Key Numbers Report
01 Sep 26 - 30 Sep 26

Date Range: 01 Sep 26 - 30 Sep 26

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Katie Le Flem	35	**Mins:**	08:58	33:58	52:48	06:57	01:40	00:33	**104:54**	35,166	181	60%
		MEPs:		2,038	6,336	1,251	400	132	**10,157**			
Richard Jarman	15	**Mins:**	31:14	25:51	20:51	11:04	05:03	00:21	**94:24**	38,301	171	57%
		MEPs:		1,551	2,502	1,992	1,212	84	**7,341**			
Richard Marrington	82	**Mins:**	91:49	51:59	21:18	02:40	02:51	00:06	**170:43**	46,339	172	48%
		MEPs:		3,119	2,556	480	684	24	**6,863**			
Darren Moody	15	**Mins:**	03:56	06:08	04:42	07:50	08:02	00:26	**31:04**	23,208	178	67%
		MEPs:		368	564	1,410	1,928	104	**4,374**			
Kim Cumersdale	52	**Mins:**	04:59	34:38	11:23	02:00	00:22	00:00	**53:22**	13,523	157	56%
		MEPs:		2,078	1,366	360	88	0	**3,892**			
Tracy Allbon	23	**Mins:**	01:22	01:21	03:15	10:39	05:26	00:11	**22:14**	10,805	187	72%
		MEPs:		81	390	1,917	1,304	44	**3,736**			
Ellen HAMSTEAD	20	**Mins:**	08:10	21:11	13:59	01:46	00:03	00:00	**45:09**	11,536	154	56%
		MEPs:		1,271	1,678	318	12	0	**3,279**			
Katie Walker	17	**Mins:**	00:35	03:28	07:54	07:43	02:17	00:27	**22:24**	6,748	153	68%
		MEPs:		208	948	1,389	548	108	**3,201**			
Megan Fox	14	**Mins:**	04:50	05:24	05:07	05:08	04:53	00:27	**25:49**	11,298	206	64%
		MEPs:		324	614	924	1,172	108	**3,142**			
Sue Davis	53	**Mins:**	54:59	39:16	05:29	00:14	00:05	00:00	**100:03**	12,771	158	48%
		MEPs:		2,356	658	42	20	0	**3,076**			
Ollie Davis	14	**Mins:**	12:01	06:30	04:43	05:56	04:06	00:05	**33:21**	16,273	173	58%
		MEPs:		390	566	1,068	984	20	**3,028**			
Liza Barber	30	**Mins:**	01:15	05:19	10:41	04:18	01:40	00:29	**23:42**	8,025	168	65%
		MEPs:		319	1,282	774	400	116	**2,891**			
Anne Harper	31	**Mins:**	07:07	29:49	06:57	00:51	00:01	00:00	**44:45**	10,042	140	54%
		MEPs:		1,789	834	153	4	0	**2,780**			
Boo Donovan	19	**Mins:**	08:32	14:25	10:53	01:59	01:03	00:00	**36:52**	10,121	167	57%
		MEPs:		865	1,306	357	252	0	**2,780**			

Ros Lockyer	19	**Mins:**	18:24	08:55	06:44	02:49	02:18	00:55	**40:05**	7,948	177	54%
		MEPs:		535	808	507	552	220	**2,622**			
heather rodgers	17	**Mins:**	05:55	08:10	04:24	02:48	03:00	01:09	**25:26**	7,507	183	61%
		MEPs:		490	528	504	720	276	**2,518**			
Niamh Moreton	31	**Mins:**	08:06	10:19	08:13	02:41	01:42	00:01	**31:02**	9,063	179	57%
		MEPs:		619	986	483	408	4	**2,500**			
George Cumersdale	40	**Mins:**	13:57	16:43	03:33	02:22	01:59	00:32	**39:06**	14,104	183	55%
		MEPs:		1,003	426	426	476	128	**2,459**			
