

Key Numbers Report

01 May 26 - 31 May 26



Date Range: 01 May 26 - 31 May 26

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Richard Marrington	66	Mins: MEPs:	73:02	38:28 2,308	23:56 2,872	04:12 756	03:54 936	00:03 12	143:35 6,884	43,745	179	49%
Ros Lockyer	20	Mins: MEPs:	18:23	13:49 829	12:35 1,510	09:05 1,635	04:39 1,116	01:41 404	60:12 5,494	15,336	177	59%
Darren Moody	19	Mins: MEPs:	03:02	10:56 656	07:00 840	07:20 1,320	04:38 1,112	00:09 36	33:05 3,964	23,093	178	64%
Kathleen Charles	46	Mins: MEPs:	00:44	08:26 506	11:52 1,424	08:36 1,548	00:41 164	00:00 0	30:19 3,642	7,641	144	64%
Sue Davis	48	Mins: MEPs:	67:52	45:01 2,701	04:53 586	00:19 57	00:01 4	00:00 0	118:06 3,348	14,113	150	48%
Katie Walker	24	Mins: MEPs:	00:54	07:33 453	12:15 1,470	05:41 1,023	01:24 336	00:10 40	27:57 3,322	7,204	161	64%
Niamh Moreton	31	Mins: MEPs:	05:14	09:11 551	11:29 1,378	05:53 1,059	00:51 204	00:00 0	32:38 3,192	11,312	175	60%
Sian Mills	22	Mins: MEPs:	02:18	08:00 480	11:45 1,410	04:19 777	01:54 456	00:02 8	28:18 3,131	9,569	163	62%
Ian Walker	20	Mins: MEPs:	00:16	03:49 229	12:25 1,490	04:56 888	01:26 344	00:16 64	23:08 3,015	15,937	207	66%
Paul Davis	27	Mins: MEPs:	34:20	27:21 1,641	07:00 840	02:11 393	00:26 104	00:00 0	71:18 2,978	21,976	170	50%
sam allen	21	Mins: MEPs:	08:44	03:26 206	04:33 546	04:39 837	04:16 1,024	00:09 36	25:47 2,649	8,219	181	60%
Ellen HAMSTEAD	15	Mins: MEPs:	05:35	12:37 757	11:01 1,322	02:31 453	00:08 32	00:00 0	31:52 2,564	8,308	163	57%
Inez Daly	17	Mins: MEPs:	06:19	25:31 1,531	08:19 998	00:02 6	00:00 0	00:00 0	40:11 2,535	12,677	140	55%
Clare Rhodes	19	Mins: MEPs:	44:11	15:29 929	03:56 472	02:34 462	02:20 560	00:07 28	68:37 2,451	8,078	184	48%

Anne Harper	17	Mins: MEPs:	02:21 777	12:57 1,210	10:05 279	01:33 180	00:45 4	00:01 4	27:42 2,450	7,937	158	59%
Boo Donovan	18	Mins: MEPs:	13:49 1,136	18:56 1,084	09:02 162	00:54 52	00:13 8	00:02 8	42:56 2,442	9,507	175	53%
Sarah-Jane Tarr	30	Mins: MEPs:	20:06 941	15:41 858	07:09 588	03:16 8	00:02 0	00:00 0	46:14 2,395	12,207	181	51%
Tasmin Smith	15	Mins: MEPs:	41:31 850	14:10 1,006	08:23 411	02:17 60	00:15 0	00:00 0	66:36 2,327	7,331	155	46%
Kirstie Brooks	15	Mins: MEPs:	10:04 524	08:44 1,308	10:54 444	02:28 24	00:06 0	00:00 0	32:16 2,300	6,534	157	55%
Karen Amorginos	16	Mins: MEPs:	00:31 110	01:50 678	05:39 411	02:17 528	02:12 448	01:52 448	14:21 2,175	6,366	180	71%
Ollie Davis	13	Mins: MEPs:	08:59 288	04:48 304	02:32 804	04:28 772	03:13 4	00:01 4	24:01 2,172	11,522	173	58%
Bev Tout	13	Mins: MEPs:	01:15 685	11:25 1,272	10:36 135	00:45 0	00:00 0	00:00 0	24:01 2,092	6,984	138	59%
Lee Cooper	16	Mins: MEPs:	01:44 340	05:40 696	05:48 612	03:24 416	01:44 4	00:01 4	18:21 2,068	10,429	168	62%
Boris B	28	Mins: MEPs:	10:28 1,439	23:59 594	04:57 21	00:07 0	00:00 0	00:00 0	39:31 2,054	15,011	141	53%
Paul Nichols	17	Mins: MEPs:	19:21 1,029	17:09 524	04:22 402	02:14 72	00:18 16	00:04 16	43:28 2,043	13,426	186	51%
Liza Barber	13	Mins: MEPs:	00:16 232	03:52 1,268	10:34 489	02:43 24	00:06 4	00:01 4	17:32 2,017	5,467	160	63%
Lyn Fuller	12	Mins: MEPs:	02:25 566	09:26 618	05:09 429	02:23 264	01:06 96	00:24 96	20:53 1,973	6,586	180	60%
Melanie finch	16	Mins: MEPs:	05:22 500	08:20 660	05:30 447	02:29 240	01:00 36	00:09 36	22:50 1,883	5,469	168	58%
Emily Payne	31	Mins: MEPs:	08:52 1,001	16:41 518	04:19 324	01:48 40	00:10 0	00:00 0	31:50 1,883	7,892	164	53%
Katie Le Flem	25	Mins: MEPs:	06:19 759	12:39 608	05:04 177	00:59 272	01:08 60	00:15 60	26:24 1,876	6,724	176	56%
Sandy Saunders	12	Mins: MEPs:	05:31 249	04:09 414	03:27 699	03:53 460	01:55 28	00:07 28	19:02 1,850	9,288	159	60%

