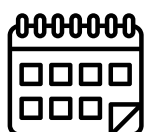




# ***65TH NATIONAL INTER STATE SENIOR ATHLETICS CHAMPIONSHIPS 2026***

## ***DAY 4 RESULT***



**24-28 June 2026**



**Bhubaneswar**

# 65th National Inter State Senior Athletics Championship

Kalinga Stadium, Bhubaneswar (Odisha)

27-06-2026

6/24/26 - 6/28/26

24th-28th June 2026.

## Event # 3 MENS 400m Run

& ASIAN G. Q.: 45.97

# NR: Vishal T K Ranchi 44.98 23/05/2026

% MR: T.K. Vishal Chennai 45.12 2025

### RESULTS OF SEMIS Heat 1

1	MANU T S .	217	17/10/01	KERALA	45.80 &
2	JAY KUMAR	423	10/06/06	UTTAR PRADESH	45.81 &
3	DHARMVEER CHOUDHAR	350	05/02/01	RAJASTHAN	45.89 &
4	TUSHAR MANNA	127	03/10/01	DELHI	47.00
	46.996				
5	BARATH S	409	10/08/03	TAMIL NADU (WC)	47.00
	47.000				
6	TARANDEEP SINGH	339	13/07/05	PUNJAB	47.18
7	THEERTHESH SHETTY	212	31/03/02	KARNATAKA	47.97

### RESULTS OF SEMIS Heat 2

1	VISHAL TK	406	17/12/03	TAMIL NADU	45.59 &
2	RAJESH RAMESH	398	28/03/99	TAMIL NADU	45.89 &
3	VIKRANT PANCHAL	167	30/01/00	HARYANA	46.05
4	MOHAMMED ASHFAQ	241	26/06/07	KERALA (WC)	46.09
5	MIJO KURIAN	201	16/07/95	KARNATAKA	46.15
6	SETU MISHRA	107	12/06/05	BIHAR	46.72
7	HIMANSHU .	413	02/02/00	UTTAR PRADESH	46.89
8	ASTIK PRADHAN	313	23/04/06	ODISHA	47.22

### RESULTS OF PRELIMS Heat 1

1	VISHAL TK	406	17/12/03	TAMIL NADU	45.95 &
2	MIJO KURIAN	201	16/07/95	KARNATAKA	46.29
3	THEERTHESH SHETTY	212	31/03/02	KARNATAKA	47.02
4	TARANDEEP SINGH	339	13/07/05	PUNJAB	47.17
5	RAKESH KUMAR BAJIYA	354	21/07/05	RAJASTHAN	47.27
6	SARAN SHAJI	238	06/01/03	KERALA	48.15
7	HUZAIFA QAISAR	108	29/11/04	BIHAR	48.61
8	MALAYA BARIK	302	01/04/06	ODISHA	48.75

### RESULTS OF PRELIMS Heat 2

1	RAJESH RAMESH	398	28/03/99	TAMIL NADU	46.83
2	MOHAMMED ASHFAQ	241	26/06/07	KERALA (WC)	46.97
3	ASTIK PRADHAN	313	23/04/06	ODISHA	47.19
4	SAHIL MALIK	450	19/04/06	UTTRAKHAND	47.44
5	RINCE .	220	31/08/02	KERALA	47.87
6	SURESH PUNIYA	356	10/05/99	RAJASTHAN	48.01
	SUBHAS DAS	452	23/01/02	WEST BENGAL	DNS

### RESULTS OF PRELIMS Heat 3

1	JAY KUMAR	423	10/06/06	UTTAR PRADESH	46.50
2	BARATH S	409	10/08/03	TAMIL NADU (WC)	46.56
3	VIKRANT PANCHAL	167	30/01/00	HARYANA	46.68
4	TUSHAR MANNA	127	03/10/01	DELHI	47.23
5	SHUBHAM DATTATRAY DE	273	29/07/96	MAHARASHTRA	48.36
6	HARPREET GILL	320	19/12/97	PUNJAB	48.45
	NIHAL JOEL W	214	13/07/00	KARNATAKA	DNF



