

Key Numbers Report

01 Jul 26 - 31 Jul 26



Date Range: 01 Jul 26 - 31 Jul 26

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Richard Marrington	88	Mins:	101:43	37:40	18:55	04:28	04:17	00:00	167:03	40,157	168	48%
		MEPs:		2,260	2,270	804	1,028	0	6,362			
Sian Mills	49	Mins:	04:54	24:07	21:42	07:33	02:36	00:01	60:53	19,314	166	61%
		MEPs:		1,447	2,604	1,359	624	4	6,038			
Ian Walker	49	Mins:	00:26	06:20	20:08	13:28	02:56	00:20	43:38	30,640	167	67%
		MEPs:		380	2,416	2,424	704	80	6,004			
Katie Walker	50	Mins:	03:47	16:31	22:16	09:38	01:57	00:11	54:20	13,102	158	62%
		MEPs:		991	2,672	1,734	468	44	5,909			
Lyn Fuller	16	Mins:	08:33	18:36	19:55	04:09	00:46	00:04	52:03	14,964	166	58%
		MEPs:		1,116	2,390	747	184	16	4,453			
Kathleen Charles	33	Mins:	00:24	03:27	10:41	09:46	02:10	00:09	26:37	7,805	155	68%
		MEPs:		207	1,282	1,758	520	36	3,803			
Boo Donovan	28	Mins:	11:52	22:53	16:47	01:43	00:23	00:01	53:39	14,266	172	55%
		MEPs:		1,373	2,014	309	92	4	3,792			
Liza Barber	31	Mins:	00:32	04:43	12:20	05:48	02:09	00:46	26:18	9,594	169	66%
		MEPs:		283	1,480	1,044	516	184	3,507			
Paul Davis	27	Mins:	37:55	23:53	09:28	02:46	00:28	00:00	74:30	22,514	167	50%
		MEPs:		1,433	1,136	498	112	0	3,179			
Ollie Davis	20	Mins:	15:48	08:52	05:29	05:58	03:23	00:11	39:41	17,308	178	56%
		MEPs:		532	658	1,074	812	44	3,120			
Bev Tout	21	Mins:	02:12	14:10	14:33	02:06	00:23	00:04	33:28	10,024	176	60%
		MEPs:		850	1,746	378	92	16	3,082			
Megan Fox	13	Mins:	04:12	05:01	04:57	04:41	04:54	00:19	24:04	10,667	194	65%
		MEPs:		301	594	843	1,176	76	2,990			
Melanie finch	26	Mins:	06:37	10:20	08:19	05:08	01:42	00:01	32:07	8,980	164	59%
		MEPs:		620	998	924	408	4	2,954			
sam allen	23	Mins:	11:01	03:52	03:30	04:44	04:25	00:57	28:29	8,804	208	59%
		MEPs:		232	420	852	1,060	228	2,792			

Darren Moody	16	Mins: MEPs:	02:27 383	06:23 390	03:15 906	05:02 744	03:06 0	00:00 0	20:13 2,423	13,909	171	64%
Anne Harper	33	Mins: MEPs:	08:35 1,824	30:24 486	04:03 111	00:37 0	00:00 0	00:00 0	43:39 2,421	8,876	138	53%
Leanne Gelder	22	Mins: MEPs:	04:22 589	09:49 672	05:36 738	04:06 368	01:32 8	00:02 8	25:27 2,375	8,074	165	59%
Kirstie Brooks	15	Mins: MEPs:	20:05 728	12:08 1,176	09:48 372	02:04 24	00:06 0	00:00 0	44:11 2,300	6,673	150	51%
Mark Mayes	31	Mins: MEPs:	15:31 660	11:00 860	07:10 513	02:51 232	00:58 16	00:04 16	37:34 2,281	11,075	166	53%
George Mayes	19	Mins: MEPs:	08:21 669	11:09 608	05:04 564	03:08 356	01:29 12	00:03 12	29:14 2,209	8,171	175	57%
Boris B	31	Mins: MEPs:	22:21 1,269	21:09 786	06:33 126	00:42 4	00:01 0	00:00 0	50:46 2,185	15,054	151	51%
Dan Banks	11	Mins: MEPs:	02:21 165	02:45 292	02:26 387	02:09 736	03:04 600	02:30 600	15:15 2,180	11,896	184	69%
Ellen HAMSTEAD	12	Mins: MEPs:	07:31 756	12:36 1,112	09:16 267	01:29 40	00:10 0	00:00 0	31:02 2,175	7,388	160	56%
Niamh Moreton	24	Mins: MEPs:	06:25 553	09:13 896	07:28 483	02:41 180	00:45 32	00:08 32	26:40 2,144	7,815	180	57%
Paul Nichols	16	Mins: MEPs:	10:38 573	09:33 642	05:21 645	03:35 220	00:55 8	00:02 8	30:04 2,088	12,129	166	55%
Ros Lockyer	12	Mins: MEPs:	19:38 628	10:28 710	05:55 387	02:09 232	00:58 80	00:20 80	39:28 2,037	6,134	172	51%
Sue Davis	55	Mins: MEPs:	67:46 1,571	26:11 398	03:19 48	00:16 0	00:00 0	00:00 0	97:32 2,017	8,245	149	46%
Rachel Dunn	16	Mins: MEPs:	00:44 346	05:46 1,038	08:39 426	02:22 120	00:30 48	00:12 48	18:13 1,978	6,074	172	63%
Tris Turner	11	Mins: MEPs:	06:10 292	04:52 362	03:01 489	02:43 536	02:14 260	01:05 260	20:05 1,939	10,436	197	60%
Katie Le Flem	21	Mins: MEPs:	04:53 499	08:19 702	05:51 252	01:24 344	01:26 88	00:22 88	22:15 1,885	6,380	181	58%
ALEX RHODES	12	Mins: MEPs:	05:28 579	09:39 456	03:48 453	02:31 308	01:17 52	00:13 52	22:56 1,848	10,888	187	57%

