



**LONG TRACK RANKING LIST  
2022-23**

*Updated: 20 Mar 2023*

| <b>Last</b>    | <b>First</b>  | <b>Category</b> | <b>500m Seconds</b> |        | <b>1000m Seconds</b> |         | <b>1500m Seconds</b> |         | <b>5000m Seconds</b> |         |
|----------------|---------------|-----------------|---------------------|--------|----------------------|---------|----------------------|---------|----------------------|---------|
| <i>Binns</i>   | <i>Andrew</i> | MN1             | 37.600              | 37.600 | 1:18.140             | 78.140  | 2:04.990             | 124.990 |                      |         |
| <i>Bruce</i>   | <i>Carter</i> | MN1             | 43.010              | 43.010 | 1:28.752             | 88.752  | 2:14.256             | 134.256 | 9:02.740             | 542.740 |
| <i>Binns</i>   | <i>Rob</i>    | M45             | 46.557              | 46.557 | 1:29.008             | 89.008  | 2:19.232             | 139.232 |                      |         |
| <i>Larter</i>  | <i>Jenna</i>  | LN2             | 40.660              | 40.660 | 1:22.580             | 82.580  | 2:18.890             | 138.890 |                      |         |
| <i>de Haan</i> | <i>Mirthe</i> | T2T-13          | 55.380              | 55.380 | 1:52.020             | 112.020 | 2:59.430             | 179.430 |                      |         |