

Key Numbers Report

15 Nov 17 - 15 Dec 17



Date Range: 15 Nov 17 - 15 Dec 17

MEPs: 1300 -

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Ellen Van Kalsbeek	40	Mins:	13:57	20:37	15:26	09:59	03:19	00:56	64:14	17,926	178	60%
		MEPs:		1,237	1,852	1,797	796	224	5,906			
Margo de Lange	10	Mins:	13:19	11:52	16:00	08:31	05:20	01:40	56:42	22,691	193	62%
		MEPs:		712	1,920	1,533	1,280	400	5,845			
Alan Taylor	32	Mins:	02:27	04:11	10:45	12:52	02:20	00:51	33:26	22,921	187	68%
		MEPs:		251	1,290	2,316	560	204	4,621			
Ingj Alofs	18	Mins:	13:42	09:00	07:45	04:35	04:14	03:00	42:16	14,867	191	60%
		MEPs:		540	930	825	1,016	720	4,031			
Karin Nentwig	13	Mins:	04:27	02:10	02:39	06:07	03:08	03:10	21:41	9,673	173	68%
		MEPs:		130	318	1,101	752	760	3,061			
Tiago Fernandes	15	Mins:	02:18	04:07	05:37	03:49	02:38	03:14	21:43	15,855	201	69%
		MEPs:		247	674	687	632	776	3,016			
Joonas Niemi	20	Mins:	37:45	11:33	04:10	03:29	01:32	00:01	58:30	19,872	168	48%
		MEPs:		693	500	627	368	4	2,192			
Sergio Pereira	6	Mins:	00:11	00:45	02:22	04:22	03:52	00:35	12:07	9,242	183	75%
		MEPs:		45	284	786	928	140	2,183			
Janeth Souto Garcia	17	Mins:	04:14	02:47	01:10	02:29	04:51	00:22	15:53	5,843	185	65%
		MEPs:		167	140	447	1,164	88	2,006			
Javier Rial	16	Mins:	04:48	04:34	04:39	02:53	01:17	00:28	18:39	11,333	209	60%
		MEPs:		274	558	519	308	112	1,771			
Angela Dale	4	Mins:	03:15	05:44	04:11	03:26	00:57	00:02	17:35	4,071	157	60%
		MEPs:		344	502	618	228	8	1,700			
Elise Kaldheim	7	Mins:	01:10	01:36	02:49	02:20	02:00	01:11	11:06	5,180	194	70%
		MEPs:		96	338	420	480	284	1,618			
Helen Parker	13	Mins:	02:13	04:20	02:55	01:43	01:51	00:46	13:48	5,226	183	64%
		MEPs:		260	350	309	444	184	1,547			

Bruno Almeida	8	Mins:	02:51	01:26	01:16	00:29	02:13	02:11	10:26	7,946	192	68%
		MEPs:		86	152	87	532	524	1,381			
Joerg Foerster	6	Mins:	00:35	02:20	03:06	02:16	01:27	00:26	10:10	6,577	173	67%
		MEPs:		140	372	408	348	104	1,372			