

Key Numbers Report

01 Oct 25 - 31 Oct 25



Date Range: 01 Oct 25 - 31 Oct 25

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Emily Webb	19	Mins:	48:37	59:35	13:51	01:16	00:06	00:00	123:25	21,568	158	51%
		MEPs:		3,575	1,662	228	24	0	5,489			
Richard Marrington	41	Mins:	62:43	31:52	19:16	02:00	00:27	00:01	116:19	31,658	173	48%
		MEPs:		1,912	2,312	360	108	4	4,696			
Kathleen Charles	36	Mins:	00:17	05:21	15:34	08:04	01:54	00:00	31:10	8,469	143	66%
		MEPs:		321	1,868	1,452	456	0	4,097			
Katie Walker	16	Mins:	00:37	08:14	12:18	06:09	01:52	00:28	29:38	7,829	174	65%
		MEPs:		494	1,476	1,107	448	112	3,637			
Ian Walker	18	Mins:	00:16	03:32	07:08	07:05	03:45	00:49	22:35	16,928	174	69%
		MEPs:		212	856	1,275	900	196	3,439			
Bev Tout	22	Mins:	02:46	08:36	15:28	03:21	00:43	00:03	30:57	9,681	159	61%
		MEPs:		516	1,856	603	172	12	3,159			
Katie Le Flem	35	Mins:	15:56	12:19	07:59	03:10	01:38	01:59	43:01	9,894	195	55%
		MEPs:		739	958	570	392	476	3,135			
Megan Fox	13	Mins:	04:59	06:19	04:34	05:54	04:29	00:05	26:20	11,195	200	64%
		MEPs:		379	548	1,062	1,076	20	3,085			
Inez Daly	20	Mins:	07:38	24:18	09:58	01:09	00:01	00:00	43:04	13,576	160	55%
		MEPs:		1,458	1,196	207	4	0	2,865			
Paul Davis	16	Mins:	10:15	17:00	09:47	02:44	00:29	00:00	40:15	19,046	164	55%
		MEPs:		1,020	1,174	492	116	0	2,802			
Grant Tout	14	Mins:	19:53	21:03	08:47	02:14	00:08	00:02	52:07	16,180	166	53%
		MEPs:		1,263	1,054	402	32	8	2,759			
Liza Barber	26	Mins:	00:58	03:01	06:58	05:29	01:47	01:05	19:18	6,696	174	67%
		MEPs:		181	836	987	428	260	2,692			
Boo Donovan	21	Mins:	06:02	13:29	10:12	02:20	00:43	00:04	32:50	8,990	170	58%
		MEPs:		809	1,224	420	172	16	2,641			
Paul Nichols	16	Mins:	07:35	15:11	09:00	01:40	00:16	00:02	33:44	15,172	162	55%
		MEPs:		911	1,080	300	64	8	2,363			

Anne Harper	26	Mins: MEPs:	08:15 1,351	22:31 660	05:30 219	01:13 68	00:17 0	00:00 0	37:46 2,298	7,885	157	54%
Ian Cooke	10	Mins: MEPs:	01:52 331	05:31 830	06:55 663	03:41 444	01:51 24	00:06 24	19:56 2,292	12,386	167	63%
sam allen	20	Mins: MEPs:	07:55 187	03:07 268	02:14 402	02:14 1,032	04:18 320	01:20 320	21:08 2,209	6,774	209	60%
Tracy Allbon	10	Mins: MEPs:	00:25 32	00:32 134	01:07 579	03:13 1,252	05:13 76	00:19 76	10:49 2,073	5,861	172	76%
Darren Moody	10	Mins: MEPs:	00:56 92	01:32 186	01:33 789	04:23 992	04:08 12	00:03 12	12:35 2,071	10,453	178	71%
Moreton	12	Mins: MEPs:	01:11 607	10:07 1,076	08:58 360	02:00 0	00:00 0	00:00 0	22:16 2,043	17,743	124	60%
Lee Cooper	16	Mins: MEPs:	04:05 431	07:11 558	04:39 513	02:51 392	01:38 80	00:20 80	20:44 1,974	10,519	187	60%
Peter Brent	17	Mins: MEPs:	05:49 280	04:40 368	03:04 579	03:13 692	02:53 16	00:04 16	19:43 1,935	9,535	159	60%
Melanie finch	14	Mins: MEPs:	05:14 429	07:09 530	04:25 618	03:26 280	01:10 64	00:16 64	21:40 1,921	5,535	170	58%
Frair Burgess	9	Mins: MEPs:	10:31 810	13:30 948	07:54 111	00:37 8	00:02 0	00:00 0	32:34 1,877	6,876	156	53%
Melissa Beadsworth	14	Mins: MEPs:	02:58 136	02:16 200	01:40 255	01:25 536	02:14 692	02:53 692	13:26 1,819	4,892	165	68%
Fiona Brent	14	Mins: MEPs:	07:30 231	03:51 240	02:00 909	05:03 372	01:33 16	00:04 16	20:01 1,768	5,026	168	58%
Niamh Moreton	23	Mins: MEPs:	02:13 310	05:10 630	05:15 375	02:05 432	01:48 12	00:03 12	16:34 1,759	6,083	175	62%
Clare Stringer	14	Mins: MEPs:	14:49 723	12:03 558	04:39 219	01:13 184	00:46 56	00:14 56	33:44 1,740	5,695	181	52%
Jane Ansell	14	Mins: MEPs:	03:40 605	10:05 796	06:38 162	00:54 100	00:25 28	00:07 28	21:49 1,691	4,057	171	57%
Sarah-Jane Tarr	12	Mins: MEPs:	08:24 426	07:06 456	03:48 591	03:17 192	00:48 0	00:00 0	23:23 1,665	7,649	190	55%
Emily Payne	27	Mins: MEPs:	07:59 986	16:26 442	03:41 210	01:10 12	00:03 0	00:00 0	29:19 1,650	7,222	158	53%