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**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

27-06-2026

6/24/26 - 6/28/26

**24th-28th June 2026.****RESULTS OF PRELIMS Heat 4**

1	MANU T S .	217	17/10/01	KERALA	45.96 &
2	DHARMVEER CHOUDHAR	350	05/02/01	RAJASTHAN	46.52
3	AJAY D	378	01/11/02	TAMIL NADU	46.70
4	HIMANSHU .	413	02/02/00	UTTAR PRADESH	46.85
5	SETU MISHRA	107	12/06/05	BIHAR	47.00
6	SACHIN NANHE	288	05/05/98	MAHARASHTRA	48.51
7	RANJEET SIKARWAR	260	28/12/06	MADHYA PRADESH	49.48

**Event # 24 WOMENS 400m Run**

&amp; ASIAN G. Q.: 53.72

# NR:HIMA DAS JAKARTA 50.79 26/08/2018

% MR:KIRAN PAHAL PANCHKULA 50.92 2024

**RESULTS OF SEMIS Heat 1**

1	KIRAN PAHAL	557	05/08/00	HARYANA	53.17 &
2	DEVYANIBA ZALA	531	15/03/02	GUJARAT	53.26 &
3	RASHDEEP KAUR	672	01/02/02	PUNJAB	53.40 &
4	ANSA BABU	601	09/04/98	KERALA	54.20
5	SUBHA VENKATESAN	727	31/08/99	TAMIL NADU	54.53
6	GEETA .	677	02/01/02	RAJASTHAN	54.64
7	PRIYA MOHAN	587	15/03/03	KARNATAKA	54.79
8	JISNA MATHEW	623	07/01/99	KERALA (WC)	55.29

**RESULTS OF SEMIS Heat 2**

1	PRACHI .	737	20/12/96	UTTAR PRADESH	53.29 &
2	POOVAMMA RAJU	592	05/05/90	KARNATAKA	53.36 &
3	KUMARI SALONI NAGAR	745	22/12/04	UTTAR PRADESH	53.47 &
4	AISHWARYA MISHRA	642	16/08/97	MAHARASHTRA	53.64 &
5	NEERU PAHTAK	746	27/01/07	UTTAR PRADESH	53.75
6	OLIMBA STEFFI .	695	15/02/02	TAMIL NADU	54.25
7	VIJAYAKUMARI GK	584	05/08/96	KARNATAKA	54.31
8	SANDRA MOL SABU	617	08/07/05	KERALA	55.27

**RESULTS OF PRELIMS Heat 1**

1	KIRAN PAHAL	557	05/08/00	HARYANA	53.42 &
2	VIJAYAKUMARI GK	584	05/08/96	KARNATAKA	54.10
3	NEERU PAHTAK	746	27/01/07	UTTAR PRADESH	54.22
4	OLIMBA STEFFI .	695	15/02/02	TAMIL NADU	54.77
5	SANDRA MOL SABU	617	08/07/05	KERALA	54.95
6	RAMA TANWAR	693	08/07/03	RAJASTHAN	55.85
7	ANCHAL RANI	558	19/06/05	HARYANA	57.33

**RESULTS OF PRELIMS Heat 2**

1	PRACHI .	737	20/12/96	UTTAR PRADESH	53.85
2	ANSA BABU	601	09/04/98	KERALA	53.87
3	PRIYA MOHAN	587	15/03/03	KARNATAKA	54.56
4	GOWRINANDANA .	600	26/03/02	KERALA	55.18
5	HIMANSHI MALIK	555	22/04/02	HARYANA	55.61
6	PRIYA THAKUR	566	11/09/00	HIMACHAL PRADESH	59.10
	KIRANPAL KAUR	670	02/05/92	PUNJAB	DNS



