

Key Numbers Report

01 Mar 20 - 31 Mar 20



Date Range: 01 Mar 20 - 31 Mar 20

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Ben Graham-Evans	51	Mins:	33:55	12:19	11:06	17:59	04:34	00:03	79:56	36,225	186	56%
		MEPs:		739	1,332	3,237	1,096	12	6,416			
Danielle Cheyney	29	Mins:	10:21	08:14	05:58	05:24	07:59	02:18	40:14	14,438	191	64%
		MEPs:		494	716	972	1,916	552	4,650			
Richard Marrington	8	Mins:	01:55	01:11	01:05	05:04	14:18	00:05	23:38	18,938	163	77%
		MEPs:		71	130	912	3,432	20	4,565			
Nina Savage	16	Mins:	05:25	04:54	05:25	03:45	08:11	03:32	31:12	12,765	190	69%
		MEPs:		294	650	675	1,964	848	4,431			
Leyon Joseph	31	Mins:	10:38	06:52	10:54	08:32	03:14	00:04	40:14	20,386	166	60%
		MEPs:		412	1,308	1,536	776	16	4,048			
Richard Thornber	24	Mins:	02:35	02:52	03:30	05:43	06:43	01:13	22:36	17,704	185	71%
		MEPs:		172	420	1,029	1,612	292	3,525			
Sarah O'Callaghan	19	Mins:	05:09	03:53	04:21	05:37	06:11	00:07	25:18	11,534	206	66%
		MEPs:		233	522	1,011	1,484	28	3,278			
Lissie Cervenka	27	Mins:	04:20	04:04	04:05	04:38	06:08	00:57	24:12	11,027	192	66%
		MEPs:		244	490	834	1,472	228	3,268			
Peps Peplow	22	Mins:	00:52	00:41	04:08	06:15	05:51	00:23	18:10	16,352	176	73%
		MEPs:		41	496	1,125	1,404	92	3,158			
Sue Davis	16	Mins:	13:52	04:13	01:55	02:32	06:53	02:15	31:40	9,264	181	59%
		MEPs:		253	230	456	1,652	540	3,131			
Kerry Nelson	14	Mins:	02:35	07:10	13:38	03:05	01:40	00:18	28:26	11,549	172	62%
		MEPs:		430	1,636	555	400	72	3,093			
Lorraine Clode	14	Mins:	00:10	00:11	02:33	09:40	04:09	00:02	16:45	10,062	209	75%
		MEPs:		11	306	1,740	996	8	3,061			
Sian Mills	11	Mins:	17:51	16:28	08:31	02:20	00:58	00:13	46:21	8,109	178	52%
		MEPs:		988	1,022	420	232	52	2,714			
John Moreton	13	Mins:	00:54	05:10	03:57	08:08	01:38	00:05	19:52	17,627	160	66%
		MEPs:		310	474	1,464	392	20	2,660			

