

Key Numbers Report
01 Nov 25 - 30 Nov 25



Date Range: 01 Nov 25 - 30 Nov 25

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Emily Webb	20	Mins:	61:39	60:43	15:02	01:07	00:00	00:00	138:31	22,290	149	50%
		MEPs:		3,643	1,804	201	0	0	5,648			
Richard Marrington	59	Mins:	55:44	36:46	15:57	02:15	02:28	00:04	113:14	34,213	173	50%
		MEPs:		2,206	1,914	405	592	16	5,133			
Michael Leevy	36	Mins:	00:55	08:29	15:04	08:02	02:30	00:47	35:47	20,901	157	65%
		MEPs:		509	1,808	1,446	600	188	4,551			
Kathleen Charles	25	Mins:	00:12	06:06	13:09	08:59	01:17	00:03	29:46	8,107	151	66%
		MEPs:		366	1,578	1,617	308	12	3,881			
Tracy Allbon	18	Mins:	00:53	00:50	01:23	07:09	08:39	00:34	19:28	10,457	190	76%
		MEPs:		50	166	1,287	2,076	136	3,715			
Moreton	13	Mins:	02:06	12:03	18:42	04:02	00:01	00:00	36:54	30,017	124	61%
		MEPs:		723	2,244	726	4	0	3,697			
Frair Burgess	12	Mins:	26:59	21:07	14:35	01:43	00:01	00:00	64:25	12,063	145	50%
		MEPs:		1,267	1,750	309	4	0	3,330			
Katie Walker	15	Mins:	07:05	10:06	08:13	06:07	01:37	00:20	33:28	6,844	150	59%
		MEPs:		606	986	1,101	388	80	3,161			
Inez Daly	20	Mins:	06:47	27:36	08:49	00:57	00:01	00:00	44:10	14,077	163	55%
		MEPs:		1,656	1,058	171	4	0	2,889			
Megan Fox	11	Mins:	04:14	04:36	04:20	04:52	04:26	00:19	22:47	9,984	207	65%
		MEPs:		276	520	876	1,064	76	2,812			
Lee Cooper	15	Mins:	02:22	08:42	07:27	03:42	01:56	00:26	24:35	14,070	167	62%
		MEPs:		522	894	666	464	104	2,650			
sam allen	19	Mins:	05:10	03:57	02:35	02:30	05:31	01:15	20:58	7,989	195	65%
		MEPs:		237	310	450	1,324	300	2,621			
Ian Walker	17	Mins:	00:22	05:54	07:19	04:06	02:07	00:27	20:15	13,858	170	66%
		MEPs:		354	878	738	508	108	2,586			
Sue Davis	35	Mins:	71:23	34:25	04:04	00:06	00:00	00:00	109:58	10,671	145	46%
		MEPs:		2,065	488	18	0	0	2,571			

Boo Donovan	21	Mins: MEPs:	08:28	11:56 716	10:09 1,218	02:17 411	00:51 204	00:03 12	33:44 2,561	8,652	172	57%
Sian Mills	18	Mins: MEPs:	04:29	07:56 476	08:22 1,004	03:21 603	01:43 412	00:13 52	26:04 2,547	7,694	175	60%
Anne Harper	27	Mins: MEPs:	18:01	26:15 1,575	03:49 458	01:04 192	00:28 112	00:08 32	49:45 2,369	8,281	164	52%
Liza Barber	17	Mins: MEPs:	00:28	02:15 135	07:11 862	05:21 963	00:56 224	00:36 144	16:47 2,328	5,829	168	67%
Niamh Moreton	27	Mins: MEPs:	03:24	05:19 319	05:41 682	04:12 756	02:14 536	00:01 4	20:51 2,297	7,742	175	62%
Melanie finch	14	Mins: MEPs:	02:46	05:54 354	04:48 576	03:26 618	02:23 572	00:06 24	19:23 2,144	5,971	166	62%
Ellen HAMSTEAD	16	Mins: MEPs:	06:27	13:54 834	09:38 1,156	00:26 78	00:02 8	00:00 0	30:27 2,076	6,905	163	55%
Paul Davis	19	Mins: MEPs:	16:09	16:18 978	07:32 904	00:56 168	00:01 4	00:00 0	40:56 2,054	15,043	157	52%
Lorraine Clode	18	Mins: MEPs:	04:27	02:48 168	05:19 638	06:30 1,170	00:11 44	00:02 8	19:17 2,028	7,949	207	61%
Bev Tout	15	Mins: MEPs:	01:50	06:16 376	10:04 1,208	01:34 282	00:01 4	00:00 0	19:45 1,870	5,912	148	60%
Ollie Davis	10	Mins: MEPs:	03:48	03:27 207	02:08 256	01:55 345	04:02 968	00:16 64	15:36 1,840	9,441	180	63%
Emily Payne	27	Mins: MEPs:	06:11	18:24 1,104	05:12 624	00:34 102	00:00 0	00:00 0	30:21 1,830	8,167	152	54%
Sandy Saunders	12	Mins: MEPs:	09:34	04:36 276	03:59 478	02:57 531	01:52 448	00:19 76	23:17 1,809	9,283	163	56%
Ian Cooke	8	Mins: MEPs:	01:48	10:41 641	06:46 812	01:22 246	00:17 68	00:00 0	20:54 1,767	11,258	149	58%
Jane Ansell	23	Mins: MEPs:	12:10	11:00 660	06:29 778	01:25 255	00:14 56	00:00 0	31:18 1,749	4,195	149	53%
Boris B	28	Mins: MEPs:	09:41	17:21 1,041	05:39 678	00:09 27	00:00 0	00:00 0	32:50 1,746	12,093	148	53%
Annmarie Cooper	12	Mins: MEPs:	07:56	04:46 286	04:50 580	02:29 447	01:29 356	00:09 36	21:39 1,705	5,186	166	56%

