

Key Numbers Report

01 Jan 24 - 31 Jan 24



Date Range: 01 Jan 24 - 31 Jan 24

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Darren Moody	22	Mins:	02:31	04:21	07:56	09:39	08:31	00:26	33:24	26,611	176	69%
		MEPs:		261	952	1,737	2,044	104	5,098			
Ellen HAMSTEAD	36	Mins:	06:37	24:36	24:23	01:03	00:00	00:00	56:39	14,835	142	57%
		MEPs:		1,476	2,926	189	0	0	4,591			
Tracy Allbon	28	Mins:	00:57	00:48	02:16	11:00	09:11	00:02	24:14	12,756	182	75%
		MEPs:		48	272	1,980	2,204	8	4,512			
Lyn Fuller	17	Mins:	02:36	09:00	11:13	06:21	02:00	00:12	31:22	11,089	174	63%
		MEPs:		540	1,346	1,143	480	48	3,557			
Sue Davis	24	Mins:	44:33	31:57	07:38	01:36	00:45	00:15	86:44	12,965	180	49%
		MEPs:		1,917	916	288	180	60	3,361			
Lee Cooper	23	Mins:	07:58	10:48	06:44	04:48	03:32	00:43	34:33	17,396	173	60%
		MEPs:		648	808	864	848	172	3,340			
Paul Davis	22	Mins:	22:33	19:10	09:28	04:19	01:00	00:01	56:31	21,654	176	53%
		MEPs:		1,150	1,136	777	240	4	3,307			
Ian Cooke	14	Mins:	03:06	12:47	14:13	03:58	00:22	00:00	34:26	19,562	161	60%
		MEPs:		767	1,706	714	88	0	3,275			
Bev Tout	22	Mins:	02:14	10:36	16:31	02:52	00:11	00:00	32:24	10,047	153	60%
		MEPs:		636	1,982	516	44	0	3,178			
Leyon Joseph	20	Mins:	07:16	07:14	04:48	05:30	04:20	00:09	29:17	15,277	164	61%
		MEPs:		434	576	990	1,040	36	3,076			
Inez Daly	18	Mins:	06:44	09:36	07:59	06:23	00:56	00:00	31:38	11,398	170	59%
		MEPs:		576	958	1,149	224	0	2,907			
Frair Burgess	29	Mins:	19:42	16:54	11:29	01:58	00:28	00:03	50:34	10,272	169	52%
		MEPs:		1,014	1,378	354	112	12	2,870			
Sarah-Jane Tarr	19	Mins:	21:14	11:08	06:57	04:53	01:36	00:01	45:49	12,628	200	52%
		MEPs:		668	834	879	384	4	2,769			
Kathleen Charles	18	Mins:	00:56	04:55	10:53	06:07	00:05	00:00	22:56	5,681	138	64%
		MEPs:		295	1,306	1,101	20	0	2,722			

George Mayes	26	Mins: MEPs:	05:57 988	16:28 778	06:29 396	02:12 416	01:44 52	00:13 33:03	10,126	177	57%
Liza Barber	18	Mins: MEPs:	02:21 527	08:47 832	06:56 909	05:03 144	00:36 0	00:00 23:43	6,501	156	61%
Sandy Saunders	12	Mins: MEPs:	08:45 210	03:30 360	03:00 690	03:50 956	03:59 92	00:23 23:27	10,837	184	59%
Moreton	14	Mins: MEPs:	00:31 534	08:54 1,278	10:39 483	02:41 0	00:00 0	00:00 22:45	18,998	124	61%
Katie Le Flem	25	Mins: MEPs:	02:09 380	06:20 1,296	10:48 510	02:50 72	00:18 36	00:09 22:34	6,564	179	61%
Boris B	14	Mins: MEPs:	05:23 516	08:36 704	05:52 222	01:14 688	02:52 164	00:41 24:38	12,499	176	60%
Emily Webb	15	Mins: MEPs:	05:05 369	06:09 738	06:09 672	03:44 404	01:41 20	00:05 22:53	6,575	175	60%
Megan Fox	8	Mins: MEPs:	03:25 185	03:05 382	03:11 612	03:24 956	03:59 48	00:12 17:16	7,620	195	65%
Clare Stringer	18	Mins: MEPs:	47:33 640	10:40 656	05:28 456	02:32 332	01:23 84	00:21 67:57	6,747	225	47%
Kirstie Mayes	21	Mins: MEPs:	17:49 954	15:54 430	03:35 213	01:11 548	02:17 12	00:03 40:49	7,799	188	51%
Sian Mills	8	Mins: MEPs:	00:23 163	02:43 494	04:07 846	04:42 528	02:12 40	00:10 14:17	5,482	169	68%
Peter Brent	16	Mins: MEPs:	02:39 461	07:41 550	04:35 441	02:27 560	02:20 40	00:10 19:52	11,032	170	61%
Niamh Moreton	15	Mins: MEPs:	01:12 141	02:21 498	04:09 594	03:18 792	03:18 16	00:04 14:22	6,573	177	68%
kerry mackin	13	Mins: MEPs:	02:45 364	06:04 622	05:11 534	02:58 392	01:38 96	00:24 19:00	6,208	179	61%
Clare Rhodes	18	Mins: MEPs:	38:51 677	11:17 418	03:29 375	02:05 464	01:56 12	00:03 57:41	6,864	191	48%
Anne Harper	18	Mins: MEPs:	19:19 651	10:51 912	07:36 297	01:39 40	00:10 0	00:00 39:35	6,170	153	54%
Larissa Bryan	24	Mins: MEPs:	09:33 400	06:40 600	05:00 540	03:00 324	01:21 16	00:04 25:38	6,676	181	55%