Darren Moody	8	Mins: MEPs:	00:51 97	01:37 202	01:41 348	01:56 1,140	04:45 872	03:38 14:28	13,090	189	77%
George Mayes	29	Mins: MEPs:	05:49 1,015	16:55 794	06:37 435	02:25 316	01:19 36	00:09 33:14	9,863	179	57%
Kate Graham-Evans	19	Mins: MEPs:	06:02 427	07:07 576	04:48 591	03:17 748	03:07 200	00:50 25:11	9,386	190	61%
Angela Morrell	13	Mins: MEPs:	20:39 983	16:23 644	05:22 537	02:59 288	01:12 0	00:00 46:35	7,645	157	52%
Emma Paxton	19	Mins: MEPs:	02:55 225	03:45 388	03:14 627	03:29 884	03:41 192	00:48 17:52	8,086	198	66%
Kathleen Charles	10	Mins: MEPs:	00:37 102	01:42 284	02:22 678	03:46 1,024	04:16 168	00:42 13:25	4,718	173	73%
Anne Harper	11	Mins: MEPs:	01:25 257	04:17 422	03:31 606	03:22 936	03:54 16	00:04 16:33	6,107	167	67%
Inez Daly	17	Mins: MEPs:	04:09 621	10:21 502	04:11 699	03:53 352	01:28 0	00:00 24:02	8,537	177	59%
Katie Cumming	16	Mins: MEPs:	01:57 138	02:18 296	02:28 486	02:42 860	03:35 300	01:15 14:15	7,143	197	70%
Elaine Smith	13	Mins: MEPs:	00:56 114	01:54 436	03:38 783	04:21 664	02:46 80	00:20 13:55	7,033	179	70%
Lyndsey kirkland	21	Mins: MEPs:	09:25 614	10:14 544	04:32 354	01:58 432	01:48 124	00:31 28:28	7,246	181	56%
Matthew Guille	15	Mins: MEPs:	02:16 234	03:54 732	06:06 612	03:24 320	01:20 136	00:34 17:34	8,862	177	63%
Jane Ansell	12	Mins: MEPs:	01:08 262	04:22 484	04:02 807	04:29 416	01:44 20	00:05 15:50	3,237	141	65%
Michael Leevy	12	Mins: MEPs:	06:23 446	07:26 562	04:41 579	03:13 316	01:19 8	00:02 23:04	11,773	176	58%
Sam Jurd	12	Mins: MEPs:	01:40 104	01:44 176	01:28 324	01:48 1,084	04:31 220	00:55 12:06	9,072	186	71%
Mark Mayes	27	Mins: MEPs:	06:34 212	03:32 466	03:53 780	04:20 308	01:17 92	00:23 19:59	8,197	177	59%
Lee Cooper	13	Mins: MEPs:	03:01 150	02:30 402	03:21 660	03:40 472	01:58 172	00:43 15:13	8,694	191	65%

Duncan Bartlett	16	Mins: MEPs:	04:39 318	05:18 382	03:11 417	02:19 628	02:37 108	00:27 18:31	9,919	188	61%
Andy Beadsworth	10	Mins: MEPs:	07:23 338	05:38 362	03:01 477	02:39 644	02:41 16	00:04 21:26	10,543	168	58%
Steve Gale	12	Mins: MEPs:	01:03 131	02:11 408	03:24 723	04:01 544	02:16 20	00:05 13:00	9,040	178	68%
Annmarie Cooper	16	Mins: MEPs:	05:03 227	03:47 416	03:28 681	03:47 416	01:44 76	00:19 18:08	5,446	202	61%
Megan Fox	11	Mins: MEPs:	02:16 185	03:05 322	02:41 423	02:21 796	03:19 76	00:19 14:01	5,996	198	66%
Mark Gulliford	17	Mins: MEPs:	01:23 143	02:23 388	03:14 1,116	06:12 144	00:36 0	00:00 13:48	10,364	161	66%
Tim Donovan	10	Mins: MEPs:	04:53 141	02:21 208	01:44 306	01:42 1,084	04:31 12	00:03 15:14	8,683	180	63%
Helen Geering	18	Mins: MEPs:	05:37 342	05:42 594	04:57 594	03:18 220	00:55 0	00:00 20:29	5,748	160	58%
Sandy Saunders	12	Mins: MEPs:	07:32 122	02:02 194	01:37 288	01:36 888	03:42 252	01:03 17:32	7,819	171	59%
Lewis day off	9	Mins: MEPs:	01:07 108	01:48 186	01:33 189	01:03 932	03:53 228	00:57 10:21	7,607	188	72%
neil kirkland	32	Mins: MEPs:	15:55 562	09:22 422	03:31 399	02:13 244	01:01 12	00:03 32:05	9,871	168	51%
Emily Payne	16	Mins: MEPs:	02:39 227	03:47 340	02:50 519	02:53 524	02:11 0	00:00 14:20	5,370	182	63%
Larissa Bryan	14	Mins: MEPs:	02:42 152	02:32 370	03:05 495	02:45 548	02:17 44	00:11 13:32	5,379	183	64%
Melissa Beadsworth	14	Mins: MEPs:	02:09 146	02:26 266	02:13 405	02:15 616	02:34 128	00:32 12:09	4,040	165	66%
Sharon Gallagher	7	Mins: MEPs:	00:00 40	00:40 346	02:53 843	04:41 236	00:59 0	00:00 09:13	3,754	149	71%
Kate Bartlett	14	Mins: MEPs:	03:35 257	04:17 384	03:12 447	02:29 344	01:26 32	00:08 15:07	4,978	186	60%
Josh Bryan	15	Mins: MEPs:	02:45 136	02:16 168	01:24 351	01:57 668	02:47 140	00:35 11:44	7,787	201	65%

