

Key Numbers Report
01 Nov 19 - 30 Nov 19



Date Range: 01 Nov 19 - 30 Nov 19

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
jack davis	36	Mins:	65:23	52:43	09:48	03:06	00:55	00:05	132:00	29,542	191	50%
		MEPs:		3,163	1,176	558	220	20	5,137			
Danielle Cheyney	24	Mins:	05:36	06:06	05:38	06:02	08:21	02:26	34:09	14,397	188	68%
		MEPs:		366	676	1,086	2,004	584	4,716			
Lorraine Clode	17	Mins:	00:20	01:10	01:03	02:56	07:52	01:56	15:17	8,642	201	80%
		MEPs:		70	126	528	1,888	464	3,076			
Lee Cooper	15	Mins:	00:34	01:49	04:22	06:11	04:27	01:05	18:28	13,742	181	73%
		MEPs:		109	524	1,113	1,068	260	3,074			
Sue Davis	18	Mins:	12:24	03:37	03:02	02:31	05:55	02:11	29:40	8,837	180	60%
		MEPs:		217	364	453	1,420	524	2,978			
Elaine Smith	15	Mins:	01:41	02:52	04:10	04:25	04:31	01:41	19:20	9,903	190	71%
		MEPs:		172	500	795	1,084	404	2,955			
John Moreton	10	Mins:	00:20	06:59	07:58	06:52	01:04	00:02	23:15	20,600	205	65%
		MEPs:		419	956	1,236	256	8	2,875			
Helen Geering	21	Mins:	05:23	06:51	07:20	04:33	02:02	00:01	26:10	8,340	163	61%
		MEPs:		411	880	819	488	4	2,602			
Sandy Saunders	17	Mins:	08:10	04:45	04:07	03:58	03:41	00:30	25:11	11,904	175	60%
		MEPs:		285	494	714	884	120	2,497			
Emma Paxton	15	Mins:	02:51	04:42	03:38	03:28	03:19	00:50	18:48	8,342	188	66%
		MEPs:		282	436	624	796	200	2,338			
George Mayes	15	Mins:	02:17	05:01	05:42	05:05	01:35	00:08	19:48	7,836	177	64%
		MEPs:		301	684	915	380	32	2,312			
Eliza Thomsom	16	Mins:	00:58	02:43	05:25	03:57	03:08	00:07	16:18	7,395	184	68%
		MEPs:		163	650	711	752	28	2,304			
Leyon Joseph	17	Mins:	13:38	04:18	04:07	05:28	02:08	00:14	29:53	11,395	175	56%
		MEPs:		258	494	984	512	56	2,304			
Josh Bryan	16	Mins:	02:52	03:38	03:23	03:20	03:00	01:21	17:34	12,578	199	66%
		MEPs:		218	406	600	720	324	2,268			

