

Key Numbers Report

01 Aug 26 - 31 Aug 26



Date Range: 01 Aug 26 - 31 Aug 26

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Kim Cumersdale	89	Mins:	10:32	49:24	25:29	04:33	02:11	00:04	92:13	24,290	170	57%
		MEPs:		2,964	3,058	819	524	16	7,381			
Ros Lockyer	31	Mins:	77:30	27:36	15:54	05:24	02:01	01:07	129:32	16,217	183	49%
		MEPs:		1,656	1,908	972	484	268	5,288			
Richard Marrington	75	Mins:	109:56	44:04	16:30	01:59	00:32	00:03	173:04	35,883	177	46%
		MEPs:		2,644	1,980	357	128	12	5,121			
George Cumersdale	78	Mins:	20:30	37:42	08:58	03:11	02:46	01:07	74:14	29,124	182	55%
		MEPs:		2,262	1,076	573	664	268	4,843			
Ellen HAMSTEAD	45	Mins:	32:31	33:26	16:03	03:03	00:36	00:06	85:45	16,110	177	53%
		MEPs:		2,006	1,926	549	144	24	4,649			
Tris Turner	26	Mins:	19:52	08:13	05:37	05:29	09:18	00:56	49:25	23,371	188	58%
		MEPs:		493	674	987	2,232	224	4,610			
Lyn Fuller	22	Mins:	06:17	15:32	15:00	06:20	01:33	00:17	44:59	14,014	168	60%
		MEPs:		932	1,800	1,140	372	68	4,312			
Megan Fox	14	Mins:	04:49	05:58	05:57	05:14	07:33	00:42	30:13	14,126	205	66%
		MEPs:		358	714	942	1,812	168	3,994			
Richard Jarman	8	Mins:	11:02	08:57	10:42	07:34	02:55	00:11	41:21	19,596	164	59%
		MEPs:		537	1,284	1,362	700	44	3,927			
Sian Mills	24	Mins:	04:07	14:10	13:35	04:44	02:00	00:01	38:37	12,090	162	61%
		MEPs:		850	1,630	852	480	4	3,816			
Katie Walker	27	Mins:	00:46	12:09	15:46	03:49	00:49	00:08	33:27	7,923	144	61%
		MEPs:		729	1,892	687	196	32	3,536			
Ian Walker	38	Mins:	01:54	10:26	12:15	05:56	01:20	00:05	31:56	19,530	170	62%
		MEPs:		626	1,470	1,068	320	20	3,504			
Sue Davis	61	Mins:	62:36	35:55	08:33	01:04	00:05	00:00	108:13	13,500	156	48%
		MEPs:		2,155	1,026	192	20	0	3,393			
Tracy Allbon	21	Mins:	01:12	00:52	02:26	07:48	05:44	00:17	18:19	9,166	176	73%
		MEPs:		52	292	1,404	1,376	68	3,192			

Liza Barber	21	Mins: MEPs:	01:59 477	07:57 1,336	11:08 726	04:02 464	01:56 120	00:30 120	27:32 3,123	8,845	164	63%
Anne Harper	36	Mins: MEPs:	08:48 2,099	34:59 594	04:57 267	01:29 0	00:00 0	00:00 0	50:13 2,960	10,664	142	53%
sam allen	24	Mins: MEPs:	13:07 153	02:33 790	06:35 1,722	09:34 164	00:41 28	00:07 28	32:37 2,857	11,016	207	56%
ALEX RHODES	17	Mins: MEPs:	06:00 715	11:55 966	08:03 648	03:36 420	01:45 48	00:12 48	31:31 2,797	16,296	176	59%
Kirstie Brooks	22	Mins: MEPs:	26:07 838	13:58 1,436	11:58 471	02:37 32	00:08 0	00:00 0	54:48 2,777	7,996	152	51%
Amanda Mansell	5	Mins: MEPs:	03:22 1,152	19:12 840	07:00 426	02:22 248	01:02 76	00:19 76	33:17 2,742	11,755	188	58%
Kathleen Charles	25	Mins: MEPs:	00:09 154	02:34 1,016	08:28 1,317	07:19 228	00:57 24	00:06 24	19:33 2,739	5,640	160	67%
Ollie Davis	21	Mins: MEPs:	15:08 500	08:20 696	05:48 951	05:17 444	01:51 24	00:06 24	36:30 2,615	14,961	183	55%
Melanie finch	21	Mins: MEPs:	07:55 575	09:35 730	06:05 819	04:33 416	01:44 32	00:08 32	30:00 2,572	7,871	173	58%
Boo Donovan	17	Mins: MEPs:	11:15 989	16:29 890	07:25 375	02:05 240	01:00 0	00:00 0	38:14 2,494	9,301	165	55%
Boris B	43	Mins: MEPs:	20:25 1,378	22:58 876	07:18 147	00:49 24	00:06 0	00:00 0	51:36 2,425	16,824	157	51%
sue wierzbicki	19	Mins: MEPs:	07:54 792	13:12 1,018	08:29 450	02:30 36	00:09 0	00:00 0	32:14 2,296	8,526	162	56%
Leyon Joseph	16	Mins: MEPs:	13:43 750	12:30 930	07:45 477	02:39 64	00:16 8	00:02 8	36:55 2,229	13,475	171	53%
Karen Amorginos	17	Mins: MEPs:	00:24 153	02:33 628	05:14 468	02:36 620	02:35 344	01:26 344	14:48 2,213	6,424	177	70%
Inez Daly	14	Mins: MEPs:	09:00 1,188	19:48 732	06:06 246	01:22 0	00:00 0	00:00 0	36:16 2,166	10,328	155	54%
Lee Cooper	13	Mins: MEPs:	03:28 405	06:45 710	05:55 474	02:38 504	02:06 44	00:11 44	21:03 2,137	10,936	165	61%
Leanne Gelder	20	Mins: MEPs:	04:15 431	07:11 506	04:13 804	04:28 328	01:22 0	00:00 0	21:29 2,069	6,843	161	60%

