

Key Numbers Report

01 Oct 20 - 31 Oct 20



Date Range: 01 Oct 20 - 31 Oct 20

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Jessica Mills	23	Mins:	05:10	16:40	32:51	18:43	02:03	00:01	75:28	32,666	184	64%
		MEPs:		1,000	3,942	3,369	492	4	8,807			
John Moreton	33	Mins:	05:40	29:30	18:21	09:45	00:39	00:00	63:55	49,004	136	60%
		MEPs:		1,770	2,202	1,755	156	0	5,883			
Darren Moody	17	Mins:	02:45	03:28	03:12	08:17	13:01	01:24	32:07	26,685	179	74%
		MEPs:		208	384	1,491	3,124	336	5,543			
Kathleen Charles	30	Mins:	00:28	04:21	10:23	12:37	05:08	00:05	33:02	10,628	155	70%
		MEPs:		261	1,246	2,271	1,232	20	5,030			
Ben Graham-Evans	30	Mins:	34:33	09:25	09:58	11:23	04:27	00:06	69:52	27,571	189	52%
		MEPs:		565	1,196	2,049	1,068	24	4,902			
Sue Davis	19	Mins:	37:41	11:17	06:54	03:29	07:01	02:20	68:42	13,662	176	53%
		MEPs:		677	828	627	1,684	560	4,376			
Danielle Cheyney	24	Mins:	05:17	05:56	04:18	05:20	07:51	01:37	30:19	12,475	187	67%
		MEPs:		356	516	960	1,884	388	4,104			
Megan Fox	17	Mins:	03:17	05:13	04:31	04:19	06:27	02:11	25:58	12,273	195	69%
		MEPs:		313	542	777	1,548	524	3,704			
Nina Savage	13	Mins:	10:52	06:18	04:37	03:39	05:26	02:36	33:28	10,352	177	61%
		MEPs:		378	554	657	1,304	624	3,517			
Andy Beadsworth	10	Mins:	05:25	08:49	07:02	03:53	04:37	01:18	31:04	19,929	187	63%
		MEPs:		529	844	699	1,108	312	3,492			
Lorraine Clode	24	Mins:	00:24	01:39	08:01	12:46	00:25	00:02	23:17	12,731	193	69%
		MEPs:		99	962	2,298	100	8	3,467			
Jack Mason	17	Mins:	02:50	02:24	02:32	03:38	05:14	02:17	18:55	13,780	194	70%
		MEPs:		144	304	654	1,256	548	2,906			
Bruce Mills	10	Mins:	04:27	06:22	05:01	05:48	03:24	00:08	25:10	14,429	180	62%
		MEPs:		382	602	1,044	816	32	2,876			
Michael Leevy	21	Mins:	06:41	10:45	09:38	04:16	01:07	00:03	32:30	17,859	176	59%
		MEPs:		645	1,156	768	268	12	2,849			