Boris B	37	**Mins:**	15:57	24:13	05:41	00:43	00:29	00:16	**47:19**	16,770	177	53%
		MEPs:		1,453	682	129	116	64	**2,444**			
Sarah-Jane Tarr	35	**Mins:**	29:58	17:04	05:58	02:51	00:09	00:00	**56:00**	11,830	185	49%
		MEPs:		1,024	716	513	36	0	**2,289**			
Paul Davis	28	**Mins:**	65:48	21:51	05:27	01:32	00:12	00:00	**94:50**	16,996	169	46%
		MEPs:		1,311	654	276	48	0	**2,289**			
Ian Walker	20	**Mins:**	00:15	02:09	07:54	05:11	01:02	00:05	**16:36**	11,568	169	67%
		MEPs:		129	948	933	248	20	**2,278**			
Andrea Jarman	11	**Mins:**	11:16	21:02	06:28	00:47	00:02	00:00	**39:35**	7,272	172	53%
		MEPs:		1,262	776	141	8	0	**2,187**			
Sandy Saunders	11	**Mins:**	06:37	03:57	02:33	03:22	03:24	00:42	**20:35**	10,287	176	61%
		MEPs:		237	306	606	816	168	**2,133**			
Inez Daly	16	**Mins:**	12:55	23:39	05:45	00:03	00:00	00:00	**42:22**	10,688	145	52%
		MEPs:		1,419	690	9	0	0	**2,118**			
Melissa Beadsworth	15	**Mins:**	03:26	02:30	02:49	02:02	02:30	02:43	**16:00**	5,655	167	67%
		MEPs:		150	338	366	600	652	**2,106**			
Moreton	13	**Mins:**	00:08	05:07	10:51	02:32	00:01	00:00	**18:39**	16,317	126	63%
		MEPs:		307	1,302	456	4	0	**2,069**			
Lee Cooper	11	**Mins:**	01:13	03:51	05:27	02:53	02:11	00:28	**16:03**	9,982	178	65%
		MEPs:		231	654	519	524	112	**2,040**			
Kirstie Brooks	20	**Mins:**	06:33	03:51	08:04	04:16	00:18	00:00	**23:02**	5,490	158	58%
		MEPs:		231	968	768	72	0	**2,039**			
sam allen	24	**Mins:**	13:24	03:18	05:30	05:16	00:52	00:03	**28:23**	8,035	209	52%
		MEPs:		198	660	948	208	12	**2,026**			
Sian Mills	20	**Mins:**	01:48	09:20	08:24	01:42	00:16	00:00	**21:30**	6,430	153	59%
		MEPs:		560	1,008	306	64	0	**1,938**			

ALEX RHODES	10	**Mins:**	04:39	05:44	02:20	02:27	01:56	01:23	**18:29**	9,958	189	61%
		MEPs:		344	280	441	464	332	**1,861**			
Mark Mayes	24	**Mins:**	24:25	11:49	03:11	02:34	00:57	00:02	**42:58**	8,815	156	50%
		MEPs:		709	382	462	228	8	**1,789**			
kerry mackin	15	**Mins:**	10:03	04:34	03:06	02:37	02:06	00:38	**23:04**	5,842	180	56%
		MEPs:		274	372	471	504	152	**1,773**			
Leyon Joseph	12	**Mins:**	11:04	05:50	03:06	04:55	00:39	00:00	**25:34**	9,425	157	55%
		MEPs:		350	372	885	156	0	**1,763**			
Emily Payne	34	**Mins:**	12:28	18:53	03:20	00:59	00:02	00:00	**35:42**	7,560	153	52%
		MEPs:		1,133	400	177	8	0	**1,718**			
Kathleen Charles	13	**Mins:**	00:04	02:22	05:55	03:26	00:44	00:12	**12:43**	3,595	154	67%
		MEPs:		142	710	618	176	48	**1,694**			
Frair Burgess	12	**Mins:**	09:52	08:48	06:10	01:42	00:17	00:01	**26:50**	5,766	159	53%
