

# Key Numbers Report

01 Jan 20 - 31 Jan 20



Date Range: 01 Jan 20 - 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	26	<b>Mins:</b>	24:36	07:27	04:55	05:55	12:36	01:01	<b>56:30</b>	15,747	175	58%
		<b>MEPs:</b>		447	590	1,065	3,024	244	<b>5,370</b>			
Darren Moody	18	<b>Mins:</b>	01:16	03:52	06:06	07:05	10:04	02:23	<b>30:46</b>	25,968	183	74%
		<b>MEPs:</b>		232	732	1,275	2,416	572	<b>5,227</b>			
Danielle Cheyney	25	<b>Mins:</b>	06:23	07:18	06:12	06:11	07:31	02:34	<b>36:09</b>	14,598	187	67%
		<b>MEPs:</b>		438	744	1,113	1,804	616	<b>4,715</b>			
Megan Fox	19	<b>Mins:</b>	02:15	05:10	06:43	05:38	07:22	02:22	<b>29:30</b>	14,711	200	68%
		<b>MEPs:</b>		310	806	1,014	1,768	568	<b>4,466</b>			
Josh Bryan	20	<b>Mins:</b>	04:14	06:09	06:25	04:37	04:37	02:17	<b>28:19</b>	20,453	200	66%
		<b>MEPs:</b>		369	770	831	1,108	548	<b>3,626</b>			
Angela Morrell	18	<b>Mins:</b>	11:31	14:13	11:30	05:11	01:47	00:07	<b>44:19</b>	10,766	172	58%
		<b>MEPs:</b>		853	1,380	933	428	28	<b>3,622</b>			
Sam Jurd	14	<b>Mins:</b>	01:35	02:54	03:12	03:25	07:03	02:46	<b>20:55</b>	17,004	195	74%
		<b>MEPs:</b>		174	384	615	1,692	664	<b>3,529</b>			
Lorraine Clode	21	<b>Mins:</b>	00:39	00:38	02:38	11:50	04:01	00:03	<b>19:49</b>	11,294	183	73%
		<b>MEPs:</b>		38	316	2,130	964	12	<b>3,460</b>			
Sandy Saunders	19	<b>Mins:</b>	04:51	04:52	04:14	05:34	06:00	00:41	<b>26:12</b>	15,743	169	67%
		<b>MEPs:</b>		292	508	1,002	1,440	164	<b>3,406</b>			
Andy Beadsworth	9	<b>Mins:</b>	04:55	08:49	04:46	05:31	04:24	00:47	<b>29:12</b>	18,782	181	64%
		<b>MEPs:</b>		529	572	993	1,056	188	<b>3,338</b>			
Tim Donovan	18	<b>Mins:</b>	07:52	05:19	03:25	04:24	06:43	00:33	<b>28:16</b>	16,422	187	63%
		<b>MEPs:</b>		319	410	792	1,612	132	<b>3,265</b>			
Richard Marrington	10	<b>Mins:</b>	01:13	01:10	02:14	06:25	06:53	00:17	<b>18:12</b>	13,950	170	74%
		<b>MEPs:</b>		70	268	1,155	1,652	68	<b>3,213</b>			
John Moreton	15	<b>Mins:</b>	00:33	06:05	07:37	08:18	01:37	00:03	<b>24:13</b>	21,715	143	66%
		<b>MEPs:</b>		365	914	1,494	388	12	<b>3,173</b>			
George Mayes	32	<b>Mins:</b>	05:34	16:05	07:36	03:37	02:11	00:25	<b>35:28</b>	11,686	184	59%
		<b>MEPs:</b>		965	912	651	524	100	<b>3,152</b>			

Tom Barrett	20	<b>Mins:</b> <b>MEPs:</b>	00:35 236	03:56 636	05:18 924	05:08 900	03:45 400	01:40 400	<b>20:22</b> <b>3,096</b>	15,194	193	71%
Helen Geering	19	<b>Mins:</b> <b>MEPs:</b>	05:55 336	05:36 956	07:58 1,098	06:06 612	02:33 12	00:03 12	<b>28:11</b> <b>3,014</b>	9,428	164	62%
