

Key Numbers Report

01 Sep 25 - 30 Sep 25



Date Range: 01 Sep 25 - 30 Sep 25

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Michael Leevy	38	Mins:	01:15	09:18	20:32	08:38	04:31	02:04	46:18	27,504	166	66%
		MEPs:		558	2,464	1,554	1,084	496	6,156			
Darren Moody	17	Mins:	04:03	06:13	04:34	11:51	07:58	00:02	34:41	26,076	171	68%
		MEPs:		373	548	2,133	1,912	8	4,974			
Richard Marrington	47	Mins:	77:55	35:18	15:21	02:07	00:37	00:00	131:18	30,836	171	47%
		MEPs:		2,118	1,842	381	148	0	4,489			
Kathleen Charles	56	Mins:	00:27	06:51	13:56	10:25	00:17	00:00	31:56	8,387	140	65%
		MEPs:		411	1,672	1,875	68	0	4,026			
Katie Le Flem	32	Mins:	06:19	11:28	12:38	03:54	01:48	00:44	36:51	10,909	178	60%
		MEPs:		688	1,516	702	432	176	3,514			
Ian Walker	22	Mins:	00:30	07:18	11:43	05:04	02:14	00:31	27:20	18,445	168	65%
		MEPs:		438	1,406	912	536	124	3,416			
Ollie Davis	14	Mins:	09:10	08:18	05:40	06:04	03:42	00:19	33:13	17,815	184	60%
		MEPs:		498	680	1,092	888	76	3,234			
Sian Mills	21	Mins:	01:48	07:11	09:52	05:03	02:38	00:07	26:39	9,176	165	64%
		MEPs:		431	1,184	909	632	28	3,184			
sam allen	23	Mins:	08:59	06:02	04:50	03:58	04:01	01:41	29:31	9,713	189	61%
		MEPs:		362	580	714	964	404	3,024			
Moreton	15	Mins:	01:07	09:04	15:24	02:51	00:04	00:00	28:30	23,684	200	61%
		MEPs:		544	1,848	513	16	0	2,921			
Liza Barber	33	Mins:	00:24	04:24	10:26	04:58	00:58	01:08	22:18	7,549	174	66%
		MEPs:		264	1,252	894	232	272	2,914			
Boris B	30	Mins:	06:31	12:19	05:11	01:13	03:55	01:33	30:42	16,108	179	60%
		MEPs:		739	622	219	940	372	2,892			
Katie Walker	17	Mins:	00:59	03:37	08:21	05:37	02:12	00:32	21:18	6,008	153	67%
		MEPs:		217	1,002	1,011	528	128	2,886			
Lee Cooper	19	Mins:	02:28	07:23	05:49	04:06	02:59	00:34	23:19	13,801	187	63%
		MEPs:		443	698	738	716	136	2,731			

Emily Webb	12	Mins: MEPs:	08:56 774	12:54 774	08:41 1,042	03:41 663	00:51 204	00:00 0	35:03 2,683	8,998	160	57%
Niamh Moreton	29	Mins: MEPs:	03:01 387	06:27 387	05:16 632	03:48 684	02:42 648	00:01 4	21:15 2,355	8,000	177	62%
Megan Fox	12	Mins: MEPs:	07:34 340	05:40 340	04:27 534	04:33 819	02:42 648	00:02 8	24:58 2,349	8,651	201	59%
Paul Davis	10	Mins: MEPs:	10:50 329	05:29 329	04:23 526	05:33 999	01:40 400	00:01 4	27:56 2,258	12,663	172	57%
Frair Burgess	14	Mins: MEPs:	07:28 759	12:39 759	10:47 1,294	00:45 135	00:01 4	00:00 0	31:40 2,192	7,858	151	55%
Anne Harper	30	Mins: MEPs:	09:27 1,537	25:37 1,537	04:15 510	00:39 117	00:02 8	00:00 0	40:00 2,172	7,729	147	53%
Bev Tout	18	Mins: MEPs:	00:27 387	06:27 387	10:46 1,292	02:12 396	00:20 80	00:01 4	20:13 2,159	6,693	164	62%
Clare Stringer	14	Mins: MEPs:	24:32 1,209	20:09 1,209	05:00 600	01:08 204	00:28 112	00:08 32	51:25 2,157	7,471	181	50%
Ellen HAMSTEAD	16	Mins: MEPs:	08:16 748	12:28 748	07:12 864	02:24 432	00:16 64	00:00 0	30:36 2,108	6,747	157	56%
Tracy Allbon	12	Mins: MEPs:	00:40 26	00:26 26	01:06 132	02:50 510	05:49 1,396	00:11 44	11:02 2,108	5,973	177	76%
George Mayes	20	Mins: MEPs:	12:15 704	11:44 704	04:37 554	02:51 513	01:11 284	00:02 8	32:40 2,063	7,584	176	54%
Sandy Saunders	11	Mins: MEPs:	12:57 208	03:28 208	03:04 368	04:04 732	02:49 676	00:13 52	26:35 2,036	9,806	178	55%
Mark Mayes	18	Mins: MEPs:	10:09 622	10:22 622	07:04 848	01:58 354	00:46 184	00:03 12	30:22 2,020	10,169	171	54%
Lorraine Clode	18	Mins: MEPs:	00:54 75	01:15 75	10:13 1,226	03:35 645	00:11 44	00:05 20	16:13 2,010	8,016	209	65%
Sarah-Jane Tarr	22	Mins: MEPs:	15:40 378	06:18 378	03:46 452	05:20 960	00:49 196	00:00 0	31:53 1,986	8,749	193	52%
Ian Cooke	8	Mins: MEPs:	01:01 184	03:04 184	05:07 614	03:56 708	01:50 440	00:06 24	15:04 1,970	10,136	165	66%
Inez Daly	16	Mins: MEPs:	06:31 1,085	18:05 1,085	04:47 574	01:11 213	00:06 24	00:00 0	30:40 1,896	9,080	161	54%

