

## 1ST NATIONAL 400M CHAMPIONSHIPS

DHARAMSHALA, HIMACHAL PRADESH

09-09-2018

9/8/18 - 9/9/18

**Event # 1 MENS 400m Run****RESULTS OF FINALS Heat 1**

1	DEEPAK SINGH	106	11/08/96	MAHARASHTRA	50.52
2	SHRIKANT MALIK	114	12/03/97	UTTAR PRADESH	51.09
3	RAVI KUMAR SINGH	105	27/11/97	JHARKHAND	51.21
4	GULSHAN THAKUR	104	01/02/98	HIMACHAL PRADESH	54.53
5	KRISTEN RODRIQUIES	107	29/03/97	MAHARASHTRA	55.69
6	NITESH KUMAR	115	16/04/98	UTTAR PRADESH	56.51
	MOHIT .	101	26/12/96	HARYANA	DNS
	ABHISHEK SHARMA	102	21/03/95	HIMACHAL PRADESH	DNS

**RESULTS OF PRELIMS Heat 1**

1	DEEPAK SINGH	106	11/08/96	MAHARASHTRA	51.22
2	SHRIKANT MALIK	114	12/03/97	UTTAR PRADESH	52.26
3	KRISTEN RODRIQUIES	107	29/03/97	MAHARASHTRA	55.82
4	ABHISHEK SHARMA	102	21/03/95	HIMACHAL PRADESH	1:01.82
5	GOURAV SINGH	103	05/05/98	HIMACHAL PRADESH	1:11.32
	GURPREET SINGH	110	09/10/91	PUNJAB	DNS
	JITENDRA KUMAWAT	112	27/09/90	RAJASