

Key Numbers Report

01 Feb 26 - 28 Feb 26



Date Range: 01 Feb 26 - 28 Feb 26

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Richard Marrington	56	Mins:	49:43	34:31	20:20	03:15	02:29	00:17	110:35	37,324	181	51%
		MEPs:		2,071	2,440	585	596	68	5,760			
Sandy Saunders	28	Mins:	07:47	05:37	05:24	06:54	06:16	02:48	34:46	20,805	194	66%
		MEPs:		337	648	1,242	1,504	672	4,403			
Boo Donovan	24	Mins:	13:54	19:51	14:47	02:28	01:19	00:13	52:32	13,782	179	56%
		MEPs:		1,191	1,774	444	316	52	3,777			
sam allen	26	Mins:	10:37	05:00	03:09	03:36	08:54	00:57	32:13	11,181	179	62%
		MEPs:		300	378	648	2,136	228	3,690			
Ros Lockyer	16	Mins:	05:04	08:48	09:30	05:57	02:17	01:03	32:39	10,027	176	63%
		MEPs:		528	1,140	1,071	548	252	3,539			
Ian Walker	23	Mins:	00:17	03:18	11:25	06:32	01:45	00:19	23:36	16,560	170	67%
		MEPs:		198	1,370	1,176	420	76	3,240			
Katie Walker	22	Mins:	00:04	02:50	08:30	07:47	02:22	00:04	21:37	6,611	154	69%
		MEPs:		170	1,020	1,401	568	16	3,175			
Ellen HAMSTEAD	19	Mins:	09:23	17:22	12:54	02:11	00:28	00:00	42:18	9,939	161	56%
		MEPs:		1,042	1,548	393	112	0	3,095			
Lee Cooper	16	Mins:	02:01	05:28	06:16	05:09	03:12	00:27	22:33	13,978	172	65%
		MEPs:		328	752	927	768	108	2,883			
Bev Tout	14	Mins:	02:01	08:01	12:57	04:20	00:02	00:00	27:21	8,661	140	61%
		MEPs:		481	1,554	780	8	0	2,823			
Kathleen Charles	18	Mins:	00:09	01:32	08:49	07:22	01:09	00:02	19:03	5,694	155	68%
		MEPs:		92	1,058	1,326	276	8	2,760			
Megan Fox	13	Mins:	06:18	05:51	03:45	04:25	04:13	00:19	24:51	9,693	207	62%
		MEPs:		351	450	795	1,012	76	2,684			
Anne Harper	32	Mins:	08:58	26:30	06:00	01:24	00:16	00:00	43:08	9,189	149	54%
		MEPs:		1,590	720	252	64	0	2,626			
Tracy Allbon	17	Mins:	00:49	01:20	01:08	06:39	04:29	00:19	14:44	7,592	193	74%
		MEPs:		80	136	1,197	1,076	76	2,565			

Boris B	29	Mins: MEPs:	08:53 1,219	20:19 1,056	08:48 30	00:10 4	00:01 0	00:00 38:11 2,309	15,796	154	54%
ALEX RHODES	14	Mins: MEPs:	04:40 240	04:00 518	04:19 432	02:24 428	01:47 672	02:48 19:58 2,290	11,403	190	64%
Richard Jarman	12	Mins: MEPs:	11:58 222	03:42 446	03:43 546	03:02 776	03:14 204	00:51 26:30 2,194	10,206	165	57%
Melanie finch	18	Mins: MEPs:	05:39 421	07:01 712	05:56 606	03:22 372	01:33 80	00:20 23:51 2,191	6,133	171	59%
Sian Mills	13	Mins: MEPs:	01:29 234	03:54 742	06:11 645	03:35 468	01:57 76	00:19 17:25 2,165	6,295	167	65%
Moreton	20	Mins: MEPs:	00:31 319	05:19 1,050	08:45 756	04:12 24	00:06 0	00:00 18:53 2,149	16,385	131	63%
Sarah-Jane Tarr	23	Mins: MEPs:	15:22 658	10:58 756	06:18 585	03:15 96	00:24 0	00:00 36:17 2,095	10,203	185	52%
George Mayes	16	Mins: MEPs:	08:53 523	08:43 596	04:58 552	03:04 356	01:29 52	00:13 27:20 2,079	7,505	182	56%
Liza Barber	14	Mins: MEPs:	00:19 138	02:18 692	05:46 474	02:38 428	01:47 296	01:14 14:02 2,028	5,236	175	69%
Joanne Monks	12	Mins: MEPs:	27:08 558	09:18 502	04:11 552	03:04 196	00:49 8	00:02 44:32 1,816	6,185	183	49%
Paul Nichols	11	Mins: MEPs:	06:12 317	05:17 406	03:23 552	03:04 500	02:05 0	00:00 20:01 1,775	9,361	157	57%
Dan Banks	8	Mins: MEPs:	01:02 57	00:57 126	01:03 258	01:26 972	04:03 344	01:26 09:57 1,757	8,855	183	74%
Niamh Moreton	18	Mins: MEPs:	01:54 252	04:12 568	04:44 528	02:56 372	01:33 8	00:02 15:21 1,728	5,919	175	63%
Grant Tout	12	Mins: MEPs:	12:02 702	11:42 730	06:05 216	01:12 52	00:13 0	00:00 31:14 1,700	9,731	151	52%
Tris Turner	9	Mins: MEPs:	03:34 127	02:07 202	01:41 225	01:15 684	02:51 460	01:55 13:23 1,698	8,633	198	65%
Paul Davis	19	Mins: MEPs:	11:31 711	11:51 714	05:57 252	01:24 20	00:05 0	00:00 30:48 1,697	11,926	162	53%
Katie Le Flem	10	Mins: MEPs:	02:32 118	01:58 186	01:33 240	01:20 488	02:02 632	02:38 12:03 1,664	4,793	190	69%