Paul Peplow	17	<b>Mins:</b> <b>MEPs:</b>	00:23 26	00:26 162	01:21 930	05:10 1,612	06:43 124	00:31 124	<b>14:34</b> <b>2,854</b>	14,245	177	77%
Ben Graham-Evans	19	<b>Mins:</b> <b>MEPs:</b>	20:09 251	04:11 286	02:23 1,359	07:33 688	02:52 160	00:40 160	<b>37:48</b> <b>2,744</b>	14,823	191	54%
Jess Mayes	31	<b>Mins:</b> <b>MEPs:</b>	07:29 488	08:08 936	07:48 804	04:28 428	01:47 20	00:05 20	<b>29:45</b> <b>2,676</b>	10,299	188	59%
neil kirkland	55	<b>Mins:</b> <b>MEPs:</b>	10:31 972	16:12 498	04:09 429	02:23 600	02:30 156	00:39 156	<b>36:24</b> <b>2,655</b>	16,184	178	56%
Inez Daly	16	<b>Mins:</b> <b>MEPs:</b>	08:48 555	09:15 682	05:41 840	04:40 424	01:46 8	00:02 8	<b>30:12</b> <b>2,509</b>	9,575	201	57%
Emma Paxton	18	<b>Mins:</b> <b>MEPs:</b>	02:01 259	04:19 452	03:46 642	03:34 968	04:02 172	00:43 172	<b>18:25</b> <b>2,493</b>	8,777	186	67%
Anne Harper	11	<b>Mins:</b> <b>MEPs:</b>	01:16 274	04:34 494	04:07 672	03:44 904	03:46 60	00:15 60	<b>17:42</b> <b>2,404</b>	6,599	166	67%
Boo Donovan	9	<b>Mins:</b> <b>MEPs:</b>	01:28 343	05:43 1,010	08:25 606	03:22 340	01:25 64	00:16 64	<b>20:39</b> <b>2,363</b>	7,704	179	64%
Julia Mandalios	19	<b>Mins:</b> <b>MEPs:</b>	03:14 294	04:54 536	04:28 837	04:39 664	02:46 28	00:07 28	<b>20:08</b> <b>2,359</b>	5,117	178	64%
sue wierzbicki	17	<b>Mins:</b> <b>MEPs:</b>	03:58 566	09:26 1,144	09:32 489	02:43 136	00:34 8	00:02 8	<b>26:15</b> <b>2,343</b>	9,260	188	59%
Kathleen Charles	16	<b>Mins:</b> <b>MEPs:</b>	00:04 67	01:07 554	04:37 1,113	06:11 572	02:23 16	00:04 16	<b>14:26</b> <b>2,322</b>	5,318	166	71%
Lewis day off	13	<b>Mins:</b> <b>MEPs:</b>	01:01 131	02:11 198	01:39 369	02:03 1,264	05:16 256	01:04 256	<b>13:14</b> <b>2,218</b>	10,503	182	73%
Lee Cooper	10	<b>Mins:</b> <b>MEPs:</b>	00:14 39	00:39 282	02:21 720	04:00 948	03:57 140	00:35 140	<b>11:46</b> <b>2,129</b>	9,242	170	75%
Kate Bartlett	15	<b>Mins:</b> <b>MEPs:</b>	02:53 340	05:40 498	04:09 579	03:13 528	02:12 68	00:17 68	<b>18:24</b> <b>2,013</b>	6,589	183	63%
Lyndsey kirkland	22	<b>Mins:</b> <b>MEPs:</b>	06:23 540	09:00 628	05:14 321	01:47 356	01:29 152	00:38 152	<b>24:31</b> <b>1,997</b>	7,045	185	58%

Larissa Bryan	14	<b>Mins:</b> <b>MEPs:</b>	02:58 186	03:06 412	03:26 543	03:01 712	02:58 76	00:19 <b>15:48</b> <b>1,929</b>	6,294	181	64%
Richard Thornber	12	<b>Mins:</b> <b>MEPs:</b>	04:03 182	03:02 238	01:59 480	02:40 812	03:23 188	00:47 <b>15:54</b> <b>1,900</b>	9,859	204	64%
