



**LONG TRACK RANKING LIST\***  
**2023-24**

*Updated: 1 Apr 2024*

Last	First	Category	500m Seconds		1000m Seconds		1500m Seconds		3000m Seconds		5000m Seconds	
<i>Binns</i>	<i>Andrew</i>	MN2	36.480	36.480	1:14.290	74.290	1:59.770	119.770				
<i>Bruce</i>	<i>Carter</i>	MN2	41.636	41.636	1:31.170	91.170	2:12.061	132.061	5:02.020	302.020	8:22.353	502.353
<i>Dewar</i>	<i>Tiernan</i>	MC1	42.852	42.852								
<i>Bruce</i>	<i>Addison</i>	MN1	44.171	44.171			2:20.741	140.741				
<i>Lyons</i>	<i>William</i>	MN1	47.007	47.007			2:25.145	145.145				
<i>Binns</i>	<i>Rob</i>	M50	47.923	47.923			2:22.932	142.932				
<i>Juarez-Alvarez</i>	<i>Diego</i>	MC2	55.370	55.370	1:57.830	117.830			6:55.860	415.860		
<i>Larter</i>	<i>Jenna</i>	LN3	38.870	38.870	1:18.370	78.370	2:05.530	125.530				
<i>de Haan</i>	<i>Mirthe</i>	LC2	50.815	50.815	1:40.007	100.007	2:36.460	156.460				

\* Including Olympic Style times only