Frair Burgess	9	Mins: MEPs:	09:03 467	07:47 986	08:13 186	01:02 24	00:06 0	00:00 26:11	5,773	152	52%
Lorraine Clode	17	Mins: MEPs:	00:34 53	00:53 600	05:00 978	05:26 16	00:04 0	00:00 11:57	6,319	162	67%
Leyon Joseph	10	Mins: MEPs:	11:54 692	11:32 606	05:03 327	01:49 8	00:02 0	00:00 30:20	10,290	156	52%
Melissa Beadsworth	14	Mins: MEPs:	03:28 157	02:37 286	02:23 249	01:23 608	02:32 320	01:20 13:43	4,354	162	64%
Jane Ansell	15	Mins: MEPs:	04:35 358	05:58 802	06:41 390	02:10 60	00:15 4	00:01 19:40	3,816	159	58%
Sue Davis	26	Mins: MEPs:	35:07 1,106	18:26 414	03:27 66	00:22 0	00:00 0	00:00 57:22	6,396	144	47%
Andrea Jarman	10	Mins: MEPs:	03:20 530	08:50 734	06:07 252	01:24 44	00:11 0	00:00 19:52	4,854	144	57%
Fiona Brent	11	Mins: MEPs:	06:46 203	03:23 208	01:44 645	03:35 492	02:03 0	00:00 17:31	4,334	156	57%
Clare Rhodes	15	Mins: MEPs:	18:04 332	05:32 308	02:34 354	01:58 540	02:15 0	00:00 30:23	5,062	167	51%
Emily Webb	7	Mins: MEPs:	21:28 1,220	20:20 274	02:17 27	00:09 0	00:00 0	00:00 44:14	6,204	142	49%
Kirstie Brooks	13	Mins: MEPs:	03:14 221	03:41 1,028	08:34 246	01:22 12	00:03 0	00:00 16:54	4,191	155	58%
Bridgetta Worsley	12	Mins: MEPs:	00:11 134	02:14 734	06:07 510	02:50 116	00:29 0	00:00 11:51	4,244	162	65%
Ollie Davis	9	Mins: MEPs:	21:00 558	09:18 220	01:50 171	00:57 400	01:40 136	00:34 35:19	9,237	185	50%
Brooke Bryan	8	Mins: MEPs:	00:56 164	02:44 314	02:37 399	02:13 572	02:23 32	00:08 11:01	7,852	169	67%
Emily Payne	25	Mins: MEPs:	09:13 985	16:25 296	02:28 174	00:58 16	00:04 0	00:00 29:08	6,568	155	52%
kerry mackin	12	Mins: MEPs:	11:56 395	06:35 460	03:50 243	01:21 308	01:17 40	00:10 25:09	5,239	180	53%
Leanne Gelder	14	Mins: MEPs:	03:12 359	05:59 476	03:58 339	01:53 268	01:07 4	00:01 16:10	4,949	165	59%