Annmarie Cooper	11	<b>Mins:</b> <b>MEPs:</b>	06:16 388	06:28 480	04:00 480	02:40 476	01:59 44	00:11 <b>21:34</b> <b>1,868</b>	5,705	168	59%
Amanda Mansell	11	<b>Mins:</b> <b>MEPs:</b>	01:19 174	02:54 404	03:22 546	03:02 576	02:24 100	00:25 <b>13:26</b> <b>1,800</b>	6,015	192	67%
Emily Payne	17	<b>Mins:</b> <b>MEPs:</b>	06:50 302	05:02 300	02:30 354	01:58 836	03:29 4	00:01 <b>19:50</b> <b>1,796</b>	6,014	172	59%
Duncan Bartlett	8	<b>Mins:</b> <b>MEPs:</b>	00:51 233	03:53 304	02:32 321	01:47 732	03:03 192	00:48 <b>12:54</b> <b>1,782</b>	9,216	196	68%
Nina Savage	8	<b>Mins:</b> <b>MEPs:</b>	05:13 118	01:58 206	01:43 372	02:04 508	02:07 576	02:24 <b>15:29</b> <b>1,780</b>	5,174	181	63%
Melissa Beadsworth	16	<b>Mins:</b> <b>MEPs:</b>	03:06 186	03:06 280	02:20 381	02:07 544	02:16 308	01:17 <b>14:12</b> <b>1,699</b>	4,542	170	65%
Leyon Joseph	12	<b>Mins:</b> <b>MEPs:</b>	05:19 278	04:38 374	03:07 648	03:36 216	00:54 156	00:39 <b>18:13</b> <b>1,672</b>	8,730	174	60%
Lissie Cervenka	15	<b>Mins:</b> <b>MEPs:</b>	01:37 181	03:01 382	03:11 444	02:28 520	02:10 120	00:30 <b>12:57</b> <b>1,647</b>	5,784	193	66%
Jane Ansell	7	<b>Mins:</b> <b>MEPs:</b>	06:09 689	11:29 562	04:41 321	01:47 48	00:12 0	00:00 <b>24:18</b> <b>1,620</b>	2,807	140	56%
Kymerley Saunders	10	<b>Mins:</b> <b>MEPs:</b>	01:35 107	01:47 268	02:14 525	02:55 684	02:51 16	00:04 <b>11:26</b> <b>1,600</b>	3,380	191	68%
Ross Edwards	10	<b>Mins:</b> <b>MEPs:</b>	02:34 160	02:40 404	03:22 501	02:47 404	01:41 124	00:31 <b>13:35</b> <b>1,593</b>	8,752	190	64%
Karen Spicer	14	<b>Mins:</b> <b>MEPs:</b>	06:49 126	02:06 188	01:34 384	02:08 880	03:40 4	00:01 <b>16:18</b> <b>1,582</b>	5,105	179	57%
Kerry Nelson	9	<b>Mins:</b> <b>MEPs:</b>	00:06 105	01:45 370	03:05 402	02:14 532	02:13 160	00:40 <b>10:03</b> <b>1,569</b>	5,239	172	71%
Elaine Smith	7	<b>Mins:</b> <b>MEPs:</b>	00:40 90	01:30 240	02:00 426	02:22 512	02:08 252	01:03 <b>09:43</b> <b>1,520</b>	5,095	183	71%
Emma Francis	9	<b>Mins:</b> <b>MEPs:</b>	00:30 60	01:00 232	01:56 420	02:20 660	02:45 136	00:34 <b>09:05</b> <b>1,508</b>	4,758	194	73%

Bridgetta Worsley	12	<b>Mins:</b> <b>MEPs:</b>	00:04 57	00:57 532	04:26 666	03:42 200	00:50 20	00:05 <b>10:04</b>	<b>1,475</b>	3,783	162	69%
Paul Nichols	6	<b>Mins:</b> <b>MEPs:</b>	05:43 339	05:39 286	02:23 423	02:21 384	01:36 24	00:06 <b>17:48</b>	<b>1,456</b>	7,695	163	57%
pene colwell	8	<b>Mins:</b> <b>MEPs:</b>	00:00 52	00:52 252	02:06 369	02:03 580	02:25 168	00:42 <b>08:08</b>	<b>1,421</b>	3,866	166	75%
Mark Mayes	32	<b>Mins:</b> <b>MEPs:</b>	14:51 188	03:08 312	02:36 567	03:09 296	01:14 28	00:07 <b>25:05</b>	<b>1,391</b>	6,102	159	50%
Katie Cumming	12	<b>Mins:</b> <b>MEPs:</b>	01:28 132	02:12 310	02:35 372	02:04 464	01:56 92	00:23 <b>10:38</b>	<b>1,370</b>	4,870	190	66%
Clare Rhodes	8	<b>Mins:</b> <b>MEPs:</b>	08:31 286	04:46 396	03:18 237	01:19 404	01:41 32	00:08 <b>19:43</b>	<b>1,355</b>	4,786	181	55%
Kate Graham-Evans	9	<b>Mins:</b> <b>MEPs:</b>	04:45 287	04:47 332	02:46 387	02:09 316	01:19 24	00:06 <b>15:52</b>	<b>1,346</b>	5,093	185	57%
Hayley SK	5	<b>Mins:</b> <b>MEPs:</b>	01:55 156	02:36 178	01:29 252	01:24 628	02:37 100	00:25 <b>10:26</b>	<b>1,314</b>	4,325	187	65%
Holly Beadsworth	7	<b>Mins:</b> <b>MEPs:</b>	00:12 34	00:34 232	01:56 444	02:28 504	02:06 100	00:25 <b>07:41</b>	<b>1,314</b>	3,694	181	73%
Michael Leevy	14	<b>Mins:</b> <b>MEPs:</b>	04:19 263	04:23 356	02:58 432	02:24 260	01:05 0	00:00 <b>15:09</b>	<b>1,311</b>	7,864	171	58%
Beth Ross	6	<b>Mins:</b> <b>MEPs:</b>	00:42 119	01:59 206	01:43 285	01:35 400	01:40 256	01:04 <b>08:43</b>	<b>1,266</b>	4,338	193	70%
Sharon Gallagher	7	<b>Mins:</b> <b>MEPs:</b>	00:20 117	01:57 396	03:18 432	02:24 308	01:17 8	00:02 <b>09:18</b>	<b>1,261</b>	3,388	155	67%
Steve Gale	8	<b>Mins:</b> <b>MEPs:</b>	01:10 68	01:08 238	01:59 525	02:55 364	01:31 44	00:11 <b>08:54</b>	<b>1,239</b>	6,069	185	68%
Clare Longman	7	<b>Mins:</b> <b>MEPs:</b>	02:12 142	02:22 240	02:00 294	01:38 384	01:36 72	00:18 <b>10:06</b>	<b>1,132</b>	3,026	164	63%
Daniel Van Gelder	7	<b>Mins:</b> <b>MEPs:</b>	00:01 48	00:48 292	02:26 450	02:30 244	01:01 36	00:09 <b>06:55</b>	<b>1,070</b>	3,860	180	70%
Ellen Shearon	10	<b>Mins:</b> <b>MEPs:</b>	00:12 191	03:11 408	03:24 312	01:44 52	00:13 92	00:23 <b>09:07</b>	<b>1,055</b>	3,222	179	64%
Lesley birch	12	<b>Mins:</b> <b>MEPs:</b>	20:18 444	07:24 214	01:47 132	00:44 144	00:36 32	00:08 <b>30:57</b>	<b>966</b>	3,338	192	48%

Matthew Guille	6	<b>Mins:</b> <b>MEPs:</b>	00:52 132	02:12 326	02:43 162	00:54 176	00:44 84	00:21 <b>07:46</b> <b>880</b>	3,931	147	63%
Alex Ansell	7	<b>Mins:</b> <b>MEPs:</b>	00:29 75	01:15 142	01:11 225	01:15 324	01:21 96	00:24 <b>05:55</b> <b>862</b>	2,578	184	69%
Sarah O'Callaghan	6	<b>Mins:</b> <b>MEPs:</b>	01:14 135	02:15 298	02:29 309	01:43 116	00:29 0	00:00 <b>08:10</b> <b>858</b>	3,367	183	62%