Michael Leevy	17	Mins: MEPs:	01:40 293	04:53 682	05:41 693	03:51 580	02:25 0	00:00 18:30	12,719	170	65%
Julia Mandalios	18	Mins: MEPs:	01:15 272	04:32 606	05:03 723	04:01 624	02:36 12	00:03 17:30	4,900	179	66%
Karen Spicer	17	Mins: MEPs:	08:07 176	02:56 400	03:20 969	05:23 640	02:40 0	00:00 22:26	7,322	169	58%
Anne Harper	9	Mins: MEPs:	00:52 229	03:49 434	03:37 543	03:01 816	03:24 148	00:37 15:20	5,982	175	69%
Ben Graham-Evans	16	Mins: MEPs:	13:34 257	04:17 208	01:44 750	04:10 672	02:48 276	01:09 27:42	11,849	197	56%
Katie Cumming	14	Mins: MEPs:	01:07 169	02:49 324	02:42 417	02:19 888	03:42 212	00:53 13:32	7,029	195	70%
Megan Fox	7	Mins: MEPs:	01:09 134	02:14 320	02:40 426	02:22 836	03:29 280	01:10 13:04	6,547	196	66%
Duncan Bartlett	12	Mins: MEPs:	02:32 238	03:58 300	02:30 282	01:34 768	03:12 360	01:30 15:16	9,954	187	66%
Annmarie Cooper	10	Mins: MEPs:	04:44 240	04:00 318	02:39 495	02:45 744	03:06 76	00:19 17:33	5,361	169	62%
Amanda Mansell	10	Mins: MEPs:	01:20 220	03:40 460	03:50 429	02:23 576	02:24 120	00:30 14:07	6,172	186	66%
Kathleen Charles	12	Mins: MEPs:	00:03 93	01:33 638	05:19 768	04:16 272	01:08 16	00:04 12:23	4,162	173	68%
Emily Payne	15	Mins: MEPs:	03:29 242	04:02 274	02:17 459	02:33 772	03:13 4	00:01 15:35	5,757	173	63%
Kate Bartlett	9	Mins: MEPs:	01:03 192	03:12 340	02:50 393	02:11 684	02:51 136	00:34 12:41	5,384	179	68%
Andy Beadsworth	4	Mins: MEPs:	01:09 157	02:37 206	01:43 444	02:28 852	03:33 28	00:07 11:37	8,799	173	69%
Sarah O'Callaghan	13	Mins: MEPs:	02:59 169	02:49 334	02:47 390	02:10 640	02:40 64	00:16 13:41	5,842	190	64%
Melissa Beadsworth	10	Mins: MEPs:	00:36 117	01:57 206	01:43 357	01:59 576	02:24 276	01:09 09:48	3,980	166	72%
Lyndsey kirkland	15	Mins: MEPs:	08:17 349	05:49 328	02:44 243	01:21 372	01:33 212	00:53 20:37	5,071	180	56%

Jane Ansell	8	Mins: MEPs:	05:53 270	04:30 622	05:11 459	02:33 124	00:31 0	00:00 18:38 1,475	2,891	140	57%
Connor Gale	8	Mins: MEPs:	05:12 149	02:29 340	02:50 375	02:05 420	01:45 184	00:46 15:07 1,468	7,818	209	60%
Paul Nichols	6	Mins: MEPs:	02:15 252	04:12 292	02:26 354	01:58 468	01:57 68	00:17 13:05 1,434	7,310	164	63%
pene colwell	8	Mins: MEPs:	00:04 99	01:39 328	02:44 369	02:03 432	01:48 188	00:47 09:05 1,416	3,985	170	71%
Clare Turner	9	Mins: MEPs:	02:22 294	04:54 420	03:30 234	01:18 396	01:39 72	00:18 14:01 1,416	4,180	164	61%
Emma Francis	10	Mins: MEPs:	00:25 105	01:45 310	02:35 336	01:52 516	02:09 140	00:35 09:21 1,407	4,625	185	70%
Kymerley Saunders	14	Mins: MEPs:	01:32 66	01:06 222	01:51 456	02:32 660	02:45 0	00:00 09:46 1,404	2,859	172	68%
Nina Savage	8	Mins: MEPs:	02:03 101	01:41 182	01:31 255	01:25 532	02:13 328	01:22 10:15 1,398	4,033	181	67%
Sharon Gallagher	8	Mins: MEPs:	00:26 180	03:00 456	03:48 525	02:55 220	00:55 0	00:00 11:04 1,381	3,740	150	65%
Niamh Moreton	8	Mins: MEPs:	00:04 35	00:35 326	02:43 432	02:24 400	01:40 172	00:43 08:09 1,365	4,420	188	73%
Rowanne Cumbley	6	Mins: MEPs:	00:34 103	01:43 100	00:50 207	01:09 712	02:58 240	01:00 08:14 1,362	4,471	188	74%
neil kirkland	10	Mins: MEPs:	01:38 150	02:30 268	02:14 333	01:51 444	01:51 160	00:40 10:44 1,355	7,027	176	66%
Hayley SK	6	Mins: MEPs:	02:04 117	01:57 290	02:25 360	02:00 544	02:16 36	00:09 10:51 1,347	4,820	196	64%
Holly Beadsworth	9	Mins: MEPs:	00:19 60	01:00 362	03:01 546	03:02 320	01:20 44	00:11 08:53 1,332	4,410	196	70%
Mark Mayes	18	Mins: MEPs:	04:59 152	02:32 200	01:40 546	03:02 412	01:43 4	00:01 13:57 1,314	5,558	157	59%
Richard Marrington	11	Mins: MEPs:	47:56 524	08:44 146	01:13 213	01:11 428	01:47 0	00:00 60:51 1,311	7,235	162	45%
Inez Daly	9	Mins: MEPs:	02:59 447	07:27 500	04:10 183	01:01 152	00:38 28	00:07 16:22 1,310	5,275	198	58%