		MEPs:		528	740	306	68	4	**1,646**			
Paul Nichols	10	**Mins:**	05:57	06:02	03:42	02:42	01:06	00:00	**19:29**	8,651	152	57%
		MEPs:		362	444	486	264	0	**1,556**			
Bev Tout	14	**Mins:**	01:05	04:36	06:18	01:52	00:24	00:08	**14:23**	4,564	174	61%
		MEPs:		276	756	336	96	32	**1,496**			
Fiona Brent	14	**Mins:**	11:08	03:53	01:50	03:29	01:43	00:01	**22:04**	4,201	166	54%
		MEPs:		233	220	627	412	4	**1,496**			
sue wierzbicki	14	**Mins:**	06:48	06:36	05:32	02:00	00:16	00:00	**21:12**	5,288	170	55%
		MEPs:		396	664	360	64	0	**1,484**			
Michelle Nelsonp	11	**Mins:**	02:10	02:38	06:11	02:33	00:27	00:00	**13:59**	5,131	156	62%
		MEPs:		158	742	459	108	0	**1,467**			
Brooke Bryan	8	**Mins:**	01:28	02:36	03:33	02:22	01:44	00:05	**11:48**	7,897	170	65%
		MEPs:		156	426	426	416	20	**1,444**			
Ian Cooke	9	**Mins:**	02:29	04:43	04:23	01:38	01:12	00:12	**14:37**	7,713	163	61%
		MEPs:		283	526	294	288	48	**1,439**			
Bridgetta Worsley	17	**Mins:**	03:10	07:35	06:04	01:24	00:00	00:00	**18:13**	4,511	138	57%
		MEPs:		455	728	252	0	0	**1,435**			
Jenny Heywood	7	**Mins:**	01:47	07:02	06:09	01:28	00:00	00:00	**16:26**	3,774	142	58%
		MEPs:		422	738	264	0	0	**1,424**			
George Mayes	17	**Mins:**	06:45	06:36	03:27	02:22	00:46	00:00	**19:56**	5,262	172	56%
		MEPs:		396	414	426	184	0	**1,420**			

Leanne Gelder	14	**Mins:**	04:32	04:10	02:18	02:58	01:28	00:00	**15:26**	4,478	161	59%
		MEPs:		250	276	534	352	0	**1,412**			
Kate Graham-Evans	11	**Mins:**	02:17	03:32	03:22	01:27	01:17	00:55	**12:50**	4,625	187	63%
		MEPs:		212	404	261	308	220	**1,405**			
Peter Brent	13	**Mins:**	06:18	03:50	02:20	02:05	01:32	00:34	**16:39**	7,070	193	58%
		MEPs:		230	280	375	368	136	**1,389**			
Rachel Dunn	9	**Mins:**	00:12	03:49	06:05	02:10	00:07	00:00	**12:23**	4,145	155	63%
		MEPs:		229	730	390	28	0	**1,377**			
Annmarie Cooper	12	**Mins:**	11:21	03:54	01:30	03:09	01:32	00:07	**21:33**	4,001	166	53%
		MEPs:		234	180	567	368	28	**1,377**			
Clare Rhodes	12	**Mins:**	11:56	03:56	02:21	02:18	01:48	00:03	**22:22**	4,132	166	53%
		MEPs:		236	282	414	432	12	**1,376**			
Dan Banks	7	**Mins:**	00:18	01:17	00:44	00:47	02:10	02:12	**07:28**	7,135	181	77%
		MEPs:		77	88	141	520	528	**1,354**			
Lyn Fuller	12	**Mins:**	03:53	10:25	03:10	01:13	00:27	00:02	**19:10**	4,820	165	56%
		MEPs:		625	380	219	108	8	**1,340**			
Tasmin Smith	10	**Mins:**	22:33	11:20	04:23	00:33	00:05	00:00	**38:54**	4,402	152	48%
		MEPs:		680	526	99	20	0	**1,325**			
Kevin Hagues	14	**Mins:**	14:40	12:23	02:32	01:18	00:11	00:00	**31:04**	10,018	156	51%
