

# Key Numbers Report

01 Nov 22 - 30 Nov 22



Date Range: 01 Nov 22 - 30 Nov 22

Number of Moves: 1 -

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Sue Davis	18	<b>Mins:</b>	32:16	11:04	06:20	02:43	06:10	03:31	<b>62:04</b>	13,393	181	55%
		<b>MEPs:</b>		664	760	489	1,480	844	<b>4,237</b>			
Kirsty Garratt	30	<b>Mins:</b>	00:38	04:04	08:44	09:59	03:34	00:03	<b>27:02</b>	8,398	172	69%
		<b>MEPs:</b>		244	1,048	1,797	856	12	<b>3,957</b>			
Darren Moody	10	<b>Mins:</b>	01:40	03:49	02:46	04:34	07:13	01:46	<b>21:48</b>	17,674	181	72%
		<b>MEPs:</b>		229	332	822	1,732	424	<b>3,539</b>			
Boo Donovan	25	<b>Mins:</b>	07:37	12:50	12:05	03:26	02:25	00:11	<b>38:34</b>	11,683	175	59%
		<b>MEPs:</b>		770	1,450	618	580	44	<b>3,462</b>			
Lyn Fuller	8	<b>Mins:</b>	04:52	08:31	10:48	04:36	01:08	00:31	<b>30:26</b>	9,655	179	61%
		<b>MEPs:</b>		511	1,296	828	272	124	<b>3,031</b>			
Liza Barber	30	<b>Mins:</b>	02:47	05:57	09:25	05:03	01:10	00:44	<b>25:06</b>	7,607	171	64%
		<b>MEPs:</b>		357	1,130	909	280	176	<b>2,852</b>			
Frair Burgess	29	<b>Mins:</b>	16:20	17:09	08:31	01:49	00:54	00:40	<b>45:23</b>	9,958	175	54%
		<b>MEPs:</b>		1,029	1,022	327	216	160	<b>2,754</b>			
George Mayes	23	<b>Mins:</b>	04:29	08:30	06:28	04:10	02:38	00:17	<b>26:32</b>	9,337	181	61%
		<b>MEPs:</b>		510	776	750	632	68	<b>2,736</b>			
Lorraine Clode	13	<b>Mins:</b>	01:39	01:18	03:06	05:33	05:02	00:13	<b>16:51</b>	9,131	209	71%
		<b>MEPs:</b>		78	372	999	1,208	52	<b>2,709</b>			
Bev Tout	19	<b>Mins:</b>	01:42	08:00	12:42	02:13	00:40	00:06	<b>25:23</b>	8,304	172	62%
		<b>MEPs:</b>		480	1,524	399	160	24	<b>2,587</b>			
Charlotte Simmons	14	<b>Mins:</b>	01:35	02:00	01:54	02:34	05:07	01:44	<b>14:54</b>	7,169	201	73%
		<b>MEPs:</b>		120	228	462	1,228	416	<b>2,454</b>			
Clare Rhodes	18	<b>Mins:</b>	17:19	08:58	03:29	03:08	03:02	00:29	<b>36:25</b>	7,249	169	54%
		<b>MEPs:</b>		538	418	564	728	116	<b>2,364</b>			
Kathleen Charles	14	<b>Mins:</b>	00:09	00:45	03:38	06:59	02:27	00:02	<b>14:00</b>	4,558	156	72%
		<b>MEPs:</b>		45	436	1,257	588	8	<b>2,334</b>			