Katie Le Flem	20	Mins: MEPs:	05:14 342	05:42 428	03:34 428	00:45 135	01:35 380	01:38 392	18:28 1,677	5,229	187	60%
Clare Stringer	19	Mins: MEPs:	30:29 815	13:35 456	03:48 456	01:05 195	00:40 160	00:11 44	49:48 1,670	5,586	173	49%
Joanne Monks	12	Mins: MEPs:	29:10 544	09:04 544	03:40 440	02:41 483	00:48 192	00:02 8	45:25 1,667	5,719	182	48%
Kirstie Brooks	14	Mins: MEPs:	10:12 273	04:33 273	06:45 810	02:37 471	00:17 68	00:00 0	24:24 1,622	4,453	151	53%
Tasmin Smith	11	Mins: MEPs:	14:22 548	09:08 548	06:02 724	01:39 297	00:12 48	00:00 0	31:23 1,617	5,173	161	51%
Darren Moody	6	Mins: MEPs:	00:12 56	00:56 56	02:50 340	03:31 633	01:59 476	00:20 80	09:48 1,585	8,268	180	71%
Richard Jarman	10	Mins: MEPs:	03:44 175	02:55 175	02:05 250	03:11 573	01:57 468	00:27 108	14:19 1,574	7,349	164	62%
Mark Mayes	21	Mins: MEPs:	05:31 400	06:40 400	03:42 444	01:58 354	01:20 320	00:05 20	19:16 1,538	7,402	167	57%
Paul Nichols	11	Mins: MEPs:	06:57 417	06:57 417	05:30 660	01:44 312	00:36 144	00:00 0	21:44 1,533	9,063	156	55%
Tris Turner	7	Mins: MEPs:	03:01 74	01:14 74	01:25 170	01:07 201	02:02 488	02:24 576	11:13 1,509	7,608	201	67%
Lyn Fuller	5	Mins: MEPs:	00:48 383	06:23 383	05:49 698	01:17 231	00:40 160	00:08 32	15:05 1,504	5,075	180	61%
Melissa Beadsworth	9	Mins: MEPs:	01:23 107	01:47 107	01:24 168	00:57 171	01:58 472	02:23 572	09:52 1,490	3,992	165	71%
Leanne Gelder	15	Mins: MEPs:	06:46 430	07:10 430	04:09 498	01:37 291	00:58 232	00:00 0	20:40 1,451	5,065	199	55%
kerry mackin	14	Mins: MEPs:	05:44 406	06:46 406	03:20 400	01:56 348	01:12 288	00:02 8	19:00 1,450	5,470	181	56%
Amanda Mansell	18	Mins: MEPs:	11:20 714	11:54 714	03:40 440	01:24 252	00:11 44	00:00 0	28:29 1,450	6,480	172	52%
Grant Tout	12	Mins: MEPs:	05:15 464	07:44 464	05:15 630	01:41 303	00:07 28	00:00 0	20:02 1,425	7,823	143	55%
sue wierzbicki	9	Mins: MEPs:	02:44 410	06:50 410	05:29 658	01:49 327	00:07 28	00:00 0	16:59 1,423	5,167	163	58%

