

Key Numbers Report

01 Jul 25 - 31 Jul 25



Date Range: 01 Jul 25 - 31 Jul 25

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Richard Marrington	64	Mins: MEPs:	70:08	37:24 2,244	20:02 2,404	04:06 738	03:10 760	00:02 8	134:52 6,154	39,492	171	49%
Darren Moody	17	Mins: MEPs:	03:11	04:59 299	05:44 688	13:31 2,433	10:14 2,456	00:34 136	38:13 6,012	30,938	179	70%
Boo Donovan	24	Mins: MEPs:	17:36	25:22 1,522	20:47 2,494	04:16 768	01:14 296	00:04 16	69:19 5,096	17,412	173	56%
Jane Ansell	51	Mins: MEPs:	09:20	21:20 1,280	13:26 1,612	05:06 918	02:21 564	01:03 252	52:36 4,626	10,120	172	59%
Ian Walker	31	Mins: MEPs:	00:16	03:13 193	10:27 1,254	09:05 1,635	03:15 780	00:58 232	27:14 4,094	20,188	172	69%
Liza Barber	34	Mins: MEPs:	00:36	04:50 290	12:33 1,506	06:48 1,224	02:59 716	00:44 176	28:30 3,912	9,910	162	67%
Ellen HAMSTEAD	21	Mins: MEPs:	10:43	25:35 1,535	15:04 1,808	01:25 255	00:00 0	00:00 0	52:47 3,598	12,015	148	55%
Sandy Saunders	10	Mins: MEPs:	09:21	05:55 355	06:14 748	07:45 1,395	01:48 432	00:15 60	31:18 2,990	15,079	178	59%
Megan Fox	10	Mins: MEPs:	05:18	06:11 371	04:39 558	03:57 711	04:00 960	00:36 144	24:41 2,744	10,050	195	62%
Boris B	33	Mins: MEPs:	08:14	26:26 1,586	08:50 1,060	00:16 48	00:00 0	00:00 0	43:46 2,694	18,664	149	54%
Tracy Allbon	17	Mins: MEPs:	01:17	01:36 96	01:21 162	03:13 579	07:04 1,696	00:25 100	14:56 2,633	7,409	174	73%
Frair Burgess	10	Mins: MEPs:	14:28	08:59 539	10:22 1,244	03:09 567	00:21 84	00:01 4	37:20 2,438	8,140	166	53%
Niamh Moreton	30	Mins: MEPs:	03:49	06:56 416	05:57 714	03:49 687	02:27 588	00:06 24	23:04 2,429	8,243	177	61%
Katie Walker	18	Mins: MEPs:	00:11	02:31 151	04:26 532	06:08 1,104	02:17 548	00:22 88	15:55 2,423	4,980	157	70%