Paul Davis	39	Mins: MEPs:	47:45 1,174	19:34 622	05:11 180	01:00 4	00:01 0	00:00 0	73:31 1,980	15,024	157	47%
Bev Tout	18	Mins: MEPs:	02:16 435	07:15 1,110	09:15 363	02:01 64	00:16 0	00:00 0	21:03 1,972	6,231	154	60%
Tasmin Smith	11	Mins: MEPs:	35:49 808	13:28 758	06:19 288	01:36 72	00:18 4	00:01 4	57:31 1,930	6,136	169	47%
Niamh Moreton	24	Mins: MEPs:	07:34 461	07:41 734	06:07 513	02:51 216	00:54 0	00:00 0	25:07 1,924	6,916	169	56%
Grant Tout	10	Mins: MEPs:	04:46 747	12:27 918	07:39 189	01:03 12	00:03 4	00:01 4	25:59 1,870	10,763	153	56%
Ian Cooke	12	Mins: MEPs:	03:31 448	07:28 636	05:18 414	02:18 316	01:19 28	00:07 28	20:01 1,842	10,101	169	59%
Mark Mayes	26	Mins: MEPs:	10:07 501	08:21 488	04:04 513	02:51 244	01:01 76	00:19 76	26:43 1,822	8,586	178	54%
Peter Brent	16	Mins: MEPs:	05:41 289	04:49 336	02:48 558	03:06 576	02:24 52	00:13 52	19:01 1,811	9,163	179	60%
Frair Burgess	14	Mins: MEPs:	13:33 367	06:07 666	05:33 471	02:37 216	00:54 40	00:10 40	28:54 1,760	5,756	166	52%
Britt Megahey	10	Mins: MEPs:	06:33 686	11:26 740	06:10 243	01:21 80	00:20 8	00:02 8	25:52 1,757	12,172	172	55%
Paul Nichols	14	Mins: MEPs:	05:10 424	07:04 658	05:29 483	02:41 180	00:45 4	00:01 4	21:10 1,749	10,049	163	57%
Darren Moody	5	Mins: MEPs:	01:51 142	02:22 182	01:31 399	02:13 888	03:42 36	00:09 36	11:48 1,647	8,629	175	67%
Sandy Saunders	10	Mins: MEPs:	09:36 302	05:02 398	03:19 378	02:06 484	02:01 56	00:14 56	22:18 1,618	8,399	171	56%
Kate Graham-Evans	20	Mins: MEPs:	05:34 417	06:57 570	04:45 291	01:37 204	00:51 108	00:27 108	20:11 1,590	5,575	184	57%
kerry mackin	13	Mins: MEPs:	09:14 456	07:36 346	02:53 354	01:58 396	01:39 24	00:06 24	23:26 1,576	5,499	170	55%
George Mayes	21	Mins: MEPs:	10:55 417	06:57 460	03:50 450	02:30 208	00:52 0	00:00 0	25:04 1,535	5,633	168	53%
Emily Payne	26	Mins: MEPs:	10:10 806	13:26 384	03:12 297	01:39 36	00:09 0	00:00 0	28:36 1,523	6,332	184	52%