John Moreton	14	<b>Mins:</b> <b>MEPs:</b>	00:38 302	05:02 834	06:57 1,101	06:07 60	00:15 0	00:00 <b>18:59</b> <b>2,297</b>	16,609	132	65%
Mark Mayes	18	<b>Mins:</b> <b>MEPs:</b>	05:13 255	04:15 408	03:24 663	03:41 788	03:17 148	00:37 <b>20:27</b> <b>2,262</b>	9,743	172	62%
Sandy Saunders	15	<b>Mins:</b> <b>MEPs:</b>	07:03 310	05:10 506	04:13 714	03:58 632	02:38 88	00:22 <b>23:24</b> <b>2,250</b>	11,334	183	60%
Megan Fox	10	<b>Mins:</b> <b>MEPs:</b>	03:08 249	04:09 412	03:26 558	03:06 668	02:47 148	00:37 <b>17:13</b> <b>2,035</b>	7,060	202	64%
Sharon Gallagher	17	<b>Mins:</b> <b>MEPs:</b>	02:18 353	05:53 660	05:30 603	03:21 352	01:28 44	00:11 <b>18:41</b> <b>2,012</b>	5,768	160	63%
Inez Daly	19	<b>Mins:</b> <b>MEPs:</b>	04:45 803	13:23 960	08:00 222	01:14 8	00:02 0	00:00 <b>27:24</b> <b>1,993</b>	9,089	163	57%
Niamh Moreton	13	<b>Mins:</b> <b>MEPs:</b>	01:29 200	03:20 340	02:50 477	02:39 944	03:56 20	00:05 <b>14:19</b> <b>1,981</b>	6,540	180	67%
Tracy Allbon	11	<b>Mins:</b> <b>MEPs:</b>	00:21 17	00:17 110	00:55 252	01:24 1,376	05:44 220	00:55 <b>09:36</b> <b>1,975</b>	5,410	169	80%
Jenny Heywood	15	<b>Mins:</b> <b>MEPs:</b>	03:30 574	09:34 1,298	10:49 102	00:34 0	00:00 0	00:00 <b>24:27</b> <b>1,974</b>	5,311	144	58%
Jane Ansell	21	<b>Mins:</b> <b>MEPs:</b>	05:53 573	09:33 876	07:18 426	02:22 60	00:15 0	00:00 <b>25:21</b> <b>1,935</b>	3,958	140	57%
Paul Davis	19	<b>Mins:</b> <b>MEPs:</b>	11:25 984	16:24 584	04:52 261	01:27 64	00:16 8	00:02 <b>34:26</b> <b>1,901</b>	13,959	173	54%
kerry mackin	9	<b>Mins:</b> <b>MEPs:</b>	02:17 293	04:53 516	04:18 408	02:16 444	01:51 208	00:52 <b>16:27</b> <b>1,869</b>	5,666	183	64%
Leanne Gelder	14	<b>Mins:</b> <b>MEPs:</b>	02:37 224	03:44 226	01:53 489	02:43 880	03:40 16	00:04 <b>14:41</b> <b>1,835</b>	5,686	170	65%
Anne Harper	9	<b>Mins:</b> <b>MEPs:</b>	01:12 305	05:05 570	04:45 618	03:26 300	01:15 4	00:01 <b>15:44</b> <b>1,797</b>	5,271	160	63%
Emily Payne	16	<b>Mins:</b> <b>MEPs:</b>	02:28 214	03:34 336	02:48 471	02:37 764	03:11 0	00:00 <b>14:38</b> <b>1,785</b>	5,900	173	64%
Boris B	41	<b>Mins:</b> <b>MEPs:</b>	12:03 958	15:58 550	04:35 186	01:02 80	00:20 0	00:00 <b>33:58</b> <b>1,774</b>	11,766	167	53%
Paul Nichols	10	<b>Mins:</b> <b>MEPs:</b>	02:44 195	03:15 268	02:14 600	03:20 696	02:54 12	00:03 <b>14:30</b> <b>1,771</b>	8,673	161	64%