sue wierzbicki	9	Mins: MEPs:	00:44 218	03:38 742	06:11 405	02:15 80	00:20 4	00:01 4	13:09 1,449	5,471	181	63%
Boo Donovan	8	Mins: MEPs:	00:08 144	02:24 494	04:07 429	02:23 292	01:13 76	00:19 76	10:34 1,435	4,509	182	67%
Amanda Mansell	14	Mins: MEPs:	03:24 186	03:06 394	03:17 426	02:22 388	01:37 40	00:10 40	13:56 1,434	4,943	180	61%
Jess Mayes	19	Mins: MEPs:	03:47 354	05:54 396	03:18 381	02:07 272	01:08 20	00:05 20	16:19 1,423	5,560	189	59%
joe miller	9	Mins: MEPs:	01:48 132	02:12 240	02:00 318	01:46 608	02:32 92	00:23 92	10:41 1,390	7,334	179	66%
Bridgetta Worsley	6	Mins: MEPs:	00:07 82	01:22 346	02:53 390	02:10 324	01:21 240	01:00 240	08:53 1,382	3,215	165	71%
Boris B	9	Mins: MEPs:	00:32 40	00:40 126	01:03 363	02:01 708	02:57 108	00:27 108	07:40 1,345	6,073	182	74%
Paul Davis	6	Mins: MEPs:	00:50 42	00:42 112	00:56 243	01:21 856	03:34 76	00:19 76	07:42 1,329	5,672	167	74%
Paul Nichols	6	Mins: MEPs:	04:10 249	04:09 208	01:44 357	01:59 472	01:58 28	00:07 28	14:07 1,314	6,643	163	60%
Rowanne Cumbley	9	Mins: MEPs:	00:43 94	01:34 140	01:10 174	00:58 816	03:24 80	00:20 80	08:09 1,304	4,183	191	72%
Karen Spicer	10	Mins: MEPs:	02:15 67	01:07 174	01:27 474	02:38 544	02:16 44	00:11 44	09:54 1,303	4,231	183	66%
Holly Beadsworth	11	Mins: MEPs:	00:27 93	01:33 284	02:22 462	02:34 412	01:43 52	00:13 52	08:52 1,303	3,759	193	69%
Kymerley Saunders	15	Mins: MEPs:	02:22 99	01:39 230	01:55 537	02:59 436	01:49 0	00:00 0	10:44 1,302	2,851	170	64%
Hayley SK	9	Mins: MEPs:	04:11 244	04:04 236	01:58 321	01:47 344	01:26 156	00:39 156	14:05 1,301	4,535	191	60%
pene colwell	7	Mins: MEPs:	00:02 56	00:56 196	01:38 333	01:51 416	01:44 96	00:24 96	06:35 1,097	2,995	169	72%
Emma Francis	7	Mins: MEPs:	01:07 133	02:13 212	01:46 213	01:11 404	01:41 60	00:15 60	08:13 1,022	3,453	181	64%
Sian Rixon	9	Mins: MEPs:	10:07 191	03:11 226	01:53 219	01:13 300	01:15 68	00:17 68	17:56 1,004	2,283	165	50%