Brooke Bryan	11	Mins: MEPs:	01:48 148	02:28 148	03:18 396	02:56 528	01:59 476	00:17 68	12:46 1,616	8,437	179	65%
Ollie Davis	9	Mins: MEPs:	11:36 385	06:25 385	02:36 312	02:25 435	01:52 448	00:08 32	25:02 1,612	9,271	179	53%
Boris B	25	Mins: MEPs:	08:03 624	10:24 624	03:49 458	00:55 165	00:52 208	00:39 156	24:42 1,611	9,998	184	55%
Lorraine Clode	12	Mins: MEPs:	00:02 27	00:27 27	01:53 226	06:57 1,251	00:21 84	00:03 12	09:43 1,600	5,765	208	72%
Sian Mills	17	Mins: MEPs:	00:47 277	04:37 277	07:56 952	01:57 351	00:01 4	00:00 0	15:18 1,584	4,871	145	61%
Michael Leevy	11	Mins: MEPs:	00:38 189	03:09 189	05:20 640	01:26 258	01:09 276	00:51 204	12:33 1,567	7,205	168	65%
Sue Davis	28	Mins: MEPs:	55:25 1,343	22:23 1,343	01:48 216	00:02 6	00:00 0	00:00 0	79:38 1,565	6,524	142	46%
Lyn Fuller	6	Mins: MEPs:	01:54 401	06:41 401	06:53 826	01:25 255	00:11 44	00:04 16	17:08 1,542	5,280	181	59%
Clare Rhodes	14	Mins: MEPs:	11:08 293	04:53 293	01:55 230	02:42 486	02:12 528	00:00 0	22:50 1,537	4,943	167	54%
Jess Mayes	12	Mins: MEPs:	05:49 275	04:35 275	02:23 286	00:57 171	02:00 480	01:20 320	17:04 1,532	5,544	192	58%
Sandy Saunders	9	Mins: MEPs:	10:35 136	02:16 136	02:21 282	02:21 423	02:30 600	00:21 84	20:24 1,525	7,216	180	54%
Ellen HAMSTEAD	13	Mins: MEPs:	17:40 824	13:44 824	05:07 614	00:25 75	00:03 12	00:00 0	36:59 1,525	5,158	158	51%
Jenny Burrell	11	Mins: MEPs:	17:32 1,088	18:08 1,088	02:30 300	00:25 75	00:00 0	00:00 0	38:35 1,463	6,029	155	50%
Richard Jarman	9	Mins: MEPs:	08:13 194	03:14 194	01:54 228	01:36 288	01:25 340	01:41 404	18:03 1,454	6,928	165	56%
Mark Mayes	20	Mins: MEPs:	05:37 283	04:43 283	03:39 438	02:03 369	01:28 352	00:00 0	17:30 1,442	6,685	156	57%
Hayley SK	7	Mins: MEPs:	07:18 257	04:17 257	02:33 306	01:14 222	01:54 456	00:47 188	18:03 1,429	5,372	200	57%
Kirstie Brooks	12	Mins: MEPs:	03:39 132	02:12 132	04:55 590	02:38 474	00:31 124	00:27 108	14:22 1,428	3,808	178	60%