Clare Stringer	14	<b>Mins:</b> <b>MEPs:</b>	14:34	03:33 213	02:06 252	02:41 483	02:46 664	00:31 124	<b>26:11</b> <b>1,736</b>	4,942	173	53%
Francis Worsley	42	<b>Mins:</b> <b>MEPs:</b>	07:48	15:20 920	03:55 470	00:40 120	00:49 196	00:02 8	<b>28:34</b> <b>1,714</b>	13,284	177	54%
Nina Savage	9	<b>Mins:</b> <b>MEPs:</b>	01:03	01:06 66	00:48 96	00:55 165	05:03 1,212	00:39 156	<b>09:34</b> <b>1,695</b>	4,730	179	75%
Michael Leevy	15	<b>Mins:</b> <b>MEPs:</b>	02:37	06:42 402	07:18 876	01:53 339	00:14 56	00:00 0	<b>18:44</b> <b>1,673</b>	11,044	168	59%
Melissa Beadsworth	15	<b>Mins:</b> <b>MEPs:</b>	03:03	03:04 184	02:25 290	01:34 282	01:27 348	02:18 552	<b>13:51</b> <b>1,656</b>	4,640	174	66%
Rhys Burningham	12	<b>Mins:</b> <b>MEPs:</b>	01:20	03:03 183	02:19 278	02:09 387	02:14 536	00:51 204	<b>11:56</b> <b>1,588</b>	7,737	177	67%
Helen Geering	13	<b>Mins:</b> <b>MEPs:</b>	02:33	03:01 181	03:53 466	02:31 453	01:28 352	00:21 84	<b>13:47</b> <b>1,536</b>	4,792	191	63%
Brooke Bryan	10	<b>Mins:</b> <b>MEPs:</b>	01:07	02:24 144	02:59 358	02:58 534	01:46 424	00:11 44	<b>11:25</b> <b>1,504</b>	8,082	184	66%
Katie Le Flem	12	<b>Mins:</b> <b>MEPs:</b>	00:17	03:16 196	07:23 886	01:55 345	00:09 36	00:04 16	<b>13:04</b> <b>1,479</b>	4,242	171	63%
Lee Cooper	22	<b>Mins:</b> <b>MEPs:</b>	08:14	05:39 339	02:38 316	03:02 546	01:08 272	00:00 0	<b>20:41</b> <b>1,473</b>	8,791	172	55%
Kirstie Mayes	26	<b>Mins:</b> <b>MEPs:</b>	13:08	13:33 813	03:29 418	00:28 84	00:38 152	00:00 0	<b>31:16</b> <b>1,467</b>	5,800	177	50%
neil kirkland	8	<b>Mins:</b> <b>MEPs:</b>	24:35	18:38 1,118	02:18 276	00:17 51	00:04 16	00:00 0	<b>45:52</b> <b>1,461</b>	10,868	160	49%
Bridgetta Worsley	13	<b>Mins:</b> <b>MEPs:</b>	00:15	03:06 186	03:11 382	02:51 513	01:30 360	00:03 12	<b>10:56</b> <b>1,453</b>	3,735	170	67%
Elaine Smith	8	<b>Mins:</b> <b>MEPs:</b>	01:08	02:20 140	03:55 470	02:45 495	01:10 280	00:15 60	<b>11:33</b> <b>1,445</b>	5,395	184	65%
yum HAMSTEAD is o	7	<b>Mins:</b> <b>MEPs:</b>	06:30	08:17 497	06:56 832	00:30 90	00:00 0	00:00 0	<b>22:13</b> <b>1,419</b>	4,719	156	55%
Ian Cooke	7	<b>Mins:</b> <b>MEPs:</b>	00:58	03:30 210	03:58 476	02:27 441	01:12 288	00:01 4	<b>12:06</b> <b>1,419</b>	7,760	164	64%
Annmarie Cooper	12	<b>Mins:</b> <b>MEPs:</b>	04:40	03:19 199	02:43 326	02:03 369	01:48 432	00:22 88	<b>14:55</b> <b>1,414</b>	4,166	171	60%

Victoria Hodgson	14	<b>Mins:</b> <b>MEPs:</b>	04:41 471	07:51 526	04:23 255	01:25 124	00:31 0	00:00 <b>18:51</b> <b>1,376</b>	4,544	153	57%
Becky Burningham	13	<b>Mins:</b> <b>MEPs:</b>	07:23 380	06:20 296	02:28 381	02:07 304	01:16 8	00:02 <b>19:36</b> <b>1,369</b>	4,333	167	55%
Amanda Mansell	15	<b>Mins:</b> <b>MEPs:</b>	01:28 369	06:09 746	06:13 234	01:18 16	00:04 0	00:00 <b>15:12</b> <b>1,365</b>	5,650	197	59%
Vickie moody	11	<b>Mins:</b> <b>MEPs:</b>	04:43 408	06:48 288	02:24 129	00:43 336	01:24 192	00:48 <b>16:50</b> <b>1,353</b>	4,936	176	57%
Michelle Nelson	16	<b>Mins:</b> <b>MEPs:</b>	02:29 279	04:39 620	05:10 342	01:54 108	00:27 0	00:00 <b>14:39</b> <b>1,349</b>	4,928	164	60%
Sian Mills	8	<b>Mins:</b> <b>MEPs:</b>	06:51 239	03:59 338	02:49 333	01:51 372	01:33 48	00:12 <b>17:15</b> <b>1,330</b>	3,701	174	57%
Alex Ansell	11	<b>Mins:</b> <b>MEPs:</b>	03:16 241	04:01 406	03:23 375	02:05 276	01:09 24	00:06 <b>14:00</b> <b>1,322</b>	4,064	180	60%
Rachel O'Neill	10	<b>Mins:</b> <b>MEPs:</b>	11:01 323	05:23 226	01:53 282	01:34 428	01:47 60	00:15 <b>21:53</b> <b>1,319</b>	4,438	176	53%
Jess Mayes	12	<b>Mins:</b> <b>MEPs:</b>	02:06 170	02:50 340	02:50 336	01:52 364	01:31 104	00:26 <b>11:35</b> <b>1,314</b>	4,774	194	63%
Britt Megahey	11	<b>Mins:</b> <b>MEPs:</b>	00:51 119	01:59 360	03:00 270	01:30 548	02:17 16	00:04 <b>09:41</b> <b>1,313</b>	6,406	171	67%
Hayley SK	16	<b>Mins:</b> <b>MEPs:</b>	10:49 616	10:16 374	03:07 186	01:02 56	00:14 80	00:20 <b>25:48</b> <b>1,312</b>	5,858	191	52%
Richard Marrington	9	<b>Mins:</b> <b>MEPs:</b>	00:02 32	00:32 132	01:06 453	02:31 680	02:50 12	00:03 <b>07:04</b> <b>1,309</b>	5,791	162	76%
Sarah-Jane Tarr	12	<b>Mins:</b> <b>MEPs:</b>	16:20 311	05:11 256	02:08 312	01:44 336	01:24 88	00:22 <b>27:09</b> <b>1,303</b>	5,701	226	49%
Clare Longman	16	<b>Mins:</b> <b>MEPs:</b>	05:39 460	07:40 616	05:08 174	00:58 44	00:11 8	00:02 <b>19:38</b> <b>1,302</b>	3,972	158	55%
Leyon Joseph	12	<b>Mins:</b> <b>MEPs:</b>	06:17 110	01:50 398	03:19 546	03:02 244	01:01 4	00:01 <b>15:30</b> <b>1,302</b>	6,847	163	57%
Richard Banks	10	<b>Mins:</b> <b>MEPs:</b>	01:53 107	01:47 262	02:11 219	01:13 564	02:21 136	00:34 <b>09:59</b> <b>1,288</b>	6,370	178	66%
Rose Joseph	7	<b>Mins:</b> <b>MEPs:</b>	01:26 113	01:53 150	01:15 426	02:22 364	01:31 12	00:03 <b>08:30</b> <b>1,065</b>	3,619	178	65%