Kate Graham-Evans	12	Mins: MEPs:	04:36 236	03:56 310	02:35 375	02:05 340	01:25 48	00:12 1,309	14:49	4,862	187	59%
Lissie Cervenka	11	Mins: MEPs:	01:28 125	02:05 232	01:56 270	01:30 476	01:59 200	00:50 1,303	09:48	4,499	193	67%
Clare Rhodes	11	Mins: MEPs:	02:30 119	01:59 206	01:43 234	01:18 716	02:59 12	00:03 1,287	10:32	4,128	177	65%
Kerry Nelson	9	Mins: MEPs:	00:07 94	01:34 358	02:59 360	02:00 292	01:13 144	00:36 1,248	08:29	4,321	183	70%
Matthew Guille	7	Mins: MEPs:	00:33 97	01:37 298	02:29 288	01:36 400	01:40 136	00:34 1,219	08:29	5,025	180	69%
Boo Donovan	7	Mins: MEPs:	00:01 71	01:11 544	04:32 366	02:02 188	00:47 24	00:06 1,193	08:39	3,736	177	67%
Steve Gale	10	Mins: MEPs:	00:44 103	01:43 266	02:13 444	02:28 348	01:27 16	00:04 1,177	08:39	5,938	175	67%
Alex Ansell	8	Mins: MEPs:	00:33 88	01:28 254	02:07 291	01:37 456	01:54 80	00:20 1,169	07:59	3,523	184	69%
Larissa Bryan	8	Mins: MEPs:	01:36 104	01:44 278	02:19 342	01:54 392	01:38 48	00:12 1,164	09:23	3,798	182	65%
phil pafford	7	Mins: MEPs:	00:31 43	00:43 194	01:37 267	01:29 424	01:46 144	00:36 1,072	06:42	5,648	191	72%
Tina Wyatt	6	Mins: MEPs:	00:19 14	00:14 64	00:32 156	00:52 500	02:05 176	00:44 910	04:46	2,640	189	78%
Beth Ross	5	Mins: MEPs:	00:32 61	01:01 122	01:01 219	01:13 352	01:28 144	00:36 898	05:51	2,966	196	71%
sue wierzbicki	7	Mins: MEPs:	01:35 255	04:15 332	02:46 198	01:06 88	00:22 12	00:03 885	10:07	3,512	193	59%
Paul Peplow	6	Mins: MEPs:	00:18 19	00:19 44	00:22 309	01:43 436	01:49 0	00:00 808	04:31	4,093	165	74%
Priscilla Thornber	4	Mins: MEPs:	00:05 78	01:18 228	01:54 276	01:32 200	00:50 24	00:06 806	05:45	2,450	176	68%
Bridgetta Worsley	6	Mins: MEPs:	00:03 46	00:46 312	02:36 258	01:26 156	00:39 12	00:03 784	05:33	2,014	167	68%
Ian Southwell	4	Mins: MEPs:	00:16 85	01:25 224	01:52 219	01:13 216	00:54 20	00:05 764	05:45	3,641	155	67%

