

Key Numbers Report
01 Jan 26 - 31 Jan 26



Date Range: 01 Jan 26 - 31 Jan 26

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Richard Marrington	79	Mins:	46:31	42:33	27:49	04:09	03:07	00:47	124:56	48,625	187	52%
		MEPs:		2,553	3,338	747	748	188	7,574			
sam allen	28	Mins:	12:53	06:53	03:22	02:58	10:27	02:23	38:56	13,428	203	62%
		MEPs:		413	404	534	2,508	572	4,431			
Emily Webb	16	Mins:	50:24	46:44	08:58	01:01	00:08	00:00	107:15	16,371	160	50%
		MEPs:		2,804	1,076	183	32	0	4,095			
Katie Le Flem	29	Mins:	07:22	06:51	05:06	01:59	06:20	04:36	32:14	11,690	180	66%
		MEPs:		411	612	357	1,520	1,104	4,004			
Boo Donovan	25	Mins:	10:26	18:09	13:54	02:51	00:55	00:06	46:21	12,236	176	56%
		MEPs:		1,089	1,668	513	220	24	3,514			
Tracy Allbon	20	Mins:	01:33	00:50	01:40	07:52	06:30	00:32	18:57	9,643	190	74%
		MEPs:		50	200	1,416	1,560	128	3,354			
Sian Mills	20	Mins:	01:25	04:19	08:12	05:33	03:04	00:34	23:07	8,940	173	67%
		MEPs:		259	984	999	736	136	3,114			
Megan Fox	16	Mins:	04:58	06:42	05:21	05:28	04:10	00:13	26:52	11,243	200	63%
		MEPs:		402	642	984	1,000	52	3,080			
Anne Harper	38	Mins:	12:59	37:37	05:47	00:35	00:03	00:00	57:01	11,138	144	52%
		MEPs:		2,257	694	105	12	0	3,068			
Lee Cooper	19	Mins:	01:30	05:32	06:53	05:07	03:08	00:49	22:59	14,759	174	66%
		MEPs:		332	826	921	752	196	3,027			
Ellen HAMSTEAD	20	Mins:	16:58	16:12	13:08	02:19	00:03	00:00	48:40	9,639	154	54%
		MEPs:		972	1,576	417	12	0	2,977			
Dan Banks	13	Mins:	01:33	02:14	01:51	01:40	05:33	02:50	15:41	13,884	183	74%
		MEPs:		134	222	300	1,332	680	2,668			
Darren Moody	12	Mins:	02:15	02:16	02:57	03:48	05:10	00:53	17:19	13,526	181	70%
		MEPs:		136	354	684	1,240	212	2,626			
Sandy Saunders	15	Mins:	09:06	04:33	04:10	04:38	03:35	00:37	26:39	12,714	193	60%
		MEPs:		273	500	834	860	148	2,615			

Inez Daly	17	Mins: MEPs:	05:45 1,408	23:28 1,044	08:42 153	00:51 4	00:01 0	00:00 0	38:47 2,609	12,614	160	55%
Mark Mayes	33	Mins: MEPs:	14:38 734	12:14 860	07:10 600	03:20 368	01:32 0	00:00 0	38:54 2,562	12,654	152	54%
Ros Lockyer	14	Mins: MEPs:	04:33 278	04:38 722	06:01 1,056	05:52 264	01:06 124	00:31 124	22:41 2,444	6,763	177	62%
Ian Walker	15	Mins: MEPs:	00:06 91	01:31 498	04:09 1,377	07:39 400	01:40 56	00:14 56	15:19 2,422	11,628	166	70%
Richard Jarman	16	Mins: MEPs:	16:42 324	05:24 474	03:57 471	02:37 696	02:54 348	01:27 348	33:01 2,313	11,159	177	54%
George Mayes	25	Mins: MEPs:	07:01 749	12:29 618	05:09 498	02:46 360	01:30 12	00:03 12	28:58 2,237	8,402	177	57%
Niamh Moreton	22	Mins: MEPs:	01:50 238	03:58 564	04:42 798	04:26 608	02:32 20	00:05 20	17:33 2,228	7,327	180	65%
Kathleen Charles	22	Mins: MEPs:	00:11 147	02:27 874	07:17 1,056	05:52 120	00:30 0	00:00 0	16:17 2,197	4,583	138	67%
Ian Cooke	8	Mins: MEPs:	01:15 505	08:25 912	07:36 513	02:51 160	00:40 8	00:02 8	20:49 2,098	12,417	160	61%
Sue Davis	32	Mins: MEPs:	57:49 1,516	25:16 526	04:23 51	00:17 0	00:00 0	00:00 0	87:45 2,093	8,546	148	47%
Andrea Jarman	17	Mins: MEPs:	10:17 766	12:46 1,048	08:44 231	01:17 12	00:03 0	00:00 0	33:07 2,057	6,535	145	54%
Lorraine Clode	19	Mins: MEPs:	00:16 86	01:26 658	05:29 1,230	06:50 56	00:14 4	00:01 4	14:16 2,034	7,851	195	68%
Bev Tout	9	Mins: MEPs:	00:58 338	05:38 1,178	09:49 420	02:20 8	00:02 0	00:00 0	18:47 1,944	5,997	147	61%
Kevin Hagues	16	Mins: MEPs:	05:48 572	09:32 936	07:48 363	02:01 60	00:15 8	00:02 8	25:26 1,939	13,180	164	57%
Kate Graham-Evans	20	Mins: MEPs:	14:04 534	08:54 632	05:16 552	03:04 200	00:50 0	00:00 0	32:08 1,918	7,353	172	53%
Moreton	18	Mins: MEPs:	00:04 199	03:19 1,016	08:28 639	03:33 28	00:07 0	00:00 0	15:31 1,882	13,954	128	64%
Pene colwell	16	Mins: MEPs:	02:58 524	08:44 676	05:38 522	02:54 152	00:38 0	00:00 0	20:52 1,874	6,544	166	59%