Larissa Bryan	7	<b>Mins:</b> <b>MEPs:</b>	08:23	02:38	01:40	01:15	00:35	00:01	<b>14:32</b> <b>727</b>	2,608	179	50%
Kerry Nelson	5	<b>Mins:</b> <b>MEPs:</b>	01:23	03:39	02:11	01:02	00:14	00:00	<b>08:29</b> <b>723</b>	2,905	156	58%
BINA WILSON	5	<b>Mins:</b> <b>MEPs:</b>	04:28	04:00	01:46	00:58	00:18	00:00	<b>11:30</b> <b>698</b>	2,605	170	54%
Matthew Guille	6	<b>Mins:</b> <b>MEPs:</b>	02:37	03:07	02:05	00:28	00:09	00:04	<b>08:30</b> <b>573</b>	2,951	144	55%
Christina Diaper	4	<b>Mins:</b> <b>MEPs:</b>	00:41	00:39	00:48	01:06	00:41	00:07	<b>04:02</b> <b>525</b>	1,502	172	66%
sue wierzbicki	4	<b>Mins:</b> <b>MEPs:</b>	01:32	02:36	01:10	00:40	00:11	00:01	<b>06:10</b> <b>464</b>	1,690	173	57%
Anne Megahey	1	<b>Mins:</b> <b>MEPs:</b>	00:16	01:31	01:30	00:51	00:09	00:00	<b>04:17</b> <b>460</b>	1,343	160	62%
Toni Reid	3	<b>Mins:</b> <b>MEPs:</b>	01:22	01:48	00:53	00:22	00:10	00:00	<b>04:35</b> <b>320</b>	1,066	164	56%
Tim Donovan	2	<b>Mins:</b> <b>MEPs:</b>	01:18	00:58	00:27	00:38	00:18	00:01	<b>03:40</b> <b>302</b>	1,727	171	58%
Sophia Cooper	5	<b>Mins:</b> <b>MEPs:</b>	03:36	03:09	00:38	00:08	00:02	00:00	<b>07:33</b> <b>297</b>	1,262	175	51%
Andy Beadsworth	1	<b>Mins:</b> <b>MEPs:</b>	00:05	00:17	00:54	00:33	00:01	00:00	<b>01:50</b> <b>228</b>	1,241	141	65%
Steve Gale	2	<b>Mins:</b> <b>MEPs:</b>	00:06	00:06	01:17	00:10	00:00	00:00	<b>01:39</b> <b>190</b>	1,055	146	63%
Mandy Bowers	1	<b>Mins:</b> <b>MEPs:</b>	01:06	00:06	00:04	00:10	00:16	00:14	<b>01:56</b> <b>164</b>	446	172	55%
Kira Baker	1	<b>Mins:</b> <b>MEPs:</b>	00:09	00:13	00:11	00:21	00:14	00:00	<b>01:08</b> <b>154</b>	534	176	67%
Mark Gulliford	1	<b>Mins:</b> <b>MEPs:</b>	00:01	00:03	00:17	00:21	00:09	00:00	<b>00:51</b> <b>136</b>	777	170	72%
Sarah Barrett	1	<b>Mins:</b> <b>MEPs:</b>	00:10	00:01	00:03	00:01	00:00	00:00	<b>00:15</b> <b>10</b>	37	148	50%