



**LONG TRACK RANKING LIST\***  
**2024-25**

Updated: 31 Mar 2025

Last	First	Category	500m Seconds		1000m Seconds		1500m Seconds		3000m	Seconds
<i>Binns</i>	<i>Andrew</i>	MN3	36.740	36.740	1:14.150	74.150	2:01.830	121.830		
<i>Binns</i>	<i>Rob</i>	M50	45.420	45.420	1:27.780	87.780	2:13.000	133.000	5:16.190	316.190
<i>Bruce</i>	<i>Addison</i>	MN2	41.874	41.874			2:16.787	136.787		
<i>Bruce</i>	<i>Carter</i>	MN3	42.303	42.303	1:31.390	91.390	2:16.463	136.463	5:16.100	316.100
<i>Dewar</i>	<i>Tiernan</i>	MC2	44.930	44.930	1:39.880	99.880	2:44.260	164.260	5:59.870	359.870
<i>Lyons</i>	<i>William</i>	MN2	46.690	46.690	1:37.280	97.280	2:45.640	165.640	5:38.530	338.530
<i>Larter</i>	<i>Jenna</i>	LN4	38.670	38.670	1:18.760	78.760	2:08.870	128.870		
<i>de Haan</i>	<i>Mirthe</i>	LB1	48.944	48.944	1:36.782	96.782	2:27.907	147.907	6:08.730	368.730

\* Including Olympic Style times only

  = outdoor time