**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

27-06-2026

6/24/26 - 6/28/26

**24th-28th June 2026.****RESULTS OF PRELIMS Heat 3**

1	RASHDEEP KAUR	672	01/02/02	PUNJAB	53.69 &
2	DEVYANIBA ZALA	531	15/03/02	GUJARAT	54.06
3	KUMARI SALONI NAGAR	745	22/12/04	UTTAR PRADESH	54.62
4	ANANKHA B A .	622	29/03/01	KERALA (WC)	55.48
5	SHRAVANI SANGLE	646	16/11/05	MAHARASHTRA	55.78
6	RISHITA KAUR	687	16/11/02	RAJASTHAN	57.61
	KUNJA RAJITHA	505	01/01/03	ANDHRA PRADESH	DNS

**RESULTS OF PRELIMS Heat 4**

1	POOVAMMA RAJU	592	05/05/90	KARNATAKA	53.35 &
2	AISHWARYA MISHRA	642	16/08/97	MAHARASHTRA	53.61 &
3	SUBHA VENKATESAN	727	31/08/99	TAMIL NADU	54.46
4	GEETA .	677	02/01/02	RAJASTHAN	54.79
5	JISNA MATHEW	623	07/01/99	KERALA (WC)	54.82
6	SHIVKANYA MUKATI	633	01/03/04	MADHYA PRADESH	55.42
7	SUKHI BASKEY	651	02/11/02	ODISHA	55.83

**Event # 9 MENS 400m Hurdles**

&amp; ASIAN G. Q.: 49.41

# NR:A DHARUN PATIALA 48.80 16/03/2019

% MR:YASHAS PALAKSHA BHUBANESWAR 49.37 2023

**RESULTS OF FINALS**

1	YASHAS .	194	08/12/01	KARNATAKA	49.14 &%
	49.131				
2	SANTHOSH T	405	01/01/98	TAMIL NADU	49.14 &%
	49.138				
3	ARYAN PRAJWAL KASHYA	200	03/03/04	KARNATAKA	50.95
4	MURAD SIRMAN	135	10/09/05	GUJARAT	51.02
5	KARTHIK YARRAVARAPU	103	01/04/04	ANDHRA PRADESH	51.87
6	PRANAM DEVENDRA SHE	211	21/04/99	KARNATAKA	52.68
	52.672				
7	SUBHAS DAS	452	23/01/02	WEST BENGAL	52.68
	52.680				
8	MAGENDRAN S	400	17/08/01	TAMIL NADU	54.02

**RESULTS OF PRELIMS Heat 1**

1	YASHAS .	194	08/12/01	KARNATAKA	51.31
2	MURAD SIRMAN	135	10/09/05	GUJARAT	51.39
3	ARYAN PRAJWAL KASHYA	200	03/03/04	KARNATAKA	51.53
4	KARTHIK YARRAVARAPU	103	01/04/04	ANDHRA PRADESH	52.02
5	VIGNESH B	376	08/06/05	TAMIL NADU	55.21

**RESULTS OF PRELIMS Heat 2**

1	SANTHOSH T	405	01/01/98	TAMIL NADU	51.04
2	SUBHAS DAS	452	23/01/02	WEST BENGAL	51.26
3	MAGENDRAN S	400	17/08/01	TAMIL NADU	51.96
4	PRANAM DEVENDRA SHE	211	21/04/99	KARNATAKA	52.23
5	NIKHIL BHARDWAJ	319	24/05/96	PUNJAB	53.10