phil pafford	5	<b>Mins:</b> <b>MEPs:</b>	00:12 36	00:36 84	00:42 258	01:26 312	01:18 148	00:37 <b>04:51</b> <b>838</b>	4,386	189	75%
Rowanne Cumbley	7	<b>Mins:</b> <b>MEPs:</b>	00:30 105	01:45 142	01:11 183	01:01 292	01:13 16	00:04 <b>05:44</b> <b>738</b>	2,562	186	66%
Mark Gulliford	6	<b>Mins:</b> <b>MEPs:</b>	00:30 56	00:56 144	01:12 324	01:48 168	00:42 4	00:01 <b>05:09</b> <b>696</b>	3,858	193	67%
Ian Southwell	4	<b>Mins:</b> <b>MEPs:</b>	00:42 101	01:41 170	01:25 165	00:55 120	00:30 52	00:13 <b>05:26</b> <b>608</b>	3,020	167	63%
Sian Rixon	3	<b>Mins:</b> <b>MEPs:</b>	01:04 29	00:29 116	00:58 174	00:58 240	01:00 36	00:09 <b>04:38</b> <b>595</b>	1,625	186	65%
Marisa Lamb	5	<b>Mins:</b> <b>MEPs:</b>	02:55 58	00:58 170	01:25 186	01:02 104	00:26 0	00:00 <b>06:46</b> <b>518</b>	1,886	176	51%
Jason Cozens	5	<b>Mins:</b> <b>MEPs:</b>	00:18 73	01:13 212	01:46 147	00:49 72	00:18 0	00:00 <b>04:24</b> <b>504</b>	2,601	162	64%
Clare Turner	3	<b>Mins:</b> <b>MEPs:</b>	01:06 77	01:17 122	01:01 120	00:40 152	00:38 12	00:03 <b>04:45</b> <b>483</b>	1,366	161	61%
Andrew Mayes	13	<b>Mins:</b> <b>MEPs:</b>	00:43 18	00:18 106	00:53 168	00:56 104	00:26 52	00:13 <b>03:29</b> <b>448</b>	1,534	135	65%
Priscilla Thornber	2	<b>Mins:</b> <b>MEPs:</b>	00:00 67	01:07 38	00:19 108	00:36 132	00:33 20	00:05 <b>02:40</b> <b>365</b>	1,140	173	68%
Paul Davis	3	<b>Mins:</b> <b>MEPs:</b>	00:14 25	00:25 24	00:12 69	00:23 208	00:52 32	00:08 <b>02:14</b> <b>358</b>	1,537	163	72%
Kira Baker	2	<b>Mins:</b> <b>MEPs:</b>	00:13 36	00:36 56	00:28 78	00:26 128	00:32 48	00:12 <b>02:27</b> <b>346</b>	1,191	188	68%
sophie Scott	3	<b>Mins:</b> <b>MEPs:</b>	00:58 38	00:38 48	00:24 99	00:33 136	00:34 16	00:04 <b>03:11</b> <b>337</b>	1,089	178	61%
Vickie moody	3	<b>Mins:</b> <b>MEPs:</b>	00:22 41	00:41 80	00:40 108	00:36 68	00:17 0	00:00 <b>02:36</b> <b>297</b>	986	163	63%

Niamh Moreton	1	<b>Mins:</b>	00:01	00:03	00:24	00:17	00:10	00:06	<b>01:01</b>	552	183	73%
		<b>MEPs:</b>		3	48	51	40	24	<b>166</b>			
Sarah Barrett	1	<b>Mins:</b>	00:04	00:09	00:15	00:09	00:03	00:05	<b>00:45</b>	313	177	67%
		<b>MEPs:</b>		9	30	27	12	20	<b>98</b>			
Rose Joseph	1	<b>Mins:</b>	00:29	00:27	00:08	00:00	00:00	00:00	<b>01:04</b>	199	133	50%
		<b>MEPs:</b>		27	16	0	0	0	<b>43</b>			
Gemma Christie	2	<b>Mins:</b>	00:14	00:12	00:14	00:00	00:00	00:00	<b>00:40</b>	147	129	48%
		<b>MEPs:</b>		12	28	0	0	0	<b>40</b>			