Leanne Gelder	19	Mins: MEPs:	10:25 407	06:47 528	04:24 558	03:06 344	01:26 4	00:01 1,841	6,200	167	55%
Joanne Monks	18	Mins: MEPs:	41:32 489	08:09 624	05:12 582	03:14 96	00:24 0	00:00 1,791	6,113	160	46%
Paul Nichols	10	Mins: MEPs:	10:43 617	10:17 408	03:24 507	02:49 232	00:58 0	00:00 1,764	10,586	159	54%
Jenny Heywood	12	Mins: MEPs:	05:42 578	09:38 1,062	08:51 75	00:25 0	00:00 0	00:00 1,715	4,695	141	56%
Brooke Bryan	10	Mins: MEPs:	00:41 237	03:57 432	03:36 444	02:28 480	02:00 56	00:14 1,649	8,915	172	65%
Gemma Howse	30	Mins: MEPs:	49:23 760	12:40 618	05:09 210	01:10 24	00:06 0	00:00 1,612	6,751	204	43%
Bridgetta Worsley	8	Mins: MEPs:	00:15 155	02:35 612	05:06 765	04:15 60	00:15 0	00:00 1,592	4,118	147	65%
Melissa Beadsworth	13	Mins: MEPs:	03:42 185	03:05 242	02:01 228	01:16 400	01:40 488	02:02 1,543	4,301	169	64%
Mark Mayes	19	Mins: MEPs:	05:24 217	03:37 224	01:52 657	03:39 384	01:36 20	00:05 1,502	6,509	183	58%
Annmarie Cooper	12	Mins: MEPs:	06:43 217	03:37 206	01:43 213	01:11 508	02:07 332	01:23 1,476	4,340	173	58%
Jess Mayes	10	Mins: MEPs:	00:24 89	01:29 320	02:40 309	01:43 468	01:57 284	01:11 1,470	5,070	202	72%
Francis Worsley	62	Mins: MEPs:	26:33 908	15:08 296	02:28 174	00:58 80	00:20 0	00:00 1,458	13,008	171	49%
Amanda Mansell	16	Mins: MEPs:	00:40 290	04:50 974	08:07 174	00:58 8	00:02 0	00:00 1,446	5,834	161	60%
Debbie Penney	11	Mins: MEPs:	04:16 241	04:01 400	03:20 255	01:25 496	02:04 48	00:12 1,440	4,624	174	60%
Jane Ansell	14	Mins: MEPs:	11:09 685	11:25 618	05:09 129	00:43 0	00:00 0	00:00 1,432	2,895	127	52%
Emily Payne	15	Mins: MEPs:	02:06 185	03:05 360	03:00 363	02:01 464	01:56 4	00:01 1,376	4,579	173	62%
Becky Burningham	11	Mins: MEPs:	11:46 473	07:53 438	03:39 309	01:43 136	00:34 8	00:02 1,364	4,524	167	52%