Melanie finch	18	Mins: MEPs:	03:50 453	07:33 664	05:32 750	04:10 512	02:08 32	00:08 23:21 2,411	6,791	165	61%
Inez Daly	19	Mins: MEPs:	13:35 1,552	25:52 570	04:45 273	01:31 12	00:03 0	45:46 2,407	11,807	164	52%
Lee Cooper	14	Mins: MEPs:	01:26 248	04:08 632	05:16 654	03:38 788	03:17 72	00:18 18:03 2,394	11,664	166	66%
Lyn Fuller	8	Mins: MEPs:	01:26 703	11:43 1,148	09:34 291	01:37 144	00:36 72	00:18 25:14 2,358	8,070	173	59%
Lorraine Clode	23	Mins: MEPs:	00:26 172	02:52 1,146	09:33 981	05:27 32	00:08 16	00:04 18:30 2,347	9,398	200	65%
Bev Tout	18	Mins: MEPs:	00:58 386	06:26 1,644	13:42 297	01:39 4	00:01 0	00:00 22:46 2,331	7,299	162	61%
Charlie Ferrier	6	Mins: MEPs:	04:43 271	04:31 562	04:41 534	02:58 584	02:26 380	01:35 20:54 2,331	10,659	199	63%
Clare Stringer	18	Mins: MEPs:	23:59 765	12:45 664	05:32 408	02:16 308	01:17 72	00:18 46:07 2,217	7,023	175	51%
Louisa Alexander	13	Mins: MEPs:	00:44 113	01:53 162	01:21 258	01:26 632	02:38 896	03:44 11:46 2,061	6,802	198	76%
Tris Turner	11	Mins: MEPs:	03:06 290	04:50 586	04:53 360	02:00 248	01:02 452	01:53 17:44 1,936	10,002	189	63%
Sian Mills	10	Mins: MEPs:	01:03 259	04:19 652	05:26 714	03:58 292	01:13 4	00:01 16:00 1,921	5,428	163	64%
Anne Harper	33	Mins: MEPs:	08:53 1,282	21:22 408	03:24 108	00:36 52	00:13 8	00:02 34:30 1,858	6,594	159	53%
George Mayes	23	Mins: MEPs:	07:52 629	10:29 450	03:45 447	02:29 228	00:57 0	00:00 25:32 1,754	6,516	172	55%
Katie Le Flem	21	Mins: MEPs:	04:54 535	08:55 538	04:29 177	00:59 328	01:22 156	00:39 21:18 1,734	5,617	181	58%
Sue Davis	33	Mins: MEPs:	29:13 1,043	17:23 496	04:08 150	00:50 16	00:04 0	00:00 51:38 1,705	6,663	161	49%
Amanda Mansell	14	Mins: MEPs:	03:10 490	08:10 602	05:01 363	02:01 220	00:55 0	00:00 19:17 1,675	6,741	174	58%
Pene colwell	24	Mins: MEPs:	05:26 364	06:04 530	04:25 519	02:53 204	00:51 12	00:03 19:42 1,629	5,476	162	58%

Britt Megahey	17	Mins: MEPs:	03:31 655	10:55 662	05:31 219	01:13 80	00:20 0	00:00 0	21:30 1,616	11,295	161	57%
Leyon Joseph	14	Mins: MEPs:	12:00 395	06:35 406	03:23 384	02:08 308	01:17 104	00:26 104	25:49 1,597	8,700	185	54%
Tasmin Smith	16	Mins: MEPs:	10:29 565	09:25 610	05:05 306	01:42 100	00:25 8	00:02 8	27:08 1,589	5,114	163	53%
Paul Nichols	10	Mins: MEPs:	11:27 673	11:13 424	03:32 369	02:03 88	00:22 0	00:00 0	28:37 1,554	9,910	149	53%
Melissa Beadsworth	12	Mins: MEPs:	02:58 127	02:07 164	01:22 243	01:21 504	02:06 480	02:00 480	11:54 1,518	4,088	163	66%
Grant Tout	10	Mins: MEPs:	06:16 517	08:37 670	05:35 228	01:16 92	00:23 4	00:01 4	22:08 1,511	8,402	161	55%
Kate Allan	9	Mins: MEPs:	02:39 306	05:06 558	04:39 270	01:30 312	01:18 56	00:14 56	15:26 1,502	4,600	180	60%
Sarah-Jane Tarr	11	Mins: MEPs:	06:43 262	04:22 458	03:49 624	03:28 156	00:39 0	00:00 0	19:01 1,500	6,644	188	56%
Clare Rhodes	22	Mins: MEPs:	72:05 593	09:53 322	02:41 408	02:16 160	00:40 0	00:00 0	87:35 1,483	5,383	162	44%
Annmarie Cooper	11	Mins: MEPs:	10:06 305	05:05 216	01:48 396	02:12 464	01:56 96	00:24 96	21:31 1,477	4,420	164	55%
Kirstie Brooks	11	Mins: MEPs:	04:04 312	05:12 882	07:21 234	01:18 44	00:11 0	00:00 0	18:06 1,472	4,128	167	57%
Chris Cullen	11	Mins: MEPs:	08:30 194	03:14 320	02:40 651	03:37 304	01:16 0	00:00 0	19:17 1,469	7,368	169	56%
Leanne Gelder	15	Mins: MEPs:	04:41 453	07:33 380	03:10 384	02:08 240	01:00 0	00:00 0	18:32 1,457	5,090	161	57%
Moreton	13	Mins: MEPs:	00:09 295	04:55 788	06:34 357	01:59 8	00:02 0	00:00 0	13:39 1,448	11,672	143	62%
Kathleen Charles	11	Mins: MEPs:	00:21 134	02:14 574	04:47 552	03:04 184	00:46 0	00:00 0	11:12 1,444	2,979	146	65%
Brooke Bryan	11	Mins: MEPs:	02:13 191	03:11 324	02:42 480	02:40 392	01:38 44	00:11 44	12:35 1,431	7,868	175	63%
Emily Webb	8	Mins: MEPs:	02:20 179	02:59 366	03:03 453	02:31 364	01:31 60	00:15 60	12:39 1,422	4,249	177	63%

