

Date Range: 01 Dec 19 - 31 Jan 20

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Sue Davis	19	Mins:	11:11	02:50	03:23	03:46	12:53	02:51	36:54	14,376	181	66%
		MEPs:		170	406	678	3,092	684	5,030			
Lorraine Clode	23	Mins:	00:25	00:50	04:17	16:38	05:08	00:46	28:04	15,626	198	74%
		MEPs:		50	514	2,994	1,232	184	4,974			
Darren Moody	15	Mins:	01:29	03:27	03:47	07:33	09:17	01:31	27:04	22,656	181	73%
		MEPs:		207	454	1,359	2,228	364	4,612			
John Moreton	16	Mins:	04:19	25:39	14:10	06:14	00:34	00:00	50:56	38,631	140	59%
		MEPs:		1,539	1,700	1,122	136	0	4,497			
Danielle Cheyney	20	Mins:	04:28	05:06	04:22	04:48	06:39	01:52	27:15	11,475	187	68%
		MEPs:		306	524	864	1,596	448	3,738			
Ben Graham-Evans	20	Mins:	34:39	09:30	04:11	05:08	03:11	00:16	56:55	16,631	191	51%
		MEPs:		570	502	924	764	64	2,824			
Bridgetta Worsley	17	Mins:	00:10	01:37	07:50	04:54	02:13	00:11	16:55	6,318	161	69%
		MEPs:		97	940	882	532	44	2,495			
Duncan Bartlett	13	Mins:	03:53	05:21	02:51	01:59	04:43	01:22	20:09	12,657	187	66%
		MEPs:		321	342	357	1,132	328	2,480			
Katie Cumming	22	Mins:	02:28	03:53	03:10	03:39	03:57	00:42	17:49	8,397	191	67%
		MEPs:		233	380	657	948	168	2,386			
Kate Graham-Evans	9	Mins:	09:57	10:49	06:04	03:28	01:25	00:05	31:48	9,417	183	55%
		MEPs:		649	728	624	340	20	2,361			
Sandy Saunders	17	Mins:	05:58	04:37	03:16	03:36	03:33	00:37	21:37	10,975	184	62%
		MEPs:		277	392	648	852	148	2,317			
Emma Paxton	17	Mins:	02:18	04:13	03:09	02:47	03:23	01:06	16:56	7,824	197	66%
		MEPs:		253	378	501	812	264	2,208			
Elaine Smith	10	Mins:	01:04	01:43	02:13	02:25	03:20	02:14	12:59	7,147	192	73%
		MEPs:		103	266	435	800	536	2,140			
Kathleen Charles	12	Mins:	00:10	00:46	03:01	04:52	02:39	00:25	11:53	4,616	166	73%
		MEPs:		46	362	876	636	100	2,020			

Niamh Moreton	10	Mins: MEPs:	00:14 68	01:08 68	03:36 432	03:20 600	02:17 548	01:19 316	11:54 1,964	6,424	189	73%
Helen Geering	15	Mins: MEPs:	04:35 328	05:28 328	05:04 608	03:30 630	01:34 376	00:00 0	20:11 1,942	6,229	161	60%
Karen Spicer	15	Mins: MEPs:	05:30 117	01:57 117	02:04 248	03:22 606	03:59 956	00:02 8	16:54 1,935	6,259	170	61%
Josh Bryan	8	Mins: MEPs:	00:47 181	03:01 181	02:33 306	02:00 360	02:30 600	01:48 432	12:39 1,879	10,442	199	71%
Lee Cooper	10	Mins: MEPs:	00:34 85	01:25 85	03:03 366	03:18 594	02:55 700	00:32 128	11:47 1,873	8,448	175	72%
Michael Leevy	16	Mins: MEPs:	03:10 335	05:35 335	05:36 672	02:34 462	01:35 380	00:02 8	18:32 1,857	11,203	177	61%
Annmarie Cooper	9	Mins: MEPs:	03:56 240	04:00 240	02:49 338	02:29 447	02:40 640	00:44 176	16:38 1,841	5,293	174	62%
Amanda Mansell	11	Mins: MEPs:	01:35 261	04:21 261	02:56 352	02:49 507	02:19 556	00:32 128	14:32 1,804	6,215	188	65%
Julia Mandalios	12	Mins: MEPs:	02:43 199	03:19 199	03:30 420	02:48 504	02:46 664	00:04 16	15:10 1,803	3,959	178	64%
Tom Barrett	9	Mins: MEPs:	00:20 86	01:26 86	02:16 272	02:33 459	01:59 476	01:33 372	10:07 1,665	7,976	194	74%
Anne Harper	7	Mins: MEPs:	02:19 246	04:06 246	03:16 392	02:06 378	02:24 576	00:12 48	14:23 1,640	4,619	160	63%
Megan Fox	7	Mins: MEPs:	01:12 171	02:51 171	02:22 284	02:15 405	02:11 524	01:04 256	11:55 1,640	5,586	202	68%
Lissie Cervenka	13	Mins: MEPs:	01:21 143	02:23 143	01:56 232	02:11 393	02:39 636	00:50 200	11:20 1,604	5,502	193	69%
Andy Beadsworth	4	Mins: MEPs:	00:55 97	01:37 97	01:58 236	02:40 480	03:15 780	00:02 8	10:27 1,601	8,172	169	70%
neil kirkland	13	Mins: MEPs:	02:38 262	04:22 262	02:53 346	02:20 420	01:37 388	00:34 136	14:24 1,552	8,417	182	62%
George Mayes	14	Mins: MEPs:	02:38 616	10:16 616	03:11 382	01:35 285	00:54 216	00:08 32	18:42 1,531	5,969	180	58%
Emily Payne	12	Mins: MEPs:	02:21 183	03:03 183	01:29 178	02:20 420	03:05 740	00:01 4	12:19 1,525	4,945	172	65%