Kim Cumersdale	33	Mins: MEPs:	06:35 1,177	19:37 550	04:35 84	00:28 4	00:01 0	00:00 0	31:16 1,815	6,903	153	54%
George Cumersdale	33	Mins: MEPs:	08:56 949	15:49 426	03:33 210	01:10 116	00:29 44	00:11 44	30:08 1,745	11,006	176	54%
Brooke Bryan	13	Mins: MEPs:	02:04 375	06:15 482	04:01 477	02:39 364	01:31 36	00:09 36	16:39 1,734	10,416	174	62%
Sandy Saunders	10	Mins: MEPs:	08:20 234	03:54 394	03:17 531	02:57 436	01:49 116	00:29 116	20:46 1,711	8,593	179	57%
Inez Daly	12	Mins: MEPs:	06:05 1,006	16:46 452	03:46 195	01:05 28	00:07 0	00:00 0	27:49 1,681	8,132	168	54%
Jane Ansell	10	Mins: MEPs:	04:46 508	08:28 960	08:00 186	01:02 8	00:02 4	00:01 4	22:19 1,666	4,048	152	56%
Moreton	13	Mins: MEPs:	01:03 364	06:04 684	05:42 474	02:38 68	00:17 0	00:00 0	15:44 1,590	12,729	130	61%
Leyon Joseph	8	Mins: MEPs:	05:06 443	07:23 818	06:49 183	01:01 100	00:25 0	00:00 0	20:44 1,544	9,192	154	56%
Britt Megahey	19	Mins: MEPs:	07:09 797	13:17 556	04:38 111	00:37 64	00:16 12	00:03 12	26:00 1,540	11,353	174	54%
Kevin Hagues	13	Mins: MEPs:	03:10 465	07:45 528	04:24 423	02:21 92	00:23 0	00:00 0	18:03 1,508	9,960	158	58%
Peter Brent	15	Mins: MEPs:	06:17 348	05:48 326	02:43 444	02:28 352	01:28 32	00:08 32	18:52 1,502	8,052	169	57%
Richard Jarman	6	Mins: MEPs:	09:20 280	04:40 412	03:26 483	02:41 304	01:16 16	00:04 16	21:27 1,495	7,608	164	55%
Annmarie Cooper	10	Mins: MEPs:	08:58 523	08:43 448	03:44 375	02:05 124	00:31 16	00:04 16	24:05 1,486	4,921	163	54%
Grant Tout	14	Mins: MEPs:	18:47 831	13:51 464	03:52 117	00:39 52	00:13 0	00:00 0	37:22 1,464	8,801	149	50%
Frair Burgess	9	Mins: MEPs:	05:10 400	06:40 774	06:27 267	01:29 12	00:03 0	00:00 0	19:49 1,453	5,005	148	56%
Tracy Allbon	12	Mins: MEPs:	00:51 53	00:53 296	02:28 639	03:33 384	01:36 64	00:16 64	09:37 1,436	4,325	183	69%
Fiona Brent	13	Mins: MEPs:	08:40 198	03:18 254	02:07 657	03:39 316	01:19 8	00:02 8	19:05 1,433	4,066	171	56%

