

Participant	Time in Zone	Sessions	Calories (kcal)
G	43 min (32%)	2	0
L	105 min (84%)	2	0
L	73 min (52%)	2	0
N	124 min (86%)	2	0
C	94 min (66%)	2	0
P	90 min (63%)	2	0
P	101 min (70%)	2	0
R	83 min (59%)	2	0
R	79 min (57%)	2	0
S	82 min (56%)	2	0
S	71 min (49%)	2	0
S	116 min (77%)	2	0
S	99 min (79%)	2	0
S	84 min (58%)	2	0
T	59 min (40%)	2	0
T	84 min (58%)	2	0
T	90 min (62%)	2	0
V	97 min (69%)	2	0
V	57 min (40%)	2	0
V	76 min (66%)	2	0

Participant	Time in Zone	Sessions	Calories (kcal)
A	28 min (38%)	1	0
A	51 min (61%)	1	0
C	68 min (44%)	2	0
K	70 min (46%)	2	0
L	45 min (57%)	1	0
L	23 min (31%)	1	0
L	130 min (82%)	2	0
N	89 min (60%)	2	0
S	59 min (78%)	2	0
T	74 min (48%)	2	0
T	132 min (96%)	2	0
V	116 min (72%)	2	0
Z	99 min (62%)	2	0