Melissa Beadsworth	11	Mins: MEPs:	01:37 168	02:48 234	01:57 234	01:54 342	02:11 524	01:02 248	11:29 1,516	3,978	163	67%
sue wierzbicki	8	Mins: MEPs:	02:31 387	06:27 726	06:03 255	01:25 76	00:19 16	00:04 16	16:49 1,460	5,778	197	59%
Emma Francis	8	Mins: MEPs:	00:41 73	01:13 188	01:34 327	01:49 604	02:31 248	01:02 248	08:50 1,440	4,612	184	73%
Nina Savage	6	Mins: MEPs:	00:31 82	01:22 146	01:13 159	00:53 276	01:09 772	03:13 772	08:21 1,435	4,237	180	76%
Kate Bartlett	9	Mins: MEPs:	01:24 226	03:46 296	02:28 294	01:38 476	01:59 124	00:31 124	11:46 1,416	4,506	176	65%
Alex Ansell	8	Mins: MEPs:	00:29 81	01:21 198	01:39 222	01:14 604	02:31 296	01:14 296	08:28 1,401	4,207	185	73%
Inez Daly	9	Mins: MEPs:	03:00 554	09:14 406	03:23 270	01:30 136	00:34 28	00:07 28	17:48 1,394	6,000	192	57%
Holly Beadsworth	9	Mins: MEPs:	01:48 246	04:06 322	02:41 330	01:50 376	01:34 116	00:29 116	12:28 1,390	4,781	183	63%
Lyndsey kirkland	15	Mins: MEPs:	04:08 348	05:48 304	02:32 273	01:31 268	01:07 160	00:40 160	15:46 1,353	4,704	186	59%
Richard Marrington	9	Mins: MEPs:	36:18 815	13:35 264	02:12 117	00:39 92	00:23 52	00:13 52	53:20 1,340	8,624	168	46%
Leyon Joseph	15	Mins: MEPs:	02:57 127	02:07 352	02:56 624	03:28 204	00:51 32	00:08 32	12:27 1,339	6,654	182	62%
Paul Nichols	6	Mins: MEPs:	00:42 106	01:46 200	01:40 291	01:37 364	01:31 364	01:31 364	08:47 1,325	5,800	157	65%
Jane Ansell	7	Mins: MEPs:	05:45 389	06:29 462	03:51 321	01:47 120	00:30 16	00:04 16	18:26 1,308	2,614	154	56%
Mark Mayes	11	Mins: MEPs:	03:18 116	01:56 224	01:52 579	03:13 376	01:34 8	00:02 8	11:55 1,303	5,500	156	62%
Kymerley Saunders	12	Mins: MEPs:	00:54 110	01:50 258	02:09 297	01:39 616	02:34 20	00:05 20	09:11 1,301	2,649	167	68%
Hayley SK	5	Mins: MEPs:	02:17 147	02:27 224	01:52 294	01:38 476	01:59 160	00:40 160	10:53 1,301	4,317	190	65%
Sarah Barrett	8	Mins: MEPs:	00:38 55	00:55 196	01:38 243	01:21 516	02:09 272	01:08 272	07:49 1,282	3,907	184	72%