Nina Savage	13	Mins: MEPs:	04:17 212	03:32 144	01:12 144	01:38 294	02:43 652	00:13 52	13:35 1,354	4,073	171	62%
Lorraine Clode	9	Mins: MEPs:	00:04 19	00:19 132	01:06 132	02:35 465	02:59 716	00:00 0	07:03 1,332	4,311	169	75%
Michelle Nelson	13	Mins: MEPs:	02:58 251	04:11 682	05:41 682	02:03 369	00:07 28	00:00 0	15:00 1,330	4,855	160	58%
Richard Marrington	8	Mins: MEPs:	00:31 87	01:27 196	01:38 196	01:33 279	03:04 736	00:05 20	08:18 1,318	6,325	171	70%
Britt Megahey	8	Mins: MEPs:	00:45 147	02:27 406	03:23 406	02:21 423	01:22 328	00:03 12	10:21 1,316	6,614	163	65%
Hayley SK	16	Mins: MEPs:	06:16 298	04:58 418	03:29 418	01:53 339	00:55 220	00:01 4	17:32 1,279	5,136	184	56%
Alex Ansell	14	Mins: MEPs:	06:10 255	04:15 298	02:29 298	01:28 264	01:32 368	00:15 60	16:09 1,245	3,794	179	56%
Sarah Barrett	9	Mins: MEPs:	00:51 57	00:57 144	01:12 144	01:00 180	02:11 524	01:03 252	07:14 1,157	3,506	189	72%
Kate Mardel-Ferreira	14	Mins: MEPs:	17:29 390	06:30 302	02:31 302	01:14 222	00:41 164	00:05 20	28:30 1,098	4,212	184	48%
Rose Joseph	4	Mins: MEPs:	01:13 122	02:02 104	00:52 104	00:44 132	02:23 572	00:25 100	07:39 1,030	3,165	183	67%
Clare Longman	7	Mins: MEPs:	02:39 171	02:51 364	03:02 364	01:29 267	00:34 136	00:01 4	10:36 942	2,585	156	58%
Matthew Guille	8	Mins: MEPs:	00:35 156	02:36 404	03:22 404	01:26 258	00:25 100	00:01 4	08:25 922	4,322	141	62%
Rhys Burningham	8	Mins: MEPs:	00:33 140	02:20 272	02:16 272	01:21 243	00:28 112	00:26 104	07:24 871	4,486	178	64%
Tasmin Smith	8	Mins: MEPs:	01:57 135	02:15 242	02:01 242	01:38 294	00:45 180	00:00 0	08:36 851	2,465	162	60%
Nicola Anderson	7	Mins: MEPs:	02:29 134	02:14 234	01:57 234	01:23 249	00:43 172	00:00 0	08:46 789	2,617	175	58%
Andy Powell	6	Mins: MEPs:	04:13 211	03:31 292	02:26 292	00:56 168	00:20 80	00:03 12	11:29 763	4,308	160	55%
Katie Cumming	8	Mins: MEPs:	01:20 102	01:42 204	01:42 204	01:19 237	00:48 192	00:07 28	06:58 763	2,826	183	62%

Vickie moody	4	Mins: MEPs:	00:45 82	01:22 174	01:27 102	00:34 140	00:35 44	00:11 44	04:54 542	1,707	168	63%
Kirsty Garratt	5	Mins: MEPs:	00:10 4	00:04 64	00:32 255	01:25 132	00:33 64	00:16 64	03:00 519	991	175	73%
Sharon Gallagher	5	Mins: MEPs:	00:00 39	00:39 176	01:28 144	00:48 60	00:15 0	00:00 0	03:10 419	1,180	147	66%
Richard Banks	3	Mins: MEPs:	00:08 26	00:26 72	00:36 114	00:38 156	00:39 32	00:08 32	02:35 400	1,951	170	70%
Toni Reid	3	Mins: MEPs:	00:29 100	01:40 120	01:00 84	00:28 32	00:08 0	00:00 0	03:45 336	1,105	156	59%
Laura Surman	4	Mins: MEPs:	03:09 152	02:32 108	00:54 48	00:16 4	00:01 0	00:00 0	06:52 312	1,196	162	51%
jemima greenhalgh	3	Mins: MEPs:	01:41 128	02:08 138	01:09 39	00:13 0	00:00 0	00:00 0	05:11 305	1,337	154	53%
Marcus Paramor	1	Mins: MEPs:	00:03 20	00:20 48	00:24 51	00:17 32	00:08 0	00:00 0	01:12 151	790	165	65%
Boo Donovan	1	Mins: MEPs:	00:27 33	00:33 22	00:11 21	00:07 28	00:07 4	00:01 4	01:26 108	351	170	57%
Sophia Cooper	1	Mins: MEPs:	00:10 30	00:30 48	00:24 18	00:06 0	00:00 0	00:00 0	01:10 96	361	152	58%
Marc Ferrier	1	Mins: MEPs:	00:30 29	00:29 30	00:15 6	00:02 0	00:00 0	00:00 0	01:16 65	426	135	47%