

Key Numbers Report

01 Nov 17 - 30 Nov 17



Date Range: 01 Nov 17 - 30 Nov 17

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Megan Fox	17	Mins:	02:25	04:27	04:32	05:03	07:34	04:09	28:10	14,819	199	72%
		MEPs:		267	544	909	1,816	996	4,532			
Elaine Smith	22	Mins:	04:47	05:21	05:47	04:14	08:14	00:27	28:50	15,696	207	67%
		MEPs:		321	694	762	1,976	108	3,861			
Sandy Saunders	23	Mins:	07:03	03:46	05:01	06:07	06:36	00:57	29:30	18,677	174	65%
		MEPs:		226	602	1,101	1,584	228	3,741			
Liam Phillips	17	Mins:	00:46	02:24	02:31	02:47	09:03	00:17	17:48	13,079	182	74%
		MEPs:		144	302	501	2,172	68	3,187			
Christina Gunning	24	Mins:	02:26	05:01	04:43	03:45	05:32	00:58	22:25	10,811	188	68%
		MEPs:		301	566	675	1,328	232	3,102			
Josh Bryan	20	Mins:	04:55	06:42	04:23	04:24	04:27	01:18	26:09	18,920	191	65%
		MEPs:		402	526	792	1,068	312	3,100			
Darren Moody	13	Mins:	00:33	01:35	03:24	04:23	05:45	01:02	16:42	14,418	181	74%
		MEPs:		95	408	789	1,380	248	2,920			
Sarah O'Callaghan	16	Mins:	03:31	03:58	04:32	03:15	03:38	02:31	21:25	9,411	190	67%
		MEPs:		238	544	585	872	604	2,843			
Richard Thornber	12	Mins:	00:35	01:44	02:35	03:50	06:07	01:02	15:53	13,289	189	75%
		MEPs:		104	310	690	1,468	248	2,820			
Annmarie Cooper	16	Mins:	07:48	06:09	02:44	02:40	05:00	01:33	25:54	8,842	171	62%
		MEPs:		369	328	480	1,200	372	2,749			
Ben Graham-Evans	14	Mins:	03:24	02:54	02:11	02:52	07:13	00:04	18:38	14,355	183	68%
		MEPs:		174	262	516	1,732	16	2,700			
Anne Harper	12	Mins:	00:34	03:47	03:29	02:52	04:45	01:35	17:02	7,107	175	72%
		MEPs:		227	418	516	1,140	380	2,681			
Lee Cooper	12	Mins:	00:16	00:54	01:57	04:06	05:06	01:20	13:39	11,025	173	77%
		MEPs:		54	234	738	1,224	320	2,570			
Sharon Gallagher	13	Mins:	01:46	03:19	03:47	04:00	04:00	00:47	17:39	6,585	162	69%
		MEPs:		199	454	720	960	188	2,521			