Melissa Beadsworth	15	Mins: MEPs:	03:34 213	03:33 213	02:35 310	01:46 318	02:04 496	01:44 416	15:16 1,753	4,806	163	64%
Frair Burgess	8	Mins: MEPs:	05:21 351	05:51 351	08:04 968	02:01 363	00:01 4	00:00 0	21:18 1,686	5,650	145	57%
Liz Hagues	8	Mins: MEPs:	03:05 544	09:04 544	04:52 584	01:45 315	00:43 172	00:06 24	19:35 1,639	5,220	171	57%
Dan Banks	7	Mins: MEPs:	00:46 61	01:01 61	01:14 148	01:31 273	03:23 812	01:19 316	09:14 1,610	8,335	181	74%
Peter Brent	16	Mins: MEPs:	08:48 327	05:27 327	02:50 340	02:14 402	01:52 448	00:17 68	21:28 1,585	8,296	180	56%
Grant Tout	10	Mins: MEPs:	08:28 657	10:57 657	07:05 850	00:21 63	00:00 0	00:00 0	26:51 1,570	9,139	131	53%
Brooke Bryan	12	Mins: MEPs:	01:28 334	05:34 334	03:20 400	02:40 480	01:24 336	00:05 20	14:31 1,570	9,181	170	62%
Jane Ansell	11	Mins: MEPs:	03:27 326	05:26 326	07:14 868	01:48 324	00:12 48	00:00 0	18:07 1,566	3,690	146	58%
Annmarie Cooper	13	Mins: MEPs:	07:17 239	03:59 239	02:18 276	02:00 360	02:50 680	00:02 8	18:26 1,563	4,501	161	57%
Jess Mayes	11	Mins: MEPs:	02:02 241	04:01 241	03:10 380	01:03 189	01:50 440	01:10 280	13:16 1,530	5,531	196	64%
ALEX RHODES	7	Mins: MEPs:	03:38 211	03:31 211	03:33 426	02:13 399	01:38 392	00:22 88	14:55 1,516	8,062	178	60%
Jenny Heywood	6	Mins: MEPs:	03:41 696	11:36 696	05:27 654	00:47 141	00:01 4	00:00 0	21:32 1,495	4,034	143	56%
Britt Megahey	15	Mins: MEPs:	04:25 536	08:56 536	05:25 650	01:08 204	00:24 96	00:00 0	20:18 1,486	9,945	165	56%
Hayley SK	12	Mins: MEPs:	10:02 476	07:56 476	04:27 534	01:30 270	00:47 188	00:04 16	24:46 1,484	6,242	193	53%
George Mayes	11	Mins: MEPs:	11:26 616	10:16 616	03:25 410	01:55 345	00:23 92	00:00 0	27:25 1,463	5,750	171	52%
sue wierzbicki	9	Mins: MEPs:	01:55 282	04:42 282	06:51 822	01:51 333	00:05 20	00:00 0	15:24 1,457	5,141	166	60%
Kevin Hagues	11	Mins: MEPs:	08:31 506	08:26 506	04:23 526	02:13 399	00:05 20	00:00 0	23:38 1,451	9,947	147	54%