Peter Brent	11	Mins: MEPs:	04:16 346	05:46 288	02:24 222	01:14 392	01:38 172	00:43 16:01 1,420	7,506	170	59%
Mark Mayes	18	Mins: MEPs:	07:33 286	04:46 286	02:23 498	02:46 320	01:20 8	00:02 18:50 1,398	6,435	157	55%
Ian Cooke	12	Mins: MEPs:	07:21 499	08:19 434	03:37 207	01:09 236	00:59 4	00:01 21:26 1,380	8,460	159	54%
Fiona Brent	13	Mins: MEPs:	07:09 200	03:20 248	02:04 702	03:54 224	00:56 0	00:00 17:23 1,374	3,979	156	56%
Jenny Burrell	9	Mins: MEPs:	04:01 441	07:21 486	04:03 306	01:42 120	00:30 4	00:01 17:38 1,357	4,822	169	57%
Richard Jarman	8	Mins: MEPs:	04:03 167	02:47 268	02:14 414	02:18 448	01:52 56	00:14 13:28 1,353	6,346	170	60%
Clare Longman	21	Mins: MEPs:	20:38 731	12:11 458	03:49 87	00:29 12	00:03 64	00:16 37:26 1,352	4,279	173	50%
Paul Davis	31	Mins: MEPs:	37:22 668	11:08 372	03:06 261	01:27 48	00:12 0	00:00 53:15 1,349	9,558	161	47%
Bridgetta Worsley	10	Mins: MEPs:	01:21 247	04:07 282	02:21 360	02:00 424	01:46 24	00:06 11:41 1,337	3,816	173	63%
Dan Banks	8	Mins: MEPs:	01:35 85	01:25 252	02:06 318	01:46 600	02:30 76	00:19 09:41 1,331	7,250	175	67%
Francis Worsley	11	Mins: MEPs:	02:02 190	03:10 494	04:07 492	02:44 140	00:35 0	00:00 12:38 1,316	8,986	173	61%
sue wierzbicki	7	Mins: MEPs:	02:38 255	04:15 550	04:35 390	02:10 112	00:28 8	00:02 14:08 1,315	4,494	178	59%
Becky Burningham	14	Mins: MEPs:	20:56 406	06:46 256	02:08 285	01:35 364	01:31 4	00:01 32:57 1,315	4,046	166	49%
kerry mackin	11	Mins: MEPs:	06:58 301	05:01 292	02:26 315	01:45 344	01:26 60	00:15 17:51 1,312	4,717	185	56%
Joanne Monks	15	Mins: MEPs:	78:24 480	08:00 436	03:38 336	01:52 56	00:14 4	00:01 92:09 1,312	4,616	185	44%
Emily Payne	19	Mins: MEPs:	08:07 732	12:12 248	02:04 327	01:49 4	00:01 0	00:00 24:13 1,311	5,472	155	52%
Jenny Heywood	10	Mins: MEPs:	06:17 585	09:45 658	05:29 63	00:21 4	00:01 0	00:00 21:53 1,310	3,500	149	54%