Melissa Beadsworth	11	Mins: MEPs:	02:52 149	02:29 149	02:17 274	01:33 279	02:02 488	01:22 328	12:35 1,518	4,093	165	64%
Jane Ansell	12	Mins: MEPs:	02:47 388	06:28 388	07:54 948	00:48 144	00:00 0	00:00 0	17:57 1,480	3,578	133	58%
Katie Le Flem	19	Mins: MEPs:	03:46 482	08:02 482	05:56 712	00:38 114	00:32 128	00:06 24	19:00 1,460	5,181	178	56%
Fiona Brent	11	Mins: MEPs:	06:40 172	02:52 172	02:00 240	03:44 672	01:25 340	00:03 12	16:44 1,436	4,033	179	58%
Michelle Nelsonp	12	Mins: MEPs:	05:17 438	07:18 438	06:51 822	00:54 162	00:00 0	00:00 0	20:20 1,422	5,585	146	55%
Liz Hagues	8	Mins: MEPs:	04:03 198	03:18 198	02:58 356	02:47 501	01:16 304	00:11 44	14:33 1,403	4,043	171	59%
Annmarie Cooper	12	Mins: MEPs:	09:01 264	04:24 264	02:07 254	02:47 501	01:26 344	00:09 36	19:54 1,399	4,131	169	55%
Moreton	13	Mins: MEPs:	00:08 256	04:16 256	05:10 620	02:36 468	00:11 44	00:00 0	12:21 1,388	10,728	129	63%
Brooke Bryan	10	Mins: MEPs:	02:30 223	03:43 223	03:15 390	02:01 363	01:39 396	00:04 16	13:12 1,388	7,893	171	62%
Clare Rhodes	16	Mins: MEPs:	68:39 717	11:57 717	03:11 382	00:42 126	00:37 148	00:02 8	85:08 1,381	4,863	169	44%
Kevin Hagues	13	Mins: MEPs:	08:52 398	06:38 398	03:44 448	02:29 447	00:17 68	00:00 0	22:00 1,361	8,848	159	53%
Bridgetta Worsley	7	Mins: MEPs:	04:53 412	06:52 412	05:06 612	01:52 336	00:00 0	00:00 0	18:43 1,360	4,231	142	56%
Francis Worsley	16	Mins: MEPs:	03:13 462	07:42 462	02:16 272	02:21 423	00:42 168	00:00 0	16:14 1,325	10,142	174	57%
Jess Mayes	10	Mins: MEPs:	00:30 239	03:59 239	04:19 518	01:01 183	01:17 308	00:16 64	11:22 1,312	4,885	187	64%
Andrea Jarman	13	Mins: MEPs:	12:41 744	12:24 744	03:44 448	00:37 111	00:01 4	00:00 0	29:27 1,307	4,246	140	51%
Larissa Bryan	18	Mins: MEPs:	16:38 332	05:32 332	05:30 660	01:40 300	00:03 12	00:00 0	29:23 1,304	4,985	167	48%
Dan Banks	8	Mins: MEPs:	01:09 124	02:04 124	01:10 140	00:52 156	02:24 576	01:17 308	08:56 1,304	7,181	188	70%

Sarah-Jane Tarr	23	Mins: MEPs:	03:47 273	04:33 370	03:05 558	03:06 100	00:25 0	00:00 0	14:56 1,301	5,834	191	58%
Lorraine Clode	12	Mins: MEPs:	00:58 144	02:24 682	05:41 417	02:19 12	00:03 0	00:00 0	11:25 1,255	5,208	164	62%
Katie McSevich	10	Mins: MEPs:	09:04 137	02:17 206	01:43 309	01:43 208	00:52 0	00:00 0	15:39 860	2,642	173	50%
Rachel Dunn	6	Mins: MEPs:	00:37 172	02:52 440	03:40 216	01:12 4	00:01 0	00:00 0	08:22 832	2,534	136	61%
Jenny Heywood	5	Mins: MEPs:	04:24 302	05:02 322	02:41 51	00:17 4	00:01 0	00:00 0	12:25 679	1,815	143	53%
Pene colwell	6	Mins: MEPs:	00:40 112	01:52 216	01:48 219	01:13 84	00:21 4	00:01 4	05:55 635	1,953	158	62%
phil pafford	4	Mins: MEPs:	00:24 33	00:33 150	01:15 234	01:18 168	00:42 0	00:00 0	04:12 585	3,193	172	66%
Hayley SK	3	Mins: MEPs:	03:03 168	02:48 162	01:21 117	00:39 72	00:18 12	00:03 12	08:12 531	2,226	185	54%
Louisa Alexander	4	Mins: MEPs:	00:18 50	00:50 86	00:43 171	00:57 148	00:37 0	00:00 0	03:25 455	1,714	186	67%
heather rodgers	5	Mins: MEPs:	00:42 80	01:20 100	00:50 69	00:23 140	00:35 28	00:07 28	03:57 417	1,241	174	62%
Matthew Guille	3	Mins: MEPs:	00:37 83	01:23 182	01:31 78	00:26 0	00:00 0	00:00 0	03:57 343	1,770	119	58%
Andy Powell	2	Mins: MEPs:	00:49 34	00:34 80	00:40 99	00:33 72	00:18 4	00:01 4	02:55 289	1,456	153	59%
Sophia Cooper	2	Mins: MEPs:	00:06 32	00:32 64	00:32 90	00:30 12	00:03 12	00:00 0	01:43 198	685	165	63%