Paul Davis	8	Mins:	07:33	06:06	06:26	03:47	03:12	00:48	27:52	13,741	164	61%
		MEPs:		366	772	681	768	192	2,779			
Leyon Joseph	20	Mins:	07:13	03:55	04:05	04:00	04:07	00:27	23:47	12,207	175	61%
		MEPs:		235	490	720	988	108	2,541			
Sharon Gallagher	11	Mins:	00:34	04:05	04:38	04:55	03:06	00:05	17:23	6,362	154	68%
		MEPs:		245	556	885	744	20	2,450			
George Mayes	30	Mins:	04:39	14:46	05:33	02:11	01:29	00:00	28:38	8,642	169	57%
		MEPs:		886	666	393	356	0	2,301			
Emma Paxton	17	Mins:	04:10	05:41	03:44	03:35	02:52	00:39	20:41	8,288	190	63%
		MEPs:		341	448	645	688	156	2,278			
Jane Ansell	16	Mins:	04:00	08:30	08:21	03:27	00:27	00:00	24:45	4,283	142	60%
		MEPs:		510	1,002	621	108	0	2,241			
Sandy Saunders	13	Mins:	08:36	03:12	03:02	03:27	03:47	00:21	22:25	10,072	179	60%
		MEPs:		192	364	621	908	84	2,169			
Elaine Smith	10	Mins:	01:39	03:12	03:22	03:37	03:14	00:35	15:39	7,382	181	67%
		MEPs:		192	404	651	776	140	2,163			
Curtis Batterbee	10	Mins:	01:29	03:03	04:08	03:10	02:00	01:28	15:18	10,589	191	68%
		MEPs:		183	496	570	480	352	2,081			
Lissie Cervenka	18	Mins:	03:28	02:42	02:11	02:45	04:18	00:20	15:44	6,778	189	66%
		MEPs:		162	262	495	1,032	80	2,031			
Britt Megahey	10	Mins:	00:44	01:24	02:03	03:52	03:36	00:34	12:13	8,015	194	73%
		MEPs:		84	246	696	864	136	2,026			
Helen Geering	22	Mins:	10:50	09:09	06:11	02:30	00:53	00:00	29:33	6,763	160	54%
		MEPs:		549	742	450	212	0	1,953			
Inez Daly	6	Mins:	03:11	05:12	03:03	04:12	01:35	00:00	17:13	6,764	179	62%
		MEPs:		312	366	756	380	0	1,814			
Lee Cooper	10	Mins:	00:32	02:35	02:58	02:57	02:28	00:44	12:14	8,671	175	70%
		MEPs:		155	356	531	592	176	1,810			
Gemma Howse	15	Mins:	09:35	03:50	02:17	02:39	03:14	00:07	21:42	5,274	171	57%
		MEPs:		230	274	477	776	28	1,785			
Sarah Barrett	11	Mins:	00:14	01:43	04:57	02:36	01:40	00:55	12:05	5,762	198	70%
		MEPs:		103	594	468	400	220	1,785			
Mark Mayes	16	Mins:	04:36	01:21	00:50	02:01	04:21	00:31	13:40	6,715	174	64%
		MEPs:		81	100	363	1,044	124	1,712			

Kerry Nelson	9	Mins: MEPs:	03:14 317	05:17 418	03:29 418	02:12 396	01:51 444	00:33 132	16:36 1,707	6,215	176	62%
Kirsty Garratt	9	Mins: MEPs:	00:06 20	00:20 184	01:32 184	02:58 534	03:35 860	00:23 92	08:54 1,690	3,727	180	77%
sue wierzbicki	11	Mins: MEPs:	01:18 329	05:29 620	05:10 620	02:46 498	00:52 208	00:02 8	15:37 1,663	6,252	192	62%
Clare Stringer	13	Mins: MEPs:	04:36 151	02:31 260	02:10 260	02:35 465	03:02 728	00:14 56	15:08 1,660	4,553	178	62%
Melissa Beadsworth	15	Mins: MEPs:	03:13 121	02:01 254	02:07 254	02:24 432	02:15 540	01:18 312	13:18 1,659	4,316	167	66%
Anne Harper	11	Mins: MEPs:	02:25 386	06:26 592	04:56 592	02:14 402	01:03 252	00:06 24	17:10 1,656	4,990	167	61%
Emily Payne	15	Mins: MEPs:	02:26 218	03:38 350	02:55 350	02:08 384	02:51 684	00:04 16	14:02 1,652	5,441	174	64%
Sian Mills	13	Mins: MEPs:	03:17 275	04:35 602	05:01 602	02:29 447	01:18 312	00:02 8	16:42 1,644	4,743	166	60%
Boo Donovan	10	Mins: MEPs:	02:52 310	05:10 574	04:47 574	02:17 411	01:14 296	00:03 12	16:23 1,603	5,307	179	60%
Bev Tout	13	Mins: MEPs:	01:56 446	07:26 742	06:11 742	01:40 300	00:24 96	00:00 0	17:37 1,584	5,289	154	60%
Bridgetta Worsley	9	Mins: MEPs:	00:07 95	01:35 360	03:00 360	02:33 459	01:50 440	00:55 220	10:00 1,574	3,618	164	71%
Kymerley Saunders	13	Mins: MEPs:	04:53 193	03:13 298	02:29 298	02:50 510	02:19 556	00:01 4	15:45 1,561	3,417	171	60%
Sarah O'Callaghan	11	Mins: MEPs:	06:03 359	05:59 522	04:21 522	02:05 375	00:54 216	00:01 4	19:23 1,476	6,072	187	57%
Michelle Nelson	12	Mins: MEPs:	02:34 234	03:54 516	04:18 516	02:09 387	00:50 200	00:21 84	14:06 1,421	4,775	181	61%
Lyndsey kirkland	27	Mins: MEPs:	09:01 536	08:56 304	02:32 304	01:18 234	01:00 240	00:24 96	23:11 1,410	5,126	182	54%
Kate Bartlett	8	Mins: MEPs:	03:26 212	03:32 232	01:56 232	01:53 339	02:21 564	00:14 56	13:22 1,403	4,355	171	62%
Holly Beadsworth	11	Mins: MEPs:	00:53 153	02:33 496	04:08 496	02:44 492	00:49 196	00:12 48	11:19 1,385	4,685	179	65%