Helen Geering	12	Mins: MEPs:	06:28	04:45 285	04:02 484	03:05 555	03:18 792	00:29 116	22:07 2,232	6,788	173	61%
Leyon Joseph	13	Mins: MEPs:	08:13	03:32 212	03:11 382	02:45 495	03:28 832	01:03 252	22:12 2,173	11,461	171	61%
Melissa Beadsworth	15	Mins: MEPs:	01:00	02:38 158	03:11 382	03:28 624	03:05 740	01:07 268	14:29 2,172	5,901	170	70%
Katie Cumming	16	Mins: MEPs:	00:59	02:28 148	03:28 416	03:25 615	03:11 764	00:43 172	14:14 2,115	7,524	197	70%
Duncan Bartlett	11	Mins: MEPs:	05:15	05:09 309	04:17 514	02:21 423	02:19 556	01:07 268	20:28 2,070	12,674	191	62%
Barbara Jackson	10	Mins: MEPs:	00:30	01:35 95	02:53 346	02:27 441	03:28 832	01:13 292	12:06 2,006	5,863	184	73%
Paul Nichols	13	Mins: MEPs:	05:15	04:18 258	03:50 460	03:10 570	02:03 492	00:38 152	19:14 1,932	11,179	175	61%
Ellen Shearon	21	Mins: MEPs:	03:42	05:19 319	05:59 718	03:52 696	00:31 124	00:15 60	19:38 1,917	6,465	196	61%
Steve Gale	9	Mins: MEPs:	00:31	01:22 82	03:03 366	04:10 750	02:43 652	00:15 60	12:04 1,910	9,316	178	71%
Danielle Cheyney	11	Mins: MEPs:	01:41	03:01 181	02:46 332	01:42 306	02:57 708	01:35 380	13:42 1,907	6,168	189	69%
Jane Ansell	12	Mins: MEPs:	00:20	01:40 100	02:53 346	03:48 684	03:01 724	00:13 52	11:55 1,906	3,734	152	71%
Eliza Thomsom	13	Mins: MEPs:	00:25	01:30 90	02:34 308	03:22 606	03:08 752	00:13 52	11:12 1,808	5,271	177	72%
Kymerley Saunders	13	Mins: MEPs:	05:47	03:16 196	02:36 312	03:21 603	02:43 652	00:01 4	17:44 1,767	3,689	177	60%
Clare Turner	10	Mins: MEPs:	02:34	03:49 229	03:11 382	02:01 363	02:06 504	01:10 280	14:51 1,758	5,265	170	65%
Emma Paxton	14	Mins: MEPs:	05:23	03:04 184	02:02 244	01:41 303	02:46 664	01:23 332	16:19 1,727	6,917	191	62%
sophie Scott	11	Mins: MEPs:	01:04	01:10 70	01:26 172	01:18 234	03:00 720	01:55 460	09:53 1,656	5,109	190	74%
Nick Charles	13	Mins: MEPs:	01:25	02:49 169	03:37 434	01:56 348	02:35 620	00:15 60	12:37 1,631	8,307	170	66%

Brooke Bryan	8	Mins: MEPs:	00:09 20	00:20 176	01:28 354	01:58 672	02:48 384	01:36 08:19	1,606	7,483	187	78%
Mark Gulliford	9	Mins: MEPs:	00:28 85	01:25 170	01:25 276	01:32 780	03:15 268	01:07 09:12	1,579	7,994	184	74%
joe miller	8	Mins: MEPs:	00:47 238	03:58 738	06:09 432	02:24 152	00:38 0	00:00 13:56	1,560	9,595	163	63%
Michael Leevy	16	Mins: MEPs:	04:21 382	06:22 804	06:42 333	01:51 0	00:00 0	00:00 19:16	1,519	10,535	143	57%
Kate Bartlett	10	Mins: MEPs:	01:58 189	03:09 286	02:23 330	01:50 528	02:12 96	00:24 11:56	1,429	4,717	175	64%
Katharine Stainer	6	Mins: MEPs:	01:23 130	02:10 160	01:20 330	01:50 572	02:23 216	00:54 10:00	1,408	4,703	186	69%
Kate Graham-Evans	11	Mins: MEPs:	02:29 168	02:48 188	01:34 267	01:29 752	03:08 24	00:06 11:34	1,399	5,305	187	64%
Charni Grant	10	Mins: MEPs:	02:46 109	01:49 212	01:46 402	02:14 552	02:18 108	00:27 11:20	1,383	4,259	187	63%
Marisa Lamb	13	Mins: MEPs:	05:11 187	03:07 294	02:27 393	02:11 328	01:22 164	00:41 14:59	1,366	4,491	194	59%
Kathleen Charles	8	Mins: MEPs:	00:00 6	00:06 94	00:47 321	01:47 840	03:30 64	00:16 06:26	1,325	3,031	166	80%
Charles Jackson	11	Mins: MEPs:	01:05 63	01:03 156	01:18 297	01:39 612	02:33 192	00:48 08:26	1,320	6,617	181	71%
Tim Donovan	9	Mins: MEPs:	03:02 140	02:20 234	01:57 288	01:36 516	02:09 136	00:34 11:38	1,314	7,392	174	64%
Nina Savage	8	Mins: MEPs:	00:55 41	00:41 92	00:46 144	00:48 360	01:30 676	02:49 07:29	1,313	3,827	181	77%
Mark Mayes	16	Mins: MEPs:	05:41 101	01:41 372	03:06 588	03:16 204	00:51 36	00:09 14:44	1,301	7,217	190	57%
Hayley SK	8	Mins: MEPs:	00:28 60	01:00 164	01:22 210	01:10 532	02:13 220	00:55 07:08	1,186	4,155	193	73%
Alexandria Ansell	7	Mins: MEPs:	00:23 56	00:56 154	01:17 180	01:00 396	01:39 368	01:32 06:47	1,154	3,525	193	75%
phil pafford	7	Mins: MEPs:	00:19 42	00:42 158	01:19 225	01:15 412	01:43 268	01:07 06:25	1,105	5,698	194	75%