Sarah O'Callaghan	8	Mins: MEPs:	01:17 111	01:51 266	02:13 266	02:52 516	01:31 364	00:03 12	09:47 1,269	4,630	192	66%
pene colwell	7	Mins: MEPs:	00:19 91	01:31 318	02:39 297	01:39 368	01:32 96	00:24 96	08:04 1,170	3,287	167	69%
Rowanne Cumbley	7	Mins: MEPs:	00:21 95	01:35 198	01:39 276	01:32 316	01:19 68	00:17 68	06:43 953	3,270	186	68%
sophie Scott	7	Mins: MEPs:	00:57 71	01:11 154	01:17 216	01:12 356	01:29 112	00:28 112	06:34 909	2,941	187	68%
Clare Longman	5	Mins: MEPs:	01:13 124	02:04 172	01:26 228	01:16 268	01:07 92	00:23 92	07:29 884	2,382	172	64%
Larissa Bryan	6	Mins: MEPs:	00:45 55	00:55 164	01:22 282	01:34 328	01:22 12	00:03 12	06:01 841	2,667	179	67%
phil pafford	5	Mins: MEPs:	00:15 48	00:48 106	00:53 222	01:14 348	01:27 108	00:27 108	05:04 832	4,425	193	73%
Ian Southwell	3	Mins: MEPs:	00:03 24	00:24 150	01:15 171	00:57 360	01:30 80	00:20 80	04:29 785	3,371	160	74%
Beth Ross	4	Mins: MEPs:	00:05 41	00:41 128	01:04 150	00:50 332	01:23 112	00:28 112	04:31 763	2,506	192	74%
Matthew Guille	4	Mins: MEPs:	00:33 93	01:33 238	01:59 129	00:43 192	00:48 28	00:07 28	05:43 680	2,993	159	64%
Ellen Shearon	11	Mins: MEPs:	02:40 266	04:26 260	02:10 84	00:28 0	00:00 0	00:00 0	09:44 610	2,017	147	55%
Tim Donovan	4	Mins: MEPs:	02:41 83	01:23 72	00:36 132	00:44 188	00:47 80	00:20 80	06:31 555	2,888	187	58%
Priscilla Thornber	3	Mins: MEPs:	00:00 9	00:09 94	00:47 195	01:05 232	00:58 12	00:03 12	03:02 542	1,533	171	75%
Tina Wyatt	3	Mins: MEPs:	00:07 2	00:02 8	00:04 48	00:16 240	01:00 176	00:44 176	02:13 474	1,393	192	83%
Eliza Thomsom	4	Mins: MEPs:	00:04 21	00:21 68	00:34 165	00:55 200	00:50 12	00:03 12	02:47 466	1,424	209	72%
Richard Thornber	3	Mins: MEPs:	00:51 51	00:51 116	00:58 132	00:44 144	00:36 0	00:00 0	04:00 443	2,434	173	62%
Daniel Van Gelder	3	Mins: MEPs:	00:00 8	00:08 104	00:52 147	00:49 160	00:40 0	00:00 0	02:29 419	1,453	136	73%

Jason Cozens	3	Mins:	00:03	01:12	01:18	00:36	00:04	00:00	03:13	1,901	159	63%
		MEPs:		72	156	108	16	0	352			
Vickie moody	2	Mins:	00:18	00:32	00:17	00:30	00:30	00:02	02:09	914	181	66%
		MEPs:		32	34	90	120	8	284			
Angela Morrell	1	Mins:	03:26	01:03	01:27	00:07	00:00	00:00	06:03	794	136	51%
		MEPs:		63	174	21	0	0	258			
Sharon Gallagher	1	Mins:	00:02	00:24	00:53	00:25	00:13	00:00	01:57	681	144	66%
		MEPs:		24	106	75	52	0	257			
Kira Baker	2	Mins:	00:23	00:19	00:47	00:31	00:12	00:00	02:12	902	173	64%
		MEPs:		19	94	93	48	0	254			
Marisa Lamb	2	Mins:	00:10	00:31	00:20	00:22	00:18	00:02	01:43	779	195	67%
		MEPs:		31	40	66	72	8	217			
Steve Gale	1	Mins:	00:03	00:09	00:22	00:16	00:17	00:03	01:10	892	180	71%
		MEPs:		9	44	48	68	12	181			
Clare Rhodes	1	Mins:	00:15	00:06	00:18	00:12	00:12	00:00	01:03	404	174	63%
		MEPs:		6	36	36	48	0	126			
Kelly Sanders	1	Mins:	00:17	00:17	00:17	00:08	00:06	00:00	01:05	286	157	59%
		MEPs:		17	34	24	24	0	99			
jack davis	6	Mins:	02:46	01:08	00:09	00:03	00:00	00:00	04:06	571	153	48%
		MEPs:		68	18	9	0	0	95			
Andrew Mayes	1	Mins:	00:26	00:00	00:00	00:00	00:00	00:00	00:26	0	59	36%
		MEPs:		0	0	0	0	0	0			