Richard Thornber	10	Mins:	01:59	02:39	01:57	02:04	02:09	00:21	11:09	7,312	188	66%
		MEPs:		159	234	372	516	84	1,365			
Brooke Bryan	11	Mins:	01:25	01:39	01:53	01:45	02:44	00:17	09:43	6,895	178	68%
		MEPs:		99	226	315	656	68	1,364			
Paul Nichols	7	Mins:	02:52	04:04	02:28	01:51	01:48	00:11	13:14	6,929	164	61%
		MEPs:		244	296	333	432	44	1,349			
Duncan Bartlett	11	Mins:	14:54	05:11	02:07	01:08	01:34	00:46	25:40	7,336	187	53%
		MEPs:		311	254	204	376	184	1,329			
Matthew Guille	12	Mins:	01:32	02:41	03:40	02:26	00:59	00:10	11:28	5,758	179	63%
		MEPs:		161	440	438	236	40	1,315			
Kate Graham-Evans	25	Mins:	14:43	07:26	02:35	01:46	00:59	00:01	27:30	5,292	186	51%
		MEPs:		446	310	318	236	4	1,314			
Richard Marrington	8	Mins:	03:29	04:10	02:11	01:28	02:04	00:09	13:31	6,593	163	61%
		MEPs:		250	262	264	496	36	1,308			
Annmarie Cooper	10	Mins:	02:00	02:03	01:23	01:44	02:35	00:21	10:06	4,026	185	66%
		MEPs:		123	166	312	620	84	1,305			
Jess Mayes	14	Mins:	10:27	10:02	05:04	00:16	00:11	00:00	26:00	5,957	178	51%
		MEPs:		602	608	48	44	0	1,302			
neil kirkland	5	Mins:	00:00	01:35	01:36	01:35	01:31	01:31	07:48	5,845	163	69%
		MEPs:		95	192	285	364	364	1,300			
Liam Phillips	7	Mins:	00:36	00:10	00:32	01:22	03:01	00:31	06:12	4,750	193	75%
		MEPs:		10	64	246	724	124	1,168			
Charlotte Simmons	8	Mins:	00:39	01:28	01:07	01:15	01:36	01:05	07:10	3,130	203	71%
		MEPs:		88	134	225	384	260	1,091			
Katie Cumming	13	Mins:	01:36	02:47	01:58	01:43	00:53	00:30	09:27	3,903	196	63%
		MEPs:		167	236	309	212	120	1,044			
Joanne Monks	6	Mins:	04:17	02:18	01:43	01:50	01:18	00:13	11:39	2,984	171	58%
		MEPs:		138	206	330	312	52	1,038			
Anne Megahey	6	Mins:	00:55	01:52	02:40	01:06	01:01	00:21	07:55	2,632	173	64%
		MEPs:		112	320	198	244	84	958			
Steve Gale	5	Mins:	00:16	00:29	01:15	01:57	01:03	00:05	05:05	3,849	175	71%
		MEPs:		29	150	351	252	20	802			
Lou Barrow	5	Mins:	01:43	01:20	01:16	00:53	01:07	00:19	06:38	2,025	176	63%
		MEPs:		80	152	159	268	76	735			