Lee Cooper	10	Mins: MEPs:	03:53 450	07:30 480	04:00 276	01:32 220	00:55 4	00:01 4	17:51 1,430	7,830	161	57%
kerry mackin	13	Mins: MEPs:	14:21 591	09:51 298	02:29 306	01:42 216	00:54 4	00:01 4	29:18 1,415	5,615	174	52%
Liz Hagues	8	Mins: MEPs:	04:52 330	05:30 444	03:42 354	01:58 252	01:03 32	00:08 32	17:13 1,412	4,200	171	57%
Ian Cooke	11	Mins: MEPs:	02:57 354	05:54 646	05:23 252	01:24 156	00:39 4	00:01 4	16:18 1,412	7,975	174	59%
Melissa Beadsworth	11	Mins: MEPs:	03:26 140	02:20 206	01:43 198	01:06 412	01:43 448	01:52 448	12:10 1,404	3,810	167	64%
Jenny Heywood	7	Mins: MEPs:	13:38 677	11:17 704	05:52 21	00:07 0	00:00 0	00:00 0	30:54 1,402	3,696	136	52%
Tasmin Smith	9	Mins: MEPs:	17:02 590	09:50 504	04:12 210	01:10 84	00:21 4	00:01 4	32:36 1,392	4,445	161	50%
Emily Payne	27	Mins: MEPs:	08:28 707	11:47 384	03:12 279	01:33 16	00:04 0	00:00 0	25:04 1,386	5,739	157	53%
Larissa Bryan	14	Mins: MEPs:	07:21 387	06:27 472	03:56 282	01:34 224	00:56 4	00:01 4	20:15 1,369	5,075	178	54%
Andrea Jarman	9	Mins: MEPs:	04:58 753	12:33 538	04:29 48	00:16 4	00:01 0	00:00 0	22:17 1,343	4,544	141	54%
Jess Mayes	9	Mins: MEPs:	01:59 295	04:55 500	04:10 240	01:20 264	01:06 20	00:05 20	13:35 1,319	5,027	184	60%
Francis Worsley	18	Mins: MEPs:	03:15 855	14:15 276	02:18 138	00:46 48	00:12 0	00:00 0	20:46 1,317	12,243	169	54%
Clare Rhodes	20	Mins: MEPs:	48:50 667	11:07 360	03:00 189	01:03 100	00:25 0	00:00 0	64:25 1,316	4,605	161	45%
Sarah-Jane Tarr	26	Mins: MEPs:	13:40 561	09:21 492	04:06 237	01:19 20	00:05 0	00:00 0	28:31 1,310	6,770	186	50%
Bridgetta Worsley	12	Mins: MEPs:	02:01 433	07:13 654	05:27 192	01:04 16	00:04 8	00:02 8	15:51 1,303	4,095	181	57%
sue wierzbicki	14	Mins: MEPs:	07:44 479	07:59 380	03:10 339	01:53 96	00:24 8	00:02 8	21:12 1,302	4,729	178	54%
Amanda Mansell	1	Mins: MEPs:	00:00 31	00:31 332	02:46 522	02:54 344	01:26 16	00:04 16	07:41 1,245	4,214	187	71%

Hayley SK	10	Mins: MEPs:	10:29 367	06:07 472	03:56 144	00:48 80	00:20 16	00:04 16	21:44 1,079	4,619	194	51%
Matthew Guille	7	Mins: MEPs:	01:00 196	03:16 460	03:50 222	01:14 0	00:00 0	00:00 0	09:20 878	4,450	123	60%
Lorraine Clode	10	Mins: MEPs:	00:13 74	01:14 510	04:15 273	01:31 0	00:00 0	00:00 0	07:13 857	3,500	157	63%
Kate Graham-Evans	11	Mins: MEPs:	03:25 252	04:12 342	02:51 135	00:45 36	00:09 4	00:01 4	11:23 769	2,814	169	55%
Louisa Alexander	4	Mins: MEPs:	01:43 63	01:03 92	00:46 216	01:12 268	01:07 28	00:07 28	05:58 667	2,434	193	62%
Pene colwell	7	Mins: MEPs:	01:24 221	03:41 274	02:17 144	00:48 20	00:05 0	00:00 0	08:15 659	2,255	153	57%
Michelle Nelsonp	6	Mins: MEPs:	01:22 146	02:26 350	02:55 123	00:41 0	00:00 0	00:00 0	07:24 619	2,336	140	58%
phil pafford	4	Mins: MEPs:	00:07 26	00:26 122	01:01 156	00:52 292	01:13 16	00:04 16	03:43 612	3,264	175	72%
Karen Amorginos	5	Mins: MEPs:	00:00 6	00:06 146	01:13 117	00:39 232	00:58 100	00:25 100	03:21 601	1,648	169	76%
Katie McSevich	6	Mins: MEPs:	05:35 86	01:26 118	00:59 78	00:26 140	00:35 8	00:02 8	09:03 430	1,398	179	49%
Sophia Cooper	4	Mins: MEPs:	00:08 23	00:23 106	00:53 162	00:54 100	00:25 100	00:00 0	02:43 391	1,211	173	68%
Tim Donovan	1	Mins: MEPs:	00:39 58	00:58 176	01:28 48	00:16 68	00:17 36	00:09 36	03:47 386	2,174	165	61%
Kirsty Garratt	3	Mins: MEPs:	00:39 45	00:45 68	00:34 195	01:05 64	00:16 0	00:00 0	03:19 372	680	161	63%
Becky b Burningham	2	Mins: MEPs:	03:04 82	01:22 32	00:16 60	00:20 156	00:39 40	00:10 40	05:51 370	1,096	175	53%
Mikey Graves	1	Mins: MEPs:	02:31 17	00:17 100	00:50 81	00:27 8	00:02 0	00:00 0	04:07 206	1,102	179	49%
Kate Mardel-Ferreira	1	Mins: MEPs:	00:08 8	00:08 20	00:10 45	00:15 76	00:19 0	00:00 0	01:00 149	501	177	69%
Andy Powell	1	Mins: MEPs:	01:26 18	00:18 42	00:21 30	00:10 12	00:03 0	00:00 0	02:18 102	550	147	48%