Clare Longman	4	Mins: MEPs:	01:26	01:55 115	01:32 184	00:54 162	00:40 160	00:23 92	06:50 713	1,977	168	62%
Jason Cozens	5	Mins: MEPs:	00:11	01:24 84	02:23 286	01:21 243	00:23 92	00:02 8	05:44 713	3,582	165	66%
Mark Gulliford	7	Mins: MEPs:	01:06	01:53 113	01:27 174	01:42 306	00:14 56	00:01 4	06:23 653	4,044	172	61%
Richard Thornber	7	Mins: MEPs:	01:53	02:07 127	01:08 136	00:47 141	00:49 196	00:08 32	06:52 632	3,638	182	58%
Tim Donovan	2	Mins: MEPs:	00:47	01:06 66	01:26 172	01:19 237	00:26 104	00:01 4	05:05 583	3,057	168	64%
Vickie moody	4	Mins: MEPs:	01:57	00:59 59	01:09 138	00:52 156	00:40 160	00:10 40	05:47 553	1,814	176	59%
Christine burr	6	Mins: MEPs:	01:28	02:28 148	01:38 196	00:47 141	00:17 68	00:00 0	06:38 553	2,226	176	58%
Darren Moody	3	Mins: MEPs:	00:07	00:04 4	00:11 22	00:28 84	00:50 200	00:57 228	02:37 538	2,577	187	83%
Sarah Barrett	4	Mins: MEPs:	00:21	00:20 20	00:28 56	00:43 129	00:45 180	00:33 132	03:10 517	1,536	193	73%
Tom Barrett	3	Mins: MEPs:	00:08	00:14 14	00:36 72	01:01 183	00:51 204	00:09 36	02:59 509	2,363	185	73%
Daniel Van Gelder	3	Mins: MEPs:	00:00	00:17 17	01:00 120	01:10 210	00:37 148	00:03 12	03:07 507	1,762	141	72%
Callum Diaper	3	Mins: MEPs:	00:02	00:18 18	00:44 88	00:53 159	00:45 180	00:12 48	02:54 493	2,431	194	74%
Ellen Shearon	10	Mins: MEPs:	02:08	04:55 295	01:00 120	00:15 45	00:00 0	00:00 0	08:18 460	1,613	147	54%
Karen Gale	3	Mins: MEPs:	00:26	00:54 54	01:15 150	00:43 129	00:21 84	00:10 40	03:49 457	1,673	189	65%
Liam Phillips	2	Mins: MEPs:	00:00	00:04 4	00:17 34	00:15 45	00:26 104	00:54 216	01:56 403	1,728	187	83%
pete cumming	2	Mins: MEPs:	00:27	00:26 26	00:22 44	00:54 162	00:37 148	00:02 8	02:48 388	2,110	187	68%
mark watson	2	Mins: MEPs:	00:18	00:36 36	00:59 118	00:28 84	00:26 104	00:05 20	02:52 362	1,852	178	66%

Boris B	2	Mins: MEPs:	00:06 7	00:07 34	00:17 18	00:06 80	00:20 156	00:39 295	01:35 295	1,402	186	80%
Kelly Sanders	4	Mins: MEPs:	01:28 67	01:07 102	00:51 57	00:19 68	00:17 0	00:00 294	04:02 294	893	161	56%
sophie Scott	3	Mins: MEPs:	00:41 30	00:30 62	00:31 108	00:36 84	00:21 0	00:00 284	02:39 284	953	173	62%
Marisa Lamb	3	Mins: MEPs:	00:20 17	00:17 68	00:34 78	00:26 84	00:21 0	00:00 247	01:58 247	847	177	67%
Louise O'Connor	1	Mins: MEPs:	00:07 14	00:14 28	00:14 15	00:05 68	00:17 20	00:05 145	01:02 145	400	169	68%
Katharine Stainer	1	Mins: MEPs:	00:12 11	00:11 30	00:15 45	00:15 28	00:07 24	00:06 138	01:06 138	445	184	66%
DEMO ONE	1	Mins: MEPs:	00:06 16	00:16 22	00:11 51	00:17 48	00:12 0	00:00 137	01:02 137	408	165	66%
Christina Diaper	1	Mins: MEPs:	00:08 23	00:23 38	00:19 30	00:10 4	00:01 0	00:00 95	01:01 95	280	144	61%