Sarah-Jane Tarr	19	Mins: MEPs:	15:04 725	12:05 596	04:58 447	02:29 100	00:25 0	00:00 35:01 1,868	9,408	190	51%
Melissa Beadsworth	13	Mins: MEPs:	02:03 155	02:35 280	02:20 384	02:08 592	02:28 444	01:51 13:25 1,855	5,018	163	68%
Lyn Fuller	6	Mins: MEPs:	00:12 184	03:04 524	04:22 612	03:24 348	01:27 176	00:44 13:13 1,844	5,556	202	68%
Kirstie Brooks	11	Mins: MEPs:	04:29 189	03:09 942	07:51 657	03:39 40	00:10 0	00:00 19:18 1,828	4,926	153	58%
Ollie Davis	13	Mins: MEPs:	04:31 322	05:22 432	03:36 357	01:59 644	02:41 60	00:15 18:24 1,815	10,169	177	60%
Liza Barber	13	Mins: MEPs:	00:22 102	01:42 524	04:22 534	02:58 256	01:04 388	01:37 12:05 1,804	4,610	173	70%
Grant Tout	12	Mins: MEPs:	07:24 675	11:15 724	06:02 258	01:26 92	00:23 4	00:01 26:31 1,753	9,825	158	55%
Emily Payne	27	Mins: MEPs:	07:21 1,155	19:15 574	04:47 9	00:03 8	00:02 0	00:00 31:28 1,746	8,015	160	53%
Melanie finch	15	Mins: MEPs:	05:56 366	06:06 594	04:57 399	02:13 288	01:12 96	00:24 20:48 1,743	4,954	170	58%
Jane Ansell	7	Mins: MEPs:	04:18 474	07:54 756	06:18 288	01:36 76	00:19 20	00:05 20:30 1,614	3,910	164	57%
Tasmin Smith	11	Mins: MEPs:	07:22 574	09:34 688	05:44 243	01:21 104	00:26 0	00:00 24:27 1,609	5,183	160	54%
Paul Nichols	18	Mins: MEPs:	18:35 741	12:21 480	04:00 246	01:22 116	00:29 0	00:00 36:47 1,583	10,257	152	50%
Paul Davis	19	Mins: MEPs:	21:44 894	14:54 454	03:47 60	00:20 72	00:18 16	00:04 41:07 1,496	11,311	182	49%
Francis Worsley	36	Mins: MEPs:	09:55 678	11:18 326	02:43 324	01:48 152	00:38 0	00:00 26:22 1,480	12,125	184	53%
Frair Burgess	8	Mins: MEPs:	09:50 501	08:21 796	06:38 147	00:49 20	00:05 16	00:04 25:47 1,480	5,251	178	52%
Brooke Bryan	9	Mins: MEPs:	01:11 170	02:50 350	02:55 528	02:56 412	01:43 20	00:05 11:40 1,480	7,884	172	65%
Tris Turner	8	Mins: MEPs:	03:06 73	01:13 164	01:22 228	01:16 552	02:18 448	01:52 11:07 1,465	7,284	194	66%