Fiona Brent	11	Mins: MEPs:	06:53 204	03:24 214	01:47 214	03:45 675	01:15 300	00:05 20	17:09 1,413	4,052	171	57%
Matthew Guille	9	Mins: MEPs:	04:07 500	08:20 466	03:53 294	01:38 120	00:30 24	00:06 24	18:34 1,404	7,408	152	57%
Jenny Heywood	9	Mins: MEPs:	07:23 630	10:30 694	05:47 75	00:25 0	00:00 0	00:00 0	24:05 1,399	3,818	135	54%
George Mayes	14	Mins: MEPs:	03:32 482	08:02 454	03:47 258	01:26 204	00:51 0	00:00 0	17:38 1,398	5,204	172	57%
Peter Brent	12	Mins: MEPs:	05:02 213	03:33 276	02:18 303	01:41 524	02:11 72	00:18 72	15:03 1,388	6,819	168	59%
Leyon Joseph	6	Mins: MEPs:	06:41 327	05:27 362	03:01 645	03:35 36	00:09 0	00:00 0	18:53 1,370	7,557	149	56%
Britt Megahey	13	Mins: MEPs:	06:50 508	08:28 586	04:53 252	01:24 8	00:02 0	00:00 0	21:37 1,354	9,176	155	54%
Bridgetta Worsley	12	Mins: MEPs:	00:54 254	04:14 506	04:13 222	01:14 300	01:15 68	00:17 68	12:07 1,350	3,944	180	63%
Jenny Burrell	7	Mins: MEPs:	21:04 1,025	17:05 292	02:26 12	00:04 8	00:02 4	00:01 4	40:42 1,341	5,495	168	50%
Brooke Bryan	8	Mins: MEPs:	01:18 287	04:47 330	02:45 402	02:14 308	01:17 8	00:02 8	12:23 1,335	7,789	168	62%
Sarah-Jane Tarr	17	Mins: MEPs:	17:22 523	08:43 334	02:47 429	02:23 36	00:09 0	00:00 0	31:24 1,322	6,582	189	49%
Dan Banks	6	Mins: MEPs:	00:56 51	00:51 94	00:47 162	00:54 632	02:38 380	01:35 380	07:41 1,319	6,820	184	75%
Clare Rhodes	10	Mins: MEPs:	11:09 217	03:37 230	01:55 291	01:37 580	02:25 0	00:00 0	20:43 1,318	4,200	169	52%
Francis Worsley	33	Mins: MEPs:	07:11 630	10:30 374	03:07 234	01:18 68	00:17 0	00:00 0	22:23 1,306	11,071	172	54%
Jess Mayes	11	Mins: MEPs:	00:53 182	03:02 354	02:57 213	01:11 484	02:01 68	00:17 68	10:21 1,301	4,607	184	65%
Beckyburningham	9	Mins: MEPs:	26:41 863	14:23 384	03:12 42	00:14 8	00:02 4	00:01 4	44:33 1,301	4,773	177	48%
Larissa Bryan	14	Mins: MEPs:	14:47 281	04:41 372	03:06 435	02:25 208	00:52 4	00:01 4	25:52 1,300	4,603	176	50%

Pene colwell	11	Mins: MEPs:	02:02 203	03:23 466	03:53 345	01:55 236	00:59 8	00:02 12:14 1,258	4,001	169	61%
Charlie Ferrier	4	Mins: MEPs:	04:57 116	01:56 188	01:34 312	01:44 380	01:35 108	00:27 12:13 1,104	4,902	194	58%
Ros Lockyer	6	Mins: MEPs:	00:54 106	01:46 280	02:20 393	02:11 136	00:34 16	00:04 07:49 931	2,584	170	64%
Rachel Dunn	7	Mins: MEPs:	00:26 92	01:32 414	03:27 279	01:33 32	00:08 4	00:01 07:07 821	2,425	160	63%
Kirsty Garratt	4	Mins: MEPs:	00:11 44	00:44 172	01:26 312	01:44 104	00:26 0	00:00 04:31 632	1,188	161	67%
Andrea Jarman	4	Mins: MEPs:	01:41 255	04:15 256	02:08 108	00:36 12	00:03 0	00:00 08:43 631	1,995	140	56%
Tim Donovan	3	Mins: MEPs:	00:38 74	01:14 118	00:59 150	00:50 160	00:40 76	00:19 04:40 578	2,996	175	65%
Louisa Alexander	3	Mins: MEPs:	00:12 20	00:20 44	00:22 93	00:31 264	01:06 52	00:13 02:44 473	1,662	194	72%
Andy Powell	4	Mins: MEPs:	04:03 102	01:42 140	01:10 54	00:18 8	00:02 0	00:00 07:15 304	1,834	145	50%
phil pafford	2	Mins: MEPs:	00:08 23	00:23 50	00:25 90	00:30 80	00:20 32	00:08 01:54 275	1,540	189	69%
Paul Caiger-Watson	4	Mins: MEPs:	02:14 81	01:21 108	00:54 72	00:24 12	00:03 0	00:00 04:56 273	1,545	158	51%
Sophia Cooper	2	Mins: MEPs:	00:25 62	01:02 78	00:39 9	00:03 0	00:00 0	00:00 02:09 149	582	146	55%
Michelle Nelsonp	1	Mins: MEPs:	00:01 7	00:07 78	00:39 42	00:14 0	00:00 0	00:00 01:01 127	446	142	65%
Faye colwell	1	Mins: MEPs:	00:02 11	00:11 48	00:24 45	00:15 20	00:05 0	00:00 00:57 124	417	162	66%
Hayley SK	3	Mins: MEPs:	03:18 31	00:31 38	00:19 12	00:04 0	00:00 0	00:00 04:12 81	346	152	44%
Alex Ansell	1	Mins: MEPs:	00:01 5	00:05 38	00:19 12	00:04 0	00:00 0	00:00 00:29 55	166	146	64%
Henry Charles	1	Mins: MEPs:	00:06 29	00:29 14	00:07 3	00:01 0	00:00 0	00:00 00:43 46	261	147	55%