Alex Ansell	7	Mins: MEPs:	00:55 53	00:53 120	01:00 225	01:15 424	01:46 156	00:39 06:28 978	2,891	186	70%
Julia Mandalios	7	Mins: MEPs:	00:40 152	02:32 244	02:02 333	01:51 180	00:45 0	00:00 07:50 909	1,987	170	64%
Ellen Shearon	12	Mins: MEPs:	00:30 245	04:05 450	03:45 162	00:54 12	00:03 8	00:02 09:19 877	2,812	174	60%
Clare Longman	5	Mins: MEPs:	01:03 104	01:44 132	01:06 195	01:05 292	01:13 112	00:28 06:39 835	2,221	169	65%
Ian Southwell	3	Mins: MEPs:	00:05 53	00:53 314	02:37 216	01:12 148	00:37 28	00:07 05:31 759	3,658	178	68%
Kirstie Mayes	7	Mins: MEPs:	00:37 34	00:34 114	00:57 216	01:12 364	01:31 24	00:06 04:57 752	1,969	181	69%
Karen Gale	4	Mins: MEPs:	00:49 70	01:10 192	01:36 192	01:04 184	00:46 60	00:15 05:40 698	2,482	189	65%
Clare Rhodes	4	Mins: MEPs:	00:53 48	00:48 68	00:34 153	00:51 364	01:31 0	00:00 04:37 633	1,966	174	68%
Vickie moody	5	Mins: MEPs:	00:25 74	01:14 138	01:09 183	01:01 136	00:34 24	00:06 04:29 555	1,818	188	65%
Lou Barrow	4	Mins: MEPs:	00:16 51	00:51 120	01:00 120	00:40 180	00:45 48	00:12 03:44 519	1,435	175	68%
Brooke Bryan	3	Mins: MEPs:	00:04 11	00:11 66	00:33 57	00:19 124	00:31 232	00:58 02:36 490	2,412	185	80%
Lesley birch	5	Mins: MEPs:	04:34 164	02:44 114	00:57 87	00:29 88	00:22 20	00:05 09:11 473	1,581	167	52%
Nick Hamstead	3	Mins: MEPs:	00:21 46	00:46 144	01:12 171	00:57 108	00:27 4	00:01 03:44 473	2,403	164	65%
Niamh Moreton	3	Mins: MEPs:	00:05 21	00:21 70	00:35 102	00:34 164	00:41 112	00:28 02:44 469	1,530	185	74%
Andrew Mayes	10	Mins: MEPs:	00:22 22	00:22 90	00:45 117	00:39 120	00:30 72	00:18 02:56 421	1,500	147	69%
Daniel Van Gelder	2	Mins: MEPs:	00:00 4	00:04 64	00:32 201	01:07 120	00:30 20	00:05 02:18 409	1,404	143	74%
Liam Phillips	2	Mins: MEPs:	00:02 5	00:05 26	00:13 48	00:16 188	00:47 80	00:20 01:43 347	1,421	184	80%

Marisa Lamb	2	Mins: MEPs:	00:26 18	00:18 18	00:34 68	00:48 144	00:29 116	00:00 0	02:35 346	1,170	181	66%
phil pafford	2	Mins: MEPs:	00:12 17	00:17 17	00:17 34	00:31 93	00:29 116	00:11 44	01:57 304	1,622	189	72%
sophie Scott	2	Mins: MEPs:	00:08 18	00:18 18	00:26 52	00:18 54	00:19 76	00:06 24	01:35 224	732	182	68%
Priscilla Thornber	1	Mins: MEPs:	00:00 0	00:00 0	00:06 12	00:21 63	00:31 124	00:02 8	01:00 207	564	171	80%
Louise O'Connor	1	Mins: MEPs:	00:20 16	00:16 16	00:11 22	00:04 12	00:25 100	00:03 12	01:19 162	442	169	65%
suzanne Auger	1	Mins: MEPs:	00:03 6	00:06 6	00:13 26	00:12 36	00:14 56	00:09 36	00:57 160	643	207	75%
Clare Turner	1	Mins: MEPs:	00:14 21	00:21 21	00:14 28	00:13 39	00:14 56	00:00 0	01:16 144	399	153	63%
Connor Gale	1	Mins: MEPs:	00:02 2	00:02 2	00:01 2	00:02 6	00:06 24	00:10 40	00:23 74	367	209	81%
Charles Jackson	1	Mins: MEPs:	00:11 0	00:00 0	00:00 0	00:00 0	00:00 0	00:00 0	00:11 0	0	76	31%