Kirsty Lynas	12	Mins: MEPs:	00:54 128	02:08 670	05:35 297	01:39 8	00:02 0	00:00 10:18 1,103	3,670	151	62%
Vickie moody	6	Mins: MEPs:	00:01 36	00:36 94	00:47 264	01:28 552	02:18 112	00:28 05:38 1,058	2,934	169	77%
carl jenks	8	Mins: MEPs:	03:46 93	01:33 136	01:08 129	00:43 368	01:32 268	01:07 09:49 994	6,041	185	61%
BINA WILSON	5	Mins: MEPs:	01:26 84	01:24 192	01:36 276	01:32 316	01:19 96	00:24 07:41 964	3,127	182	65%
Louise O'Connor	6	Mins: MEPs:	01:05 98	01:38 220	01:50 126	00:42 468	01:57 36	00:09 07:21 948	2,721	165	66%
Matthew Guille	6	Mins: MEPs:	00:36 45	00:45 140	01:10 222	01:14 392	01:38 140	00:35 05:58 939	3,835	151	71%
Rowanne Cumbley	5	Mins: MEPs:	00:04 34	00:34 94	00:47 129	00:43 284	01:11 324	01:21 04:40 865	2,857	195	78%
Amelia Camm	5	Mins: MEPs:	00:29 87	01:27 180	01:30 162	00:54 288	01:12 128	00:32 06:04 845	2,641	183	68%
Maxwell Rust	7	Mins: MEPs:	00:38 48	00:48 112	00:56 180	01:00 356	01:29 100	00:25 05:16 796	3,785	179	70%
John Moreton	5	Mins: MEPs:	02:18 273	04:33 208	01:44 240	01:20 68	00:17 0	00:00 10:12 789	7,935	139	57%
pene colwell	5	Mins: MEPs:	00:36 136	02:16 294	02:27 192	01:04 120	00:30 24	00:06 06:59 766	2,621	173	63%
Emily Payne	8	Mins: MEPs:	02:38 111	01:51 138	01:09 189	01:03 292	01:13 12	00:03 07:57 742	2,844	176	60%
Boo Donovan	5	Mins: MEPs:	00:23 146	02:26 210	01:45 180	01:00 148	00:37 36	00:09 06:20 720	2,422	179	64%
Nick Hamstead	5	Mins: MEPs:	00:01 50	00:50 114	00:57 273	01:31 188	00:47 0	00:00 04:06 625	2,982	156	70%
Larissa Bryan	4	Mins: MEPs:	00:07 44	00:44 198	01:39 297	01:39 48	00:12 0	00:00 04:21 587	1,997	172	67%
Ken Littlehales	4	Mins: MEPs:	00:21 69	01:09 148	01:14 321	01:47 32	00:08 0	00:00 04:39 570	3,253	146	65%
Lorraine Oxford	4	Mins: MEPs:	00:07 10	00:10 50	00:25 99	00:33 212	00:53 56	00:14 02:22 427	1,140	167	76%

Caroline Jonas	3	Mins:	00:01	00:29	00:59	00:37	00:18	00:21	02:45	1,214	187	73%
		MEPs:		29	118	111	72	84	414			
Michelle Hutchison	2	Mins:	00:02	00:19	00:34	00:32	00:40	00:05	02:12	916	170	72%
		MEPs:		19	68	96	160	20	363			
Richard Gooding	2	Mins:	00:12	00:22	00:35	00:32	00:26	00:10	02:17	1,576	175	70%
		MEPs:		22	70	96	104	40	332			
Kath Shimmin	1	Mins:	00:02	00:07	00:08	00:14	00:28	00:12	01:11	557	165	78%
		MEPs:		7	16	42	112	48	225			
Georgina Mayes	1	Mins:	00:04	00:17	00:08	00:13	00:12	00:00	00:54	395	162	66%
		MEPs:		17	16	39	48	0	120			
pete cumming	1	Mins:	00:05	00:07	00:08	00:04	00:12	00:05	00:41	579	193	70%
		MEPs:		7	16	12	48	20	103			