:52 448	09:04 1,396	4,289	193	72%
Niamh Moreton	11	Mins: MEPs:	00:24 136	02:16 426	03:33 429	02:23 392	01:38 12	00:03 12	10:17 1,395	4,754	185	67%
Sarah Barrett	10	Mins: MEPs:	00:32 88	01:28 194	01:37 237	01:19 548	02:17 324	01:21 324	08:34 1,391	4,386	187	73%
Melissa Beadsworth	10	Mins: MEPs:	01:07 97	01:37 252	02:06 324	01:48 224	00:56 480	02:00 480	09:34 1,377	3,717	207	71%
Elaine Smith	12	Mins: MEPs:	03:44 314	05:14 544	04:32 318	01:46 164	00:41 20	00:05 20	16:02 1,360	5,436	178	59%
Lyndsey kirkland	16	Mins: MEPs:	05:39 672	11:12 666	05:33 12	00:04 8	00:02 0	00:00 0	22:30 1,358	5,602	170	54%
John Moreton	10	Mins: MEPs:	01:11 212	03:32 506	04:13 576	03:12 60	00:15 0	00:00 0	12:23 1,354	9,944	135	62%
Jessica Mills	13	Mins: MEPs:	01:11 232	03:52 822	06:51 252	01:24 36	00:09 0	00:00 0	13:27 1,342	5,269	176	61%
Vince Hayter	9	Mins: MEPs:	01:17 225	03:45 470	03:55 222	01:14 372	01:33 52	00:13 52	11:57 1,341	7,399	169	63%
Paul Davis	12	Mins: MEPs:	05:11 263	04:23 476	03:58 381	02:07 212	00:53 4	00:01 4	16:33 1,336	7,946	173	57%
Bev Tout	10	Mins: MEPs:	01:01 274	04:34 712	05:56 264	01:28 72	00:18 12	00:03 12	13:20 1,334	4,296	163	61%
BINA WILSON	11	Mins: MEPs:	04:55 207	03:27 194	01:37 279	01:33 480	02:00 172	00:43 172	14:15 1,332	4,428	183	59%
Richard Marrington	8	Mins: MEPs:	00:10 39	00:39 128	01:04 372	02:04 752	03:08 36	00:09 36	07:14 1,327	5,781	165	75%
Kate Graham-Evans	7	Mins: MEPs:	01:32 228	03:48 272	02:16 339	01:53 456	01:54 32	00:08 32	11:31 1,327	4,884	192	64%
Britt Megahey	8	Mins: MEPs:	00:32 104	01:44 374	03:07 492	02:44 340	01:25 16	00:04 16	09:36 1,326	6,512	167	67%
Hayley SK	8	Mins: MEPs:	05:37 347	05:47 400	03:20 357	01:59 148	00:37 72	00:18 72	17:38 1,324	5,355	197	57%
Lorraine Clode	12	Mins: MEPs:	00:54 108	01:48 662	05:31 543	03:01 8	00:02 0	00:00 0	11:16 1,321	5,883	186	64%

Ellen Shearon	11	Mins: MEPs:	24:34 1,071	17:51 1,071	01:56 232	00:05 15	00:00 0	00:00 0	44:26 1,318	4,668	135	49%
Bruce Mills	12	Mins: MEPs:	00:36 290	04:50 582	04:51 300	01:40 132	00:33 4	00:01 4	12:31 1,308	7,407	163	62%
sue wierzbicki	10	Mins: MEPs:	06:10 514	08:34 576	04:48 192	01:04 16	00:04 4	00:01 4	20:41 1,302	5,494	187	55%
Michelle Nelson	13	Mins: MEPs:	06:18 364	06:04 348	02:54 324	01:48 252	01:03 12	00:03 12	18:10 1,300	4,758	172	56%
Jess Mayes	14	Mins: MEPs:	02:16 307	05:07 456	03:48 297	01:39 200	00:50 40	00:10 40	13:50 1,300	5,178	189	60%
Sharon Gallagher	8	Mins: MEPs:	00:33 140	02:20 306	02:33 456	02:32 220	00:55 0	00:00 0	08:53 1,122	2,999	151	65%