Ian Cooke	10	Mins: MEPs:	02:23 317	05:17 608	05:04 378	02:06 140	00:35 0	00:00 0	15:25 1,443	7,961	157	60%
Francis Worsley	34	Mins: MEPs:	13:05 728	12:08 280	02:20 273	01:31 144	00:36 12	00:03 12	29:43 1,437	11,949	181	51%
Andrea Jarman	8	Mins: MEPs:	07:05 689	11:29 678	05:39 69	00:23 0	00:00 0	00:00 0	24:36 1,436	4,720	132	54%
Richard Jarman	12	Mins: MEPs:	18:21 427	07:07 276	02:18 363	02:01 352	01:28 12	00:03 12	31:18 1,430	7,549	165	51%
Larissa Bryan	16	Mins: MEPs:	07:55 200	03:20 346	02:53 552	03:04 316	01:19 0	00:00 0	18:31 1,414	4,820	167	54%
Leanne Gelder	13	Mins: MEPs:	01:04 314	05:14 366	03:03 363	02:01 344	01:26 20	00:05 20	12:53 1,407	4,705	193	62%
Mark Mayes	22	Mins: MEPs:	09:07 543	09:03 450	03:45 201	01:07 200	00:50 8	00:02 8	23:54 1,402	7,121	151	53%
Fiona Brent	11	Mins: MEPs:	05:13 146	02:26 210	01:45 684	03:48 332	01:23 8	00:02 8	14:37 1,380	3,876	174	58%
Tris Turner	14	Mins: MEPs:	08:04 168	02:48 218	01:49 306	01:42 464	01:56 204	00:51 204	17:10 1,360	7,160	193	56%
Bridgetta Worsley	22	Mins: MEPs:	07:05 353	05:53 666	05:33 318	01:46 8	00:02 0	00:00 0	20:19 1,345	4,052	148	55%
Kate Graham-Evans	14	Mins: MEPs:	02:59 240	04:00 456	03:48 315	01:45 220	00:55 112	00:28 112	13:55 1,343	4,491	183	60%
Tracy Allbon	12	Mins: MEPs:	00:37 54	00:54 248	02:04 405	02:15 620	02:35 12	00:03 12	08:28 1,339	3,973	169	70%
kerry mackin	11	Mins: MEPs:	04:50 370	06:10 354	02:57 255	01:25 340	01:25 16	00:04 16	16:51 1,335	5,089	173	57%
Leyon Joseph	10	Mins: MEPs:	08:48 533	08:53 576	04:48 147	00:49 40	00:10 4	00:01 4	23:29 1,300	8,207	161	53%
Rachel Dunn	9	Mins: MEPs:	00:17 247	04:07 570	04:45 330	01:50 132	00:33 20	00:05 20	11:37 1,299	3,954	163	63%
Matthew Guille	7	Mins: MEPs:	03:00 479	07:59 520	04:20 234	01:18 36	00:09 8	00:02 8	16:48 1,277	6,875	152	57%
Megan Fox	6	Mins: MEPs:	02:10 114	01:54 232	01:56 315	01:45 496	02:04 16	00:04 16	09:53 1,173	4,154	197	64%

Moreton	10	Mins: MEPs:	01:54 276	04:36 510	04:15 363	02:01 20	00:05 0	00:00 0	12:51 1,169	9,491	127	59%
Joanne Monks	5	Mins: MEPs:	07:47 270	04:30 256	02:08 207	01:09 116	00:29 4	00:01 4	16:04 853	2,933	167	52%
Michelle Nelsonp	7	Mins: MEPs:	00:45 93	01:33 544	04:32 165	00:55 8	00:02 0	00:00 0	07:47 810	2,932	149	61%
Pene colwell	7	Mins: MEPs:	00:34 109	01:49 264	02:12 249	01:23 124	00:31 8	00:02 8	06:31 754	2,320	158	63%
Louisa Alexander	6	Mins: MEPs:	00:42 55	00:55 86	00:43 120	00:40 316	01:19 124	00:31 124	04:50 701	2,576	194	69%
Kirsty Garratt	5	Mins: MEPs:	00:38 72	01:12 188	01:34 303	01:41 128	00:32 0	00:00 0	05:37 691	1,274	167	64%
Lorraine Clode	4	Mins: MEPs:	00:03 17	00:17 160	01:20 273	01:31 4	00:01 0	00:00 0	03:12 454	1,743	164	68%
phil pafford	3	Mins: MEPs:	00:06 17	00:17 92	00:46 147	00:49 184	00:46 4	00:01 4	02:45 444	2,384	174	71%
Alex Ansell	3	Mins: MEPs:	01:07 56	00:56 118	00:59 138	00:46 116	00:29 8	00:02 8	04:19 436	1,257	177	61%
Kate Mardel-Ferreira	2	Mins: MEPs:	01:01 74	01:14 42	00:21 36	00:12 164	00:41 92	00:23 92	03:52 408	1,493	184	62%
Katie McSevich	5	Mins: MEPs:	03:53 48	00:48 70	00:35 72	00:24 120	00:30 16	00:04 16	06:14 326	1,029	178	50%
Mikey Graves	1	Mins: MEPs:	01:36 12	00:12 18	00:09 105	00:35 112	00:28 8	00:02 8	03:02 255	1,220	183	54%
Andy Powell	2	Mins: MEPs:	01:48 44	00:44 98	00:49 69	00:23 24	00:06 0	00:00 0	03:50 235	1,284	147	52%
Sophia Cooper	3	Mins: MEPs:	00:03 39	00:39 76	00:38 69	00:23 16	00:04 4	00:01 4	01:48 204	703	179	63%
Tim Donovan	1	Mins: MEPs:	03:00 69	01:09 52	00:26 33	00:11 0	00:00 0	00:00 0	04:46 154	1,028	143	47%
Amanda Mansell	1	Mins: MEPs:	00:19 26	00:26 2	00:01 0	00:00 0	00:00 0	00:00 0	00:46 28	139	126	50%