		MEPs:		743	304	234	44	0	**1,325**			
Melanie finch	14	**Mins:**	03:57	05:12	05:17	01:46	00:13	00:00	**16:25**	4,170	158	57%
		MEPs:		312	634	318	52	0	**1,316**			
Francis Worsley	24	**Mins:**	05:53	16:36	02:37	00:02	00:00	00:00	**25:08**	13,060	151	52%
		MEPs:		996	314	6	0	0	**1,316**			
Larissa Bryan	20	**Mins:**	06:29	06:56	03:15	01:43	00:50	00:00	**19:13**	4,962	168	55%
		MEPs:		416	390	309	200	0	**1,315**			
Britt Megahey	13	**Mins:**	06:56	08:59	03:26	01:18	00:31	00:01	**21:11**	8,956	171	54%
		MEPs:		539	412	234	124	4	**1,313**			
Jess Mayes	10	**Mins:**	01:06	05:24	04:31	00:53	00:39	00:32	**13:05**	5,144	193	61%
		MEPs:		324	542	159	156	128	**1,309**			
Charlotte Simmons	1	**Mins:**	00:24	00:57	03:35	01:53	01:38	00:07	**08:34**	3,631	190	68%
		MEPs:		57	430	339	392	28	**1,246**			
Jane Ansell	8	**Mins:**	09:07	07:16	04:49	00:38	00:02	00:00	**21:52**	2,792	143	52%
		MEPs:		436	578	114	8	0	**1,136**			

Liz Hagues	5	**Mins:**	04:47	02:55	02:12	01:41	00:42	00:00	**12:17**	2,691	168	57%
		MEPs:		175	264	303	168	0	**910**			
Hayley SK	5	**Mins:**	04:10	04:19	02:25	00:41	00:41	00:06	**12:22**	3,509	189	55%
		MEPs:		259	290	123	164	24	**860**			
Matthew Guille	6	**Mins:**	00:47	03:19	02:28	00:53	00:16	00:01	**07:44**	3,682	136	60%
		MEPs:		199	296	159	64	4	**722**			
Grant Tout	5	**Mins:**	00:29	02:44	03:39	00:25	00:01	00:00	**07:18**	3,707	138	60%
		MEPs:		164	438	75	4	0	**681**			
Tris Turner	5	**Mins:**	02:12	00:57	00:53	00:41	00:55	00:23	**06:01**	3,062	188	59%
		MEPs:		57	106	123	220	92	**598**			
phil pafford	3	**Mins:**	00:17	00:38	00:44	00:18	00:33	00:13	**02:43**	2,059	186	66%
		MEPs:		38	88	54	132	52	**364**			
Sophia Cooper	3	**Mins:**	00:14	00:47	00:44	00:38	00:15	00:00	**02:38**	1,011	168	63%
		MEPs:		47	88	114	60	0	**309**			
Kirsty Garratt	2	**Mins:**	00:08	00:39	00:32	00:31	00:17	00:00	**02:07**	484	160	65%
		MEPs:		39	64	93	68	0	**264**			
Andy Powell	1	**Mins:**	00:18	00:10	00:15	00:19	00:10	00:00	**01:12**	658	152	62%
		MEPs:		10	30	57	40	0	**137**			
Louisa Alexander	1	**Mins:**	00:09	00:08	00:08	00:17	00:11	00:00	**00:53**	422	181	65%
		MEPs:		8	16	51	44	0	**119**			
Lorraine Clode	1	**Mins:**	00:01	00:07	00:17	00:24	00:01	00:00	**00:50**	457	160	67%
		MEPs:		7	34	72	4	0	**117**			
Pene colwell	1	**Mins:**	00:04	00:25	00:24	00:03	00:00	00:00	**00:56**	283	127	59%
		MEPs:		25	48	9	0	0	**82**			
Katie McSevich	2	**Mins:**	01:38	00:29	00:08	00:00	00:00	00:00	**02:15**	162	122	45%
		MEPs:		29	16	0	0	0	**45**			