Leyon Joseph	16	Mins:	09:25	12:14	04:38	00:44	00:05	00:00	27:06	9,493	150	52%
		MEPs:		734	556	132	20	0	1,442			
Clare Rhodes	10	Mins:	17:24	08:20	01:33	01:49	01:46	00:00	30:52	4,996	173	50%
		MEPs:		500	186	327	424	0	1,437			
kerry mackin	12	Mins:	06:19	05:50	02:44	02:23	01:16	00:06	18:38	5,038	176	56%
		MEPs:		350	328	429	304	24	1,435			
Annmarie Cooper	12	Mins:	07:14	03:42	02:09	02:34	01:44	00:13	17:36	4,114	163	56%
		MEPs:		222	258	462	416	52	1,410			
Jenny Burrell	9	Mins:	03:17	08:46	05:05	01:09	00:05	00:02	18:24	5,075	167	56%
		MEPs:		526	610	207	20	8	1,371			
Fiona Brent	11	Mins:	07:53	04:55	02:41	03:06	00:46	00:00	19:21	4,111	156	55%
		MEPs:		295	322	558	184	0	1,359			
Jess Mayes	15	Mins:	01:59	05:17	02:58	01:06	01:44	00:17	13:21	5,084	192	61%
		MEPs:		317	356	198	416	68	1,355			
Boris B	20	Mins:	11:31	14:20	03:48	00:06	00:00	00:00	29:45	9,487	139	51%
		MEPs:		860	456	18	0	0	1,334			
Leanne Gelder	12	Mins:	02:47	06:41	03:52	01:24	00:53	00:00	15:37	4,731	166	58%
		MEPs:		401	464	252	212	0	1,329			
sue wierzbicki	10	Mins:	07:49	06:00	05:16	01:39	00:09	00:00	20:53	4,741	174	54%
		MEPs:		360	632	297	36	0	1,325			
Peter Brent	13	Mins:	02:59	05:13	02:36	01:25	01:25	00:25	14:03	7,023	177	60%
		MEPs:		313	312	255	340	100	1,320			
Bridgetta Worsley	14	Mins:	02:38	05:31	04:27	02:12	00:12	00:00	15:00	3,933	162	58%
		MEPs:		331	534	396	48	0	1,309			
Britt Megahey	10	Mins:	03:22	06:08	03:45	02:05	00:29	00:00	15:49	8,246	165	58%
		MEPs:		368	450	375	116	0	1,309			
Becky Burningham	8	Mins:	37:32	18:29	01:01	00:14	00:06	00:01	57:23	4,602	166	45%
		MEPs:		1,109	122	42	24	4	1,301			
Jenny Heywood	6	Mins:	08:57	12:16	03:26	00:08	00:00	00:00	24:47	3,306	144	52%
		MEPs:		736	412	24	0	0	1,172			
Liz Hagues	9	Mins:	01:51	06:15	03:33	01:31	00:11	00:01	13:22	3,526	166	58%
		MEPs:		375	426	273	44	4	1,122			
Joanne Monks	7	Mins:	17:13	05:09	02:22	01:27	00:43	00:04	26:58	3,529	189	48%
		MEPs:		309	284	261	172	16	1,042			

Hayley SK	14	Mins: MEPs:	06:43 461	07:41 406	03:23 117	00:39 56	00:14 0	00:00 18:40 1,040	4,624	175	53%
Matthew Guille	12	Mins: MEPs:	04:20 395	06:35 430	03:35 147	00:49 32	00:08 4	00:01 15:28 1,008	5,531	143	55%
Louisa Alexander	6	Mins: MEPs:	00:28 50	00:50 82	00:41 195	01:05 504	02:06 144	00:36 05:46 975	3,406	195	72%
Clare Stringer	12	Mins: MEPs:	15:31 432	07:12 288	02:24 105	00:35 68	00:17 32	00:08 26:07 925	3,108	179	49%
Kirsty Garratt	3	Mins: MEPs:	00:24 95	01:35 192	01:36 426	02:22 108	00:27 0	00:00 06:24 821	1,532	165	65%
Andy Powell	6	Mins: MEPs:	06:27 126	02:06 228	01:54 174	00:58 100	00:25 8	00:02 11:52 636	3,423	157	51%
Larissa Bryan	8	Mins: MEPs:	37:57 331	05:31 138	01:09 99	00:33 48	00:12 0	00:00 45:22 616	2,520	170	40%
Katie Walker	4	Mins: MEPs:	00:55 193	03:13 324	02:42 90	00:30 0	00:00 0	00:00 07:20 607	1,343	123	57%
phil pafford	4	Mins: MEPs:	00:30 45	00:45 106	00:53 234	01:18 104	00:26 0	00:00 03:52 489	2,737	165	65%
Amanda Mansell	5	Mins: MEPs:	02:35 217	03:37 172	01:26 12	00:04 0	00:00 0	00:00 07:42 401	1,845	145	52%
Rachel Dunn	5	Mins: MEPs:	00:16 38	00:38 154	01:17 162	00:54 8	00:02 0	00:00 03:07 362	1,061	142	64%
Tim Donovan	1	Mins: MEPs:	00:33 113	01:53 38	00:19 12	00:04 80	00:20 104	00:26 03:35 347	2,054	172	61%
Sophia Cooper	3	Mins: MEPs:	00:52 93	01:33 68	00:34 9	00:03 0	00:00 0	00:00 03:02 170	703	144	54%
ALEX RHODES	1	Mins: MEPs:	00:09 48	00:48 34	00:17 9	00:03 36	00:09 0	00:00 01:26 127	738	158	59%
Michelle Nelsonp	1	Mins: MEPs:	00:06 6	00:06 80	00:40 39	00:13 0	00:00 0	00:00 01:05 125	435	136	64%
Charlotte Simmons	1	Mins: MEPs:	00:04 0	00:00 6	00:03 9	00:03 8	00:02 72	00:18 00:30 95	283	185	83%
Paul Caiger-Watson	2	Mins: MEPs:	01:19 24	00:24 26	00:13 18	00:06 0	00:00 0	00:00 02:02 68	401	135	46%