Britt Megahey	13	Mins: MEPs:	05:57 481	08:01 488	04:04 300	01:40 140	00:35 0	00:00 0	20:17 1,409	9,111	162	55%
Tasmin Smith	13	Mins: MEPs:	17:05 566	09:26 462	03:51 300	01:40 72	00:18 0	00:00 0	32:20 1,400	4,514	158	49%
Annmarie Cooper	15	Mins: MEPs:	10:06 243	04:03 300	02:30 375	02:05 432	01:48 40	00:10 40	20:42 1,390	4,126	164	54%
sue wierzbicki	9	Mins: MEPs:	11:54 458	07:38 476	03:58 369	02:03 80	00:20 4	00:01 4	25:54 1,387	5,029	175	52%
George Mayes	18	Mins: MEPs:	07:11 585	09:45 330	02:45 282	01:34 164	00:41 8	00:02 8	21:58 1,369	5,235	178	54%
Leanne Gelder	13	Mins: MEPs:	02:46 239	03:59 360	03:00 411	02:17 344	01:26 12	00:03 12	13:31 1,366	4,458	165	61%
Bridgetta Worsley	13	Mins: MEPs:	00:25 151	02:31 468	03:54 480	02:40 216	00:54 40	00:10 40	10:34 1,355	3,851	172	66%
kerry mackin	11	Mins: MEPs:	10:51 318	05:18 226	01:53 240	01:20 456	01:54 108	00:27 108	21:43 1,348	4,868	186	54%
Dan Banks	5	Mins: MEPs:	00:53 20	00:20 88	00:44 234	01:18 812	03:23 188	00:47 188	07:25 1,342	6,687	181	75%
Leyon Joseph	11	Mins: MEPs:	09:59 176	02:56 220	01:50 534	02:58 260	01:05 144	00:36 144	19:24 1,334	6,667	174	55%
Francis Worsley	35	Mins: MEPs:	08:07 582	09:42 412	03:26 183	01:01 128	00:32 0	00:00 0	22:48 1,305	10,625	173	53%
Amanda Mansell	21	Mins: MEPs:	20:33 820	13:40 446	03:43 39	00:13 0	00:00 0	00:00 0	38:09 1,305	6,169	155	49%
Jenny Heywood	5	Mins: MEPs:	10:10 472	07:52 728	06:04 102	00:34 0	00:00 0	00:00 0	24:40 1,302	3,535	142	53%
Becky Burningham	12	Mins: MEPs:	44:35 948	15:48 308	02:34 33	00:11 8	00:02 4	00:01 4	63:11 1,301	4,816	190	46%
Larissa Bryan	11	Mins: MEPs:	42:57 373	06:13 322	02:41 402	02:14 204	00:51 0	00:00 0	54:56 1,301	4,776	172	40%
Michelle Nelsonp	6	Mins: MEPs:	00:18 49	00:49 490	04:05 465	02:35 108	00:27 188	00:47 188	09:01 1,300	4,299	181	69%
Pene colwell	19	Mins: MEPs:	06:06 402	06:42 542	04:31 309	01:43 28	00:07 0	00:00 0	19:09 1,281	4,590	149	55%

Matthew Guille	11	Mins: MEPs:	03:51 430	07:10 510	04:15 267	01:29 44	00:11 8	00:02 8	16:58 1,259	6,649	154	56%
Morgan saunders	2	Mins: MEPs:	00:00 17	00:17 102	00:51 39	00:13 920	03:50 4	00:01 4	05:12 1,082	2,739	175	78%
Andrea Jarman	9	Mins: MEPs:	06:55 494	08:14 488	04:04 96	00:32 0	00:00 0	00:00 0	19:45 1,078	3,525	134	53%
Tim Donovan	5	Mins: MEPs:	02:47 117	01:57 108	00:54 159	00:53 536	02:14 68	00:17 68	09:02 988	4,850	175	62%
Tris Turner	7	Mins: MEPs:	05:53 119	01:59 138	01:09 156	00:52 268	01:07 248	01:02 248	12:02 929	4,879	199	55%
Joanne Monks	6	Mins: MEPs:	09:12 195	03:15 190	01:35 144	00:48 88	00:22 0	00:00 0	15:12 617	2,147	168	49%
Louisa Alexander	5	Mins: MEPs:	00:42 49	00:49 60	00:30 120	00:40 284	01:11 88	00:22 88	04:14 601	2,173	193	68%
Rachel Dunn	4	Mins: MEPs:	00:20 76	01:16 398	03:19 87	00:29 4	00:01 0	00:00 0	05:25 565	1,749	139	62%
phil pafford	4	Mins: MEPs:	00:06 32	00:32 138	01:09 123	00:41 132	00:33 108	00:27 108	03:28 533	3,001	195	71%
Kirsty Garratt	2	Mins: MEPs:	00:04 24	00:24 100	00:50 180	01:00 40	00:10 0	00:00 0	02:28 344	643	156	66%
Paul Caiger-Watson	2	Mins: MEPs:	00:27 32	00:32 62	00:31 99	00:33 24	00:06 0	00:00 0	02:09 217	1,091	173	60%
Andy Powell	2	Mins: MEPs:	01:27 34	00:34 64	00:32 45	00:15 8	00:02 0	00:00 0	02:50 151	852	144	51%
Faye colwell	1	Mins: MEPs:	00:04 23	00:23 36	00:18 27	00:09 4	00:01 0	00:00 0	00:55 90	339	150	61%
Sophia Cooper	1	Mins: MEPs:	00:05 35	00:35 42	00:21 3	00:01 0	00:00 0	00:00 0	01:02 80	321	143	57%
Henry Charles	1	Mins: MEPs:	00:05 27	00:27 36	00:18 0	00:00 0	00:00 0	00:00 0	00:50 63	340	125	57%