sue wierzbicki	9	Mins:	04:55	08:54	06:02	00:51	00:05	00:00	20:47	5,440	173	55%
		MEPs:		534	724	153	20	0	1,431			
Kevin Hagues	14	Mins:	03:55	04:13	05:28	02:28	00:17	00:00	16:21	8,814	164	58%
		MEPs:		253	656	444	68	0	1,421			
Tasmin Smith	10	Mins:	08:41	09:01	04:51	01:15	00:13	00:00	24:01	4,573	155	53%
		MEPs:		541	582	225	52	0	1,400			
Mark Mayes	20	Mins:	05:37	03:53	01:56	02:48	01:39	00:07	16:00	6,163	177	57%
		MEPs:		233	232	504	396	28	1,393			
Peter Brent	9	Mins:	01:50	03:02	03:16	01:53	01:31	00:26	11:58	6,898	165	63%
		MEPs:		182	392	339	364	104	1,381			
Britt Megahey	15	Mins:	03:11	07:47	04:10	01:51	00:19	00:00	17:18	9,054	165	57%
		MEPs:		467	500	333	76	0	1,376			
Darren Moody	7	Mins:	00:19	00:20	00:34	02:10	03:21	00:22	07:06	6,633	179	76%
		MEPs:		20	68	390	804	88	1,370			
Annmarie Cooper	11	Mins:	06:28	03:08	01:55	01:58	02:21	00:04	15:54	3,865	164	58%
		MEPs:		188	230	354	564	16	1,352			
Lyn Fuller	5	Mins:	02:29	05:25	04:52	02:10	00:11	00:00	15:07	4,442	156	58%
		MEPs:		325	584	390	44	0	1,343			
Kate Graham-Evans	16	Mins:	08:22	06:13	01:54	01:43	01:47	00:00	19:59	4,951	173	54%
		MEPs:		373	228	309	428	0	1,338			
Hayley SK	16	Mins:	11:58	09:23	04:38	00:44	00:14	00:01	26:58	5,831	184	51%
		MEPs:		563	556	132	56	4	1,311			
Inez Daly	9	Mins:	14:02	12:49	04:27	00:02	00:00	00:00	31:20	6,247	142	51%
		MEPs:		769	534	6	0	0	1,309			
Francis Worsley	16	Mins:	04:48	08:46	03:17	01:44	00:19	00:00	18:54	10,461	171	55%
		MEPs:		526	394	312	76	0	1,308			
Larissa Bryan	11	Mins:	66:05	08:46	02:24	01:32	00:54	00:00	79:41	5,009	170	40%
		MEPs:		526	288	276	216	0	1,306			
Jess Mayes	14	Mins:	02:11	04:08	03:33	01:33	01:25	00:03	12:53	4,776	182	61%
		MEPs:		248	426	279	340	12	1,305			
Ian Cooke	7	Mins:	01:15	02:28	02:55	02:27	01:27	00:04	10:36	6,548	164	64%
		MEPs:		148	350	441	348	16	1,303			
Louisa Alexander	10	Mins:	00:51	00:59	01:14	01:27	02:28	00:55	07:54	4,555	201	72%
		MEPs:		59	148	261	592	220	1,280			

Amanda Mansell	8	Mins:	07:04	08:50	03:03	00:29	00:00	00:00	19:26	4,494	153	53%
		MEPs:		530	366	87	0	0	983			
Jenny Heywood	8	Mins:	19:59	09:01	02:44	00:08	00:00	00:00	31:52	2,466	132	48%
		MEPs:		541	328	24	0	0	893			
Pene colwell	6	Mins:	00:34	01:47	02:06	02:08	00:28	00:02	07:05	2,720	164	65%
		MEPs:		107	252	384	112	8	863			
Matthew Guille	8	Mins:	01:47	04:32	03:53	00:31	00:02	00:00	10:45	4,509	130	57%
		MEPs:		272	466	93	8	0	839			
Andy Powell	8	Mins:	07:20	02:08	02:20	01:17	00:28	00:04	13:37	4,062	158	51%
		MEPs:		128	280	231	112	16	767			
Rachel Dunn	7	Mins:	01:02	03:22	02:21	00:53	00:08	00:00	07:46	2,135	151	58%
		MEPs:		202	282	159	32	0	675			
Becky Burningham	8	Mins:	51:13	08:16	00:41	00:07	00:01	00:00	60:18	2,298	161	43%
		MEPs:		496	82	21	4	0	603			
phil pafford	6	Mins:	00:17	00:44	01:11	01:10	00:41	00:06	04:09	3,285	184	67%
		MEPs:		44	142	210	164	24	584			
Kirsty Garratt	2	Mins:	00:09	00:19	00:31	01:02	00:21	00:00	02:22	665	161	69%
		MEPs:		19	62	186	84	0	351			
Michelle Nelsonp	3	Mins:	00:52	01:07	01:37	00:21	00:00	00:00	03:57	1,212	141	58%
		MEPs:		67	194	63	0	0	324			
Sophia Cooper	2	Mins:	00:02	00:24	00:46	00:35	00:01	00:00	01:48	765	159	65%
		MEPs:		24	92	105	4	0	225			
Katie McSevich	1	Mins:	00:23	00:10	00:03	00:15	00:15	00:00	01:06	370	175	63%
		MEPs:		10	6	45	60	0	121			
Liz Hagues	2	Mins:	00:02	00:25	00:25	00:12	00:00	00:00	01:04	335	149	60%
		MEPs:		25	50	36	0	0	111			