Emily Payne	28	Mins:	09:48	16:11	04:06	01:34	00:06	00:00	31:45	7,511	164	53%
		MEPs:		971	492	282	24	0	1,769			
Melissa Beadsworth	12	Mins:	02:10	02:38	01:44	01:39	01:47	02:44	12:42	4,718	166	68%
		MEPs:		158	208	297	428	656	1,747			
Paul Nichols	11	Mins:	03:58	10:02	06:54	01:09	00:27	00:00	22:30	11,203	152	56%
		MEPs:		602	828	207	108	0	1,745			
Lyn Fuller	5	Mins:	00:28	03:19	05:03	02:48	01:08	00:22	13:08	5,151	175	65%
		MEPs:		199	606	504	272	88	1,669			
Tasmin Smith	11	Mins:	26:19	09:51	05:53	01:25	00:16	00:02	43:46	5,269	163	47%
		MEPs:		591	706	255	64	8	1,624			
Brooke Bryan	12	Mins:	01:58	02:45	02:38	03:12	01:50	00:21	12:44	8,326	179	65%
		MEPs:		165	316	576	440	84	1,581			
Leyon Joseph	12	Mins:	12:55	04:51	03:03	02:30	01:51	00:06	25:16	8,131	164	53%
		MEPs:		291	366	450	444	24	1,575			
Boo Donovan	8	Mins:	02:40	05:16	05:29	01:51	01:04	00:00	16:20	5,037	168	60%
		MEPs:		316	658	333	256	0	1,563			
Grant Tout	8	Mins:	07:19	09:38	05:38	01:19	00:16	00:00	24:10	8,850	159	55%
		MEPs:		578	676	237	64	0	1,555			
Sue Davis	26	Mins:	47:21	17:39	02:43	00:48	00:03	00:00	68:34	6,057	153	46%
		MEPs:		1,059	326	144	12	0	1,541			
Kirstie Brooks	14	Mins:	02:42	02:54	04:08	02:00	01:27	00:35	13:46	4,035	175	63%
		MEPs:		174	496	360	348	140	1,518			
Peter Brent	16	Mins:	05:40	05:05	03:20	02:26	01:29	00:02	18:02	7,938	171	58%
		MEPs:		305	400	438	356	8	1,507			
Tris Turner	7	Mins:	05:55	02:07	02:32	01:59	01:52	00:58	15:23	7,579	194	58%
		MEPs:		127	304	357	448	232	1,468			
Clare Rhodes	14	Mins:	15:32	03:49	01:19	02:55	02:18	00:00	25:53	4,589	168	52%
		MEPs:		229	158	525	552	0	1,464			
Charlie Ferrier	4	Mins:	06:27	03:02	02:05	01:29	02:10	01:01	16:14	6,615	193	59%
		MEPs:		182	250	267	520	244	1,463			
Melanie finch	10	Mins:	01:40	05:24	05:24	01:45	00:39	00:02	14:54	4,250	168	60%
		MEPs:		324	648	315	156	8	1,451			
Fiona Brent	11	Mins:	06:48	04:38	02:37	03:02	01:17	00:00	18:22	4,237	159	56%
		MEPs:		278	314	546	308	0	1,446			