**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

27-06-2026

6/24/26 - 6/28/26

**24th-28th June 2026.****RESULTS OF PRELIMS Heat 2**

1	AMASHA DE SILVA	775	12/08/99	SRI LANKA	+0.0m/s e	<b>11.72</b>
2	SUBA DHARSINI S	703	10/11/05	TAMIL NADU	+0.0m/s e	<b>11.77</b>
3	PRAKRUTHI ROOPA RAO B593		19/11/02	KARNATAKA	+0.0m/s e	<b>11.78</b>
4	ABINAYA RAJARAJAN	728	21/11/06	TAMIL NADU (WC)	+0.0m/s e	<b>11.84</b>
5	MARYMUKTA SORENG	661	01/11/04	ODISHA	+0.0m/s e	<b>11.97</b>
6	NANCY .	541	12/12/07	HARYANA	+0.0m/s e	<b>12.19</b>
7	AMANIKHA H	607	06/05/06	KERALA	+0.0m/s e	<b>12.28</b>
	HARITA BHADRA	636	06/06/03	MAHARASHTRA		<b>DNS</b>
	SANJANA .	515	25/03/06	DELHI		<b>DNS</b>

**RESULTS OF PRELIMS Heat 3**

1	SUDESHNA SHIVANKAR	647	09/09/03	MAHARASHTRA	0.7m/s ne	<b>11.58</b>
2	TAMANNA .	549	29/09/04	HARYANA	0.7m/s ne	<b>11.65</b>
3	UNNATHI BOLLANDA	580	05/06/05	KARNATAKA	0.7m/s ne	<b>11.66</b>
4	DANESHWARI T	596	14/08/00	KARNATAKA	0.7m/s ne	<b>11.68</b>
5	NITHYA GANDHE	730	10/11/99	TELANGANA	0.7m/s ne	<b>11.86</b>
6	MOUSUMI ROY UTTAM RO664		30/01/01	ODISHA	0.7m/s ne	<b>11.94</b>
7	KIRUTHIKA .	694	27/02/04	TAMIL NADU	0.7m/s ne	<b>12.12</b>
8	SIMRAN BEDI	516	07/01/93	DELHI	0.7m/s ne	<b>12.33</b>
9	HEERAL JOHRI	631	01/06/06	MADHYA PRADESH	0.7m/s ne	<b>12.43</b>
	FATEMA BEGAM	602	15/08/99	KERALA		<b>DQ</b>

TR. 16.8

**Event # 1 MENS 100m Run**

&amp; ASIAN G. Q.: 10.16

# NR:Gurindervir Singh Ranchi 10.09 23/05/2026

% MR:S. Tamilarasu . Chennai 10.22 2025

**RESULTS OF FINALS**

1	ANIMESH KUJUR	309	02/06/03	ODISHA	+0.0m/s e	<b>10.28</b>
2	PRANAV GURAV	280	03/07/01	MAHARASHTRA	+0.0m/s e	<b>10.39</b>
3	LAUKIK MELGE	285	10/04/05	MAHARASHTRA	+0.0m/s e	<b>10.43</b>
4	CHAMOD YODHASINGHE	460	28/01/00	SRI LANKA	+0.0m/s e	<b>10.46</b>
5	HARJIT .	316	28/08/97	PUNJAB	+0.0m/s e	<b>10.47</b>
6	DONDAPATI MRUTY JAYA	306	12/01/05	ODISHA	+0.0m/s e	<b>10.51</b>
7	LALU PRASAD BHOI	303	21/09/03	ODISHA	+0.0m/s e	<b>10.53</b>
8	VIBHASKAR KUMAR	106	15/02/04	BIHAR	+0.0m/s e	<b>12.51</b>