Boris B	10	Mins: MEPs:	04:02	05:55	01:33	00:51	00:06	00:00	12:27 718	4,578	160	54%
Larissa Bryan	6	Mins: MEPs:	00:42	01:27	01:29	01:12	00:50	00:02	05:42 689	2,360	176	64%
Peps Peplow	5	Mins: MEPs:	00:11	00:06	00:21	01:08	01:24	00:10	03:20 628	3,156	178	76%
Lesley birch	3	Mins: MEPs:	00:12	00:12	00:32	00:46	01:10	00:31	03:23 618	1,721	180	76%
Louise O'Connor	5	Mins: MEPs:	01:01	01:22	00:58	00:56	00:51	00:09	05:17 606	1,674	172	64%
Dan Mills	4	Mins: MEPs:	00:50	01:05	01:24	01:00	00:38	00:02	04:59 573	2,331	187	63%
Vickie moody	4	Mins: MEPs:	00:54	02:08	01:04	00:35	00:49	00:03	05:33 569	1,944	174	62%
Alex Ansell	6	Mins: MEPs:	02:01	04:13	01:15	00:25	00:11	00:11	08:16 566	2,073	189	55%
Kirstie Mayes	5	Mins: MEPs:	08:10	04:45	01:56	00:15	00:00	00:00	15:06 562	2,099	155	48%
Sian Rixon	3	Mins: MEPs:	00:33	00:39	00:24	00:43	00:56	00:09	03:24 476	1,198	170	68%
Priscilla Thornber	2	Mins: MEPs:	00:10	00:45	00:25	00:22	00:59	00:04	02:45 413	1,196	171	70%
phil pafford	3	Mins: MEPs:	00:32	00:40	00:30	00:27	00:44	00:06	02:59 381	2,053	184	66%
Christina Gunning	2	Mins: MEPs:	00:11	00:33	00:32	00:20	00:30	00:10	02:16 317	1,076	180	68%
Amanda Mansell	3	Mins: MEPs:	00:48	01:29	01:07	00:16	00:02	00:00	03:42 279	1,189	178	57%
Clare Turner	2	Mins: MEPs:	00:25	00:36	00:23	00:12	00:25	00:09	02:10 254	721	161	65%
Lewis day off	2	Mins: MEPs:	00:12	00:20	00:06	00:13	00:43	00:01	01:35 247	1,133	170	71%
Clare Rhodes	2	Mins: MEPs:	01:14	01:12	00:46	00:17	00:03	00:00	03:32 227	872	163	55%

Richard Banks	1	Mins: MEPs:	00:24 21	00:21 21	00:18 36	00:15 45	00:20 80	00:05 20	01:43 202	1,018	172	64%
Tim Donovan	1	Mins: MEPs:	00:19 14	00:14 14	00:20 40	00:36 108	00:05 20	00:00 0	01:34 182	957	158	63%
Callum Diaper	2	Mins: MEPs:	00:19 36	00:36 36	00:31 62	00:24 72	00:01 4	00:00 0	01:51 174	1,032	161	60%
Christina Diaper	1	Mins: MEPs:	00:00 12	00:12 12	00:18 36	00:22 66	00:13 52	00:00 0	01:05 166	438	152	70%
Ellen Shearon	6	Mins: MEPs:	02:29 144	02:24 144	00:10 20	00:00 0	00:00 0	00:00 0	05:03 164	606	137	49%
Liam Dobbin	2	Mins: MEPs:	00:15 96	01:36 96	00:28 56	00:00 0	00:00 0	00:00 0	02:19 152	927	114	55%
Toni Reid	1	Mins: MEPs:	00:06 16	00:16 16	00:19 38	00:08 24	00:12 48	00:03 12	01:04 138	408	167	66%
Hayley SK	3	Mins: MEPs:	00:35 95	01:35 95	00:08 16	00:00 0	00:00 0	00:00 0	02:18 111	549	118	52%
Mark Gulliford	1	Mins: MEPs:	00:03 4	00:04 4	00:12 24	00:21 63	00:00 0	00:00 0	00:40 91	517	145	67%
Connor Gale	1	Mins: MEPs:	00:03 2	00:02 2	00:01 2	00:05 15	00:15 60	00:02 8	00:28 87	424	193	77%