Britt Megahey	15	Mins: MEPs:	06:15 684	11:24 564	04:42 138	00:46 44	00:11 0	00:00 23:18 1,430	10,337	165	54%
Annmarie Cooper	13	Mins: MEPs:	08:43 216	03:36 244	02:02 513	02:51 424	01:46 16	00:04 19:02 1,413	4,120	163	55%
Amanda Mansell	21	Mins: MEPs:	03:47 665	11:05 480	04:00 261	01:27 4	00:01 0	00:00 20:20 1,410	6,221	162	55%
Leanne Gelder	15	Mins: MEPs:	02:21 447	07:27 484	04:02 270	01:30 196	00:49 0	00:00 16:09 1,397	5,018	161	58%
kerry mackin	11	Mins: MEPs:	05:34 301	05:01 298	02:29 390	02:10 352	01:28 48	00:12 16:54 1,389	5,021	189	58%
Jenny Heywood	12	Mins: MEPs:	06:39 489	08:09 824	06:52 75	00:25 0	00:00 0	00:00 22:05 1,388	3,685	136	54%
Francis Worsley	16	Mins: MEPs:	03:08 349	05:49 254	02:07 462	02:34 304	01:16 0	00:00 14:54 1,369	9,601	178	59%
Bridgetta Worsley	7	Mins: MEPs:	00:39 123	02:03 466	03:53 552	03:04 208	00:52 20	00:05 10:36 1,369	3,804	171	66%
Jenny Burrell	6	Mins: MEPs:	06:02 500	08:20 424	03:32 342	01:54 72	00:18 0	00:00 20:06 1,338	4,881	175	55%
Dan Banks	8	Mins: MEPs:	01:47 194	03:14 240	02:00 195	01:05 552	02:18 140	00:35 10:59 1,321	7,732	180	64%
Jane Ansell	11	Mins: MEPs:	02:08 501	08:21 548	04:34 195	01:05 56	00:14 4	00:01 16:23 1,304	3,153	156	57%
sue wierzbicki	10	Mins: MEPs:	02:28 325	05:25 392	03:16 501	02:47 80	00:20 4	00:01 14:17 1,302	4,545	170	59%
Hayley SK	11	Mins: MEPs:	09:57 381	06:21 456	03:48 225	01:15 196	00:49 44	00:11 22:21 1,302	5,299	187	52%
Michelle Nelsonp	9	Mins: MEPs:	02:10 146	02:26 682	05:41 393	02:11 76	00:19 4	00:01 12:48 1,301	4,543	168	61%
Jess Mayes	7	Mins: MEPs:	02:20 143	02:23 228	01:54 150	00:50 564	02:21 216	00:54 10:42 1,301	4,427	189	64%
Larissa Bryan	13	Mins: MEPs:	13:22 358	05:58 384	03:12 303	01:41 256	01:04 0	00:00 25:17 1,301	4,727	170	50%
Becky Burningham	10	Mins: MEPs:	46:14 928	15:28 320	02:40 48	00:16 4	00:01 0	00:00 64:39 1,300	4,783	165	46%

Matthew Guille	9	Mins: MEPs:	03:59 310	05:10 444	03:42 444	01:43 309	00:07 28	00:00 0	14:41 1,091	5,582	131	57%
Louisa Alexander	8	Mins: MEPs:	00:42 50	00:50 94	00:47 198	01:06 428	01:47 284	01:11 284	06:23 1,054	3,735	199	73%
Morgan saunders	6	Mins: MEPs:	00:55 100	01:40 122	01:01 33	00:11 692	02:53 12	00:03 12	06:43 959	2,568	178	68%
Pene colwell	10	Mins: MEPs:	03:13 205	03:25 394	03:17 267	01:29 56	00:14 0	00:00 0	11:38 922	3,134	154	57%
phil pafford	5	Mins: MEPs:	00:18 77	01:17 138	01:09 156	00:52 184	00:46 104	00:26 104	04:48 659	3,848	188	68%
Richard Jarman	3	Mins: MEPs:	01:57 104	01:44 132	01:06 93	00:31 120	00:30 188	00:47 188	06:35 637	3,141	167	61%
Rachel Dunn	5	Mins: MEPs:	00:17 129	02:09 302	02:31 141	00:47 16	00:04 0	00:00 0	05:48 588	1,839	143	61%
BINA WILSON	1	Mins: MEPs:	03:06 49	00:49 66	00:33 48	00:16 92	00:23 292	01:13 292	06:20 547	1,774	187	58%
Joanne Monks	5	Mins: MEPs:	12:28 157	02:37 168	01:24 120	00:40 44	00:11 0	00:00 0	17:20 489	1,696	162	46%
Clare Longman	2	Mins: MEPs:	00:52 96	01:36 182	01:31 21	00:07 0	00:00 0	00:00 0	04:06 299	901	127	56%
Sophia Cooper	3	Mins: MEPs:	00:35 101	01:41 148	01:14 9	00:03 16	00:04 12	00:03 12	03:40 286	1,081	195	57%
Paul Caiger-Watson	2	Mins: MEPs:	00:55 36	00:36 94	00:47 69	00:23 8	00:02 0	00:00 0	02:43 207	1,102	142	55%
Faye colwell	1	Mins: MEPs:	00:00 2	00:02 22	00:11 96	00:32 4	00:01 0	00:00 0	00:46 124	387	156	70%
Andy Powell	1	Mins: MEPs:	00:08 9	00:09 16	00:08 18	00:06 48	00:12 0	00:00 0	00:43 91	412	142	63%