Jack Mason	9	Mins: MEPs:	05:05 63	01:03 158	01:19 171	00:57 348	01:27 316	01:19 316	11:10 1,056	5,059	184	56%
Connor Gale	4	Mins: MEPs:	00:50 15	00:15 92	00:46 249	01:23 332	01:23 300	01:15 300	05:52 988	4,938	209	74%
Lesley birch	7	Mins: MEPs:	03:06 121	02:01 84	00:42 411	02:17 288	01:12 0	00:00 0	09:18 904	2,970	164	60%
Kymberley Saunders	8	Mins: MEPs:	03:45 113	01:53 226	01:53 324	01:48 52	00:13 0	00:00 0	09:32 715	2,694	175	55%
Sophia Cooper	4	Mins: MEPs:	01:40 149	02:29 210	01:45 165	00:55 116	00:29 4	00:01 4	07:19 644	2,280	183	59%
Anne Megahey	5	Mins: MEPs:	00:23 98	01:38 156	01:18 159	00:53 144	00:36 76	00:19 76	05:07 633	1,787	174	66%
Lou Barrow	4	Mins: MEPs:	01:44 91	01:31 110	00:55 234	01:18 172	00:43 4	00:01 4	06:12 611	1,698	163	60%
Kathryn Smith	5	Mins: MEPs:	02:33 146	02:26 208	01:44 216	01:12 36	00:09 0	00:00 0	08:04 606	1,854	150	56%
Vickie moody	9	Mins: MEPs:	08:50 279	04:39 188	01:34 48	00:16 24	00:06 0	00:00 0	15:25 539	2,185	159	48%
Claire Moase	8	Mins: MEPs:	00:45 37	00:37 120	01:00 198	01:06 168	00:42 0	00:00 0	04:10 523	1,358	158	65%
Ollie Davis	4	Mins: MEPs:	02:08 57	00:57 36	00:18 141	00:47 200	00:50 24	00:06 24	05:06 458	2,306	179	57%

Christina Diaper	2	Mins: MEPs:	00:33 19	00:19 19	00:41 82	00:22 66	00:23 92	00:32 128	02:50 387	1,080	180	69%
Sian Rixon	2	Mins: MEPs:	02:27 93	01:33 93	00:42 84	00:26 78	00:17 68	00:01 4	05:26 327	1,007	175	52%
suzanne Auger	2	Mins: MEPs:	00:16 40	00:40 40	00:22 44	00:24 72	00:24 96	00:04 16	02:10 268	1,082	175	65%
Dan Mills	2	Mins: MEPs:	00:13 38	00:38 38	00:55 110	00:34 102	00:03 12	00:00 0	02:23 262	1,350	173	64%
Kira Baker	2	Mins: MEPs:	00:02 4	00:04 4	00:20 40	00:45 135	00:09 36	00:11 44	01:31 259	883	186	74%
Alex Ansell	1	Mins: MEPs:	00:07 14	00:14 14	00:13 26	00:06 18	00:05 20	00:30 120	01:15 198	628	190	74%
Pam Saunders	2	Mins: MEPs:	00:53 76	01:16 76	00:31 62	00:13 39	00:05 20	00:00 0	02:58 197	624	147	56%
Rose Joseph	1	Mins: MEPs:	00:06 8	00:08 8	00:12 24	00:18 54	00:26 104	00:00 0	01:10 190	605	170	71%
Liza Riggway	1	Mins: MEPs:	00:00 2	00:02 2	00:02 4	00:10 30	00:10 40	00:28 112	00:52 188	480	168	85%
Holly Beadsworth	2	Mins: MEPs:	00:03 15	00:15 15	00:10 20	00:08 24	00:26 104	00:04 16	01:06 179	555	175	73%
Steve Gale	1	Mins: MEPs:	00:04 2	00:02 2	00:06 12	00:09 27	00:13 52	00:02 8	00:36 101	475	175	74%
Mark Gulliford	1	Mins: MEPs:	00:05 14	00:14 14	00:09 18	00:17 51	00:00 0	00:00 0	00:45 83	521	149	62%