**RESULTS OF PRELIMS Heat 1**

1	ANIMESH KUJUR	309	02/06/03	ODISHA	0.2m/s sw	<b>10.29</b>
2	DONDAPATI MRUTY JAYA	306	12/01/05	ODISHA	0.2m/s sw	<b>10.57</b>
3	RUSHIPRASAD DESAI	275	26/05/05	MAHARASHTRA	0.2m/s sw	<b>10.63</b>
4	ARYAN .	189	28/11/03	KARNATAKA	0.2m/s sw	<b>10.72</b>
5	SAM VASANTH S	401	12/04/05	TAMIL NADU	0.2m/s sw	<b>10.73</b>
6	VIGNESH A	245	04/07/96	MADHYA PRADESH	0.2m/s sw	<b>10.78</b>
7	RAHUL SOLANKI	136	30/11/00	GUJARAT	0.2m/s sw	<b>10.89</b>
8	RAHUL SHARMA	259	12/12/01	MADHYA PRADESH	0.2m/s sw	<b>10.99</b>
	RAHUL GHOSH	299	29/03/97	MANIPUR		<b>DNF</b>
	MANEESH M	226	06/02/93	KERALA		<b>DNF</b>



**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

27-06-2026

6/24/26 - 6/28/26

**24th-28th June 2026.****RESULTS OF PRELIMS Heat 2**

1	CHAMOD YODHASINGHE	460	28/01/00	SRI LANKA	0.7m/s nw	<b>10.53</b>
2	VIBHASKAR KUMAR	106	15/02/04	BIHAR	0.7m/s nw	<b>10.64</b>
3	NIRBHAY NATH TIWARI	428	23/03/03	UTTAR PRADESH	0.7m/s nw	<b>10.71</b>
4	ROHIT .	149	08/03/00	HARYANA	0.7m/s nw	<b>10.73</b>
5	TAMIL ARASU S	402	20/05/02	TAMIL NADU	0.7m/s nw	<b>10.81</b>
6	AMIYA MALLICK	315	14/11/92	ODISHA	0.7m/s nw	<b>10.92</b>
7	HARSH RAUT	292	17/04/05	MAHARASHTRA	0.7m/s nw	<b>11.22</b>
	GOURAV YADAV	365	17/08/07	RAJASTHAN		<b>DQ</b>
					TR 16.8	
	ARIJIT RANA	454	14/04/04	WEST BENGAL		<b>DQ</b>
					TR 16.8	

**RESULTS OF PRELIMS Heat 3**

1	HARJIT .	316	28/08/97	PUNJAB	1.0m/s ne	<b>10.38</b>
2	LALU PRASAD BHOI	303	21/09/03	ODISHA	1.0m/s ne	<b>10.48</b>
3	PRANAV GURAV	280	03/07/01	MAHARASHTRA	1.0m/s ne	<b>10.49</b>
4	LAUKIK MELGE	285	10/04/05	MAHARASHTRA	1.0m/s ne	<b>10.54</b>
5	RAGUL KUMAR G	379	22/03/00	TAMIL NADU	1.0m/s ne	<b>10.60</b>
6	NUZRAT .	146	22/11/99	HARYANA	1.0m/s ne	<b>10.66</b>
7	NARENDER .	118	21/10/04	DELHI	1.0m/s ne	<b>10.76</b>
8	HALVI S VIJ	237	16/05/04	KERALA	1.0m/s ne	<b>10.83</b>
9	KAIF AHMAD KHAN MOH	412	10/11/06	TELANGANA	1.0m/s ne	<b>10.87</b>

**Event # 39 WOMENS Javelin Throw**

&amp; ASIAN G. Q.: 57.62

# NR:ANNU RANI JAMSHEDPUR 63.82 08/05/2022

% MR:ANNU RANI PATIALA 62.83 2021

1	ANNU RANI	751	29/08/92	UTTAR PRADESH		<b>56.74m</b>
		56.36, F, 53.04, F, 56.74, 54.39				
2	KARISHMA SANIL	594	04/06/00	KARNATAKA		<b>53.06m</b>
		50.50, F, 48.53, 53.06, 50.55, F				
3	UMA CHOUDHARY	686	04/10/99	RAJASTHAN		<b>53.06m</b>
		47.49, 46.77, 52.18, 49.45, 53.06, F				
4	SHILPA RANI	559	15/06/96	HARYANA		<b>52.77m</b>
		50.34, 52.77, 50.93, 49.39, 49.70, 52.73				
5	DEEPIKA .	535	21/11/05	HARYANA		<b>52.32m</b>
		50.24, 48.41, 48.14, 50.66, 51.09, 52.32				
6	JYOTI .	537	01/04/02	HARYANA		<b>51.00m</b>
		47.90, 49.45, 47.91, 49.00, 47.71, 51.00				
7	SANJANA CHOUDHARY	685	09/07/99	RAJASTHAN		<b>50.79m</b>
		49.77, 49.44, 49.64, 50.63, 50.79, F				
8	RASHMI K	503	24/11/93	ANDHRA PRADESH		<b>49.27m</b>
		F, 48.51, F, 49.18, F, 49.27				
9	SHAKSHI SHARMA	753	09/02/02	UTTAR PRADESH		<b>47.83m</b>
		46.36, 45.87, 47.83				
10	ANJANI KUMARI	509	01/01/00	BIHAR		<b>47.25m</b>
		42.71, 45.81, 47.25				
11	SRISHTI SINGH	649	02/01/05	MAHARASHTRA		<b>46.09m</b>
		46.09, 41.63, 44.66				
12	DIKSHA DWIVEDI	527	24/06/01	GUJARAT		<b>43.79m</b>
		F, 43.79, 42.71				
13	VERSHA .	666	05/01/06	PUNJAB		<b>43.01m</b>
		41.17, 43.01, 40.90				
	DILHANI LEKAMGE	774	14/01/87	SRI LANKA		<b>DNS</b>
	MANPREET KAUR GURJA	667	26/05/99	PUNJAB		<b>DNS</b>



**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

27-06-2026

6/24/26 - 6/28/26

**24th-28th June 2026.****Event # 15 MENS Shot Put**

&amp; ASIAN G. Q.: 19.41

#NR:T.SINGH TOOR BHUBANESHWAR 21.77 19/06/2023

% MR:TAJINDERPAL SINGH TOOR BHUBANESHWAR 21.77 2023

1	KARANVEER SINGH	335	24/07/97	PUNJAB	20.49m &
	F, 19.10, 19.85, F, 19.89, 20.49				
2	SAMARDEEP GILL	250	03/01/01	MADHYA PRADESH	20.40m &
	F, 19.55, 20.04, 18.90, 20.07, 20.40				
3	TAJINDERPAL TOOR	340	13/11/94	PUNJAB	20.27m &
	18.90, F, 19.38, 20.01, 20.27, 20.16				
4	SANYAM .	151	05/10/03	HARYANA	18.38m
	18.25, 18.38, F, F, 17.75, F				
5	ANIKET .	443	05/11/01	UTTRAKHAND	18.13m
	17.33, 17.55, 18.13, 17.41, 17.67, F				
6	ATUL .	140	17/01/05	HARYANA	17.65m
	17.47, 17.08, 17.65, F, F, F				
7	RAVI KUMAR	425	06/05/92	UTTAR PRADESH	17.13m
	F, 16.50, 16.22, 17.03, F, 17.13				
8	S.SRI KUMARAN	385	23/08/03	TAMIL NADU	17.10m
	16.32, 16.76, 16.83, 16.72, 16.30, 17.10				
9	ADHISH GHILDIYAL	448	21/05/02	UTTRAKHAND	15.50m
	15.50, F, F				
10	RAHUL AIR	269	06/04/94	MAHARASHTRA	15.13m
	15.13, F, F				
	PRAJWAL SHETTY	210	24/03/01	KARNATAKA	DNS
	DNS				
	DHANVEER SINGH	330	28/12/02	PUNJAB	DNS
	DNS				
	BALAJI .	371	26/09/00	TAMIL NADU	DNS
	DNS				

**Event # 5 MENS 1500m Run**

1	YOONUS SHAH	431	10/05/01	UTTAR PRADESH	3:37.55
2	GULVEER SINGH	435	01/06/98	UTTAR PRADESH	3:38.31
3	RAHUL BALODA	348	05/06/99	RAJASTHAN	3:40.07
4	SUNIL DAWAR	248	02/08/01	MADHYA PRADESH	3:43.90
5	SHAILABH .	120	11/09/05	DELHI	3:44.43
6	ARJUN WASKALE	267	03/07/03	MADHYA PRADESH	3:44.74
7	NABEEL SAHI M P	228	20/08/99	KERALA	3:44.92
8	GAMBHIR SINGH	362	02/02/03	RAJASTHAN	3:46.34
9	RITESH OHRE	255	31/12/03	MADHYA PRADESH	3:48.26
10	VAIBHAV PATIL	206	27/02/02	KARNATAKA	3:48.93
11	KALYAN JR	199	09/02/06	KARNATAKA	3:49.45
12	SONU .	347	14/02/98	RAJASTHAN	3:54.85
13	YOGESWAR R	394	18/04/06	TAMIL NADU	4:05.08
	MOGALI VENKATRAM RE	102	09/07/07	ANDHRA PRADESH	DNF
	PRAKASH GADADE	277	31/07/02	MAHARASHTRA	DNS



**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

27-06-2026

6/24/26 - 6/28/26

**24th-28th June 2026.****Event # 26 WOMENS 1500m Run**

&amp; ASIAN G. Q.: 4:19.45

# NR:DEEKSHA . LOS ANGELES 4:04.78 11/05/2024

% MR:DEEKSHA . BHUBANESWAR 4:06.07 2023

1	PARUL CHAUDHARY	739	15/04/95	UTTAR PRADESH	4:20.45
2	ANKITA .	761	05/02/02	UTTRAKHAND	4:20.78
3	POOJA .	543	17/06/02	HARYANA	4:21.48
4	THOTA SANKEERTANA	512	17/07/03	CHHATTISGARH	4:24.37
5	KOMAL JAGADALE	639	26/01/99	MAHARASHTRA	4:25.71
6	NIKITA SHARMA	565	04/07/01	HIMACHAL PRADESH	4:26.53
7	ANJU .	533	13/11/04	HARYANA	4:30.56
8	PRIYANKA C	581	02/01/04	KARNATAKA	4:32.52
	LILI DAS	766	18/03/98	UTTRAKHAND	DNF
	HARMILAN BAINS	511	23/07/98	CHANDIGARH	DNS

**Event # 34 WOMENS Long Jump**

&amp; ASIAN G. Q.: 6.48

# NR:ANJU B.GEORGE ATHENS 6.83 27/08/2004

% MR:MAYOOKHA JOHNY BANGALORE 6.63 2011

1	ANCY SOJAN E	605	01/03/01	KERALA	+0.7m/s	6.88m &#%
		6.73, F, 6.67, 6.72, 6.88, 6.69				
2	SHAILI SINGH	756	07/01/04	UTTAR PRADESH	-0.1m/s	6.67m &%
		F, F, 6.59, 6.62, F, 6.67				
3	MUBASSINA MOHAMMED	624	22/02/06	LAKSHADWEEP	+0.7m/s	6.53m &
		6.46, 6.18, 6.41, 6.53, 6.27, 6.43				
4	BHAVANI YADAV BHAGAV	502	19/12/98	ANDHRA PRADESH	+0.3m/s	6.41m
		6.27, F, F, 6.22, F, 6.41				
5	PAVANA NAGARAJ	589	07/11/05	KARNATAKA	+0.0m/s	6.35m
		F, 6.25, 6.05, 6.15, 6.35, F				
6	KUSUMA RAVADA	506	15/09/01	ANDHRA PRADESH	+0.3m/s	6.28m
		6.28, 5.87, F, 5.93, 6.09, 6.12				
7	SHRIDEVIKA .V.S .	575	14/07/00	KARNATAKA	+0.4m/s	6.10m
		F, F, 6.10, F, F, 5.59				
8	ABHIRAMI M	609	27/03/03	KERALA	+0.3m/s	6.04m
		F, 6.04, F, 5.92, 5.88, 5.99				
9	MANISHA MEREL	656	05/07/01	ODISHA	+0.3m/s	5.99m
		F, 5.99, 5.94				
10	DEEPANSHI SINGH	755	03/04/01	UTTAR PRADESH	+0.5m/s	5.94m
		F, 5.70, 5.94				
11	ABINAYA SRI A	697	30/10/04	TAMIL NADU	+0.1m/s	5.92m
		5.82, 5.92, 5.72				
12	SHERIN A	698	24/02/00	TAMIL NADU	+0.3m/s	5.81m
		5.81, F, F				
13	DEESHA GANAPATHY	583	16/08/05	KARNATAKA	+0.1m/s	5.79m
		5.73, 5.61, 5.79				
14	PRIYA RATHORE	690	25/06/98	RAJASTHAN	+0.9m/s	5.57m
		5.32, 5.57, 5.41				



# 65th National Inter State Senior Athletics Championship

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24th-28th June 2026.

## Event # 30 WOMENS 400m Hurdles

& ASIAN G. Q.: 57.21

# NR:P.T USHA LOS ANGELES 55.42 08/08/1984

% MR:VITHYA RAMRAJ BHUBANESWAR 56.01 2023

### RESULTS OF FINALS

1	R VITHYA RAMRAJ	718	20/09/98	TAMIL NADU	56.07 &
2	ANU R	615	20/04/93	KERALA	56.54 &
3	SINCHAL .	576	05/02/01	KARNATAKA	58.90
4	SHRAVANI SANGLE	646	16/11/05	MAHARASHTRA	59.57
5	GURDEEP KAUR	669	02/06/01	PUNJAB	1:01.65
6	MEGHA MUNAVALLIMATH588		19/05/01	KARNATAKA	1:01.88
7	DELNA PHILIP	614	17/05/01	KERALA	1:01.97
8	RAMANDEEP KAUR	671	20/12/03	PUNJAB	1:04.20

### RESULTS OF PRELIMS Heat 1

1	R VITHYA RAMRAJ	718	20/09/98	TAMIL NADU	56.69 &
2	RAMANDEEP KAUR	671	20/12/03	PUNJAB	1:00.93
3	MEGHA MUNAVALLIMATH588		19/05/01	KARNATAKA	1:01.74
4	DELNA PHILIP	614	17/05/01	KERALA	1:02.49
5	ANN TOMY	620	25/02/02	KERALA	1:03.24
6	ADITI BANERJEE	769	11/08/03	WEST BENGAL	1:04.14
	HARSHITHA R	717	21/06/05	TAMIL NADU	DQ
	ANUSHKA KUMBHAR	640	04/05/05	MAHARASHTRA	DNS

CR 18.7

### RESULTS OF PRELIMS Heat 2

1	ANU R	615	20/04/93	KERALA	57.66
2	SINCHAL .	576	05/02/01	KARNATAKA	59.89
3	SHRAVANI SANGLE	646	16/11/05	MAHARASHTRA	1:00.12
4	GURDEEP KAUR	669	02/06/01	PUNJAB	1:01.08
5	ASWINI R	716	24/08/04	TAMIL NADU	1:03.52
6	SHRAVANI BHATE	579	15/08/03	KARNATAKA	1:03.52
	HIMANSHI .	513	02/09/05	DELHI	DQ
	GUDIYA .	734	14/09/98	UTTAR PRADESH	DNS

27-062026 Time- 9:30am

Re- Run- CR 18.7

1 HARSHITHA R

717

21/06/05 TAMIL NADU CR. 18.7

1:02.54



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