Jess Mayes	7	Mins: MEPs:	00:31 90	01:30 256	02:08 210	01:10 616	02:34 136	00:34 136	08:27 1,308	4,389	190	71%
Larissa Bryan	13	Mins: MEPs:	03:47 221	03:41 378	03:09 489	02:43 216	00:54 4	00:01 4	14:15 1,308	4,557	176	58%
Michelle Nelsonp	9	Mins: MEPs:	02:42 157	02:37 490	04:05 549	03:03 104	00:26 0	00:00 0	12:53 1,300	4,493	163	61%
Ollie Davis	6	Mins: MEPs:	02:43 168	02:48 258	02:09 318	01:46 368	01:32 44	00:11 44	11:09 1,156	6,300	178	61%
sam allen	7	Mins: MEPs:	01:40 147	02:27 206	01:43 195	01:05 244	01:01 128	00:32 128	08:28 920	3,044	188	63%
Rachel Dunn	7	Mins: MEPs:	00:50 174	02:54 456	03:48 162	00:54 40	00:10 40	00:01 4	08:37 836	2,572	157	60%
Vickie moody	7	Mins: MEPs:	02:19 183	03:03 154	01:17 138	00:46 128	00:32 36	00:09 36	08:06 639	2,122	171	57%
Paul Caiger-Watson	2	Mins: MEPs:	05:38 156	02:36 170	01:25 114	00:38 32	00:08 0	00:00 0	10:25 472	2,750	155	50%
Hayley SK	6	Mins: MEPs:	05:04 197	03:17 110	00:55 96	00:32 52	00:13 8	00:02 8	10:03 463	2,009	187	51%
phil pafford	3	Mins: MEPs:	00:27 60	01:00 96	00:48 81	00:27 108	00:27 64	00:16 64	03:25 409	2,413	187	64%
Matthew Guille	4	Mins: MEPs:	01:17 152	02:32 172	01:26 63	00:21 0	00:00 0	00:00 0	05:36 387	2,139	117	55%
Kirsty Garratt	2	Mins: MEPs:	00:18 23	00:23 76	00:38 174	00:58 48	00:12 0	00:00 0	02:29 321	600	157	65%
Kate Mardel-Ferreira	2	Mins: MEPs:	02:48 33	00:33 28	00:14 54	00:18 88	00:22 4	00:01 4	04:16 207	736	177	50%
Sophia Cooper	2	Mins: MEPs:	00:16 46	00:46 88	00:44 54	00:18 12	00:03 0	00:00 0	02:07 200	712	166	60%
Faye colwell	2	Mins: MEPs:	00:05 44	00:44 98	00:49 36	00:12 16	00:04 0	00:00 0	01:54 194	716	160	61%
Morgan saunders	3	Mins: MEPs:	00:48 89	01:29 74	00:37 12	00:04 0	00:00 0	00:00 0	02:58 175	566	141	54%
Andy Powell	2	Mins: MEPs:	07:43 52	00:52 66	00:33 42	00:14 8	00:02 0	00:00 0	09:24 168	987	150	41%

Clare Price	1	Mins:	00:00	00:23	00:31	00:24	00:00	00:00	01:18	324	123	65%
		MEPs:		23	62	72	0	0	157			
Henry Charles	2	Mins:	00:41	01:00	00:34	00:03	00:00	00:00	02:18	717	137	54%
		MEPs:		60	68	9	0	0	137			
Tom Kay	1	Mins:	00:47	00:19	00:12	00:00	00:00	00:00	01:18	256	118	46%
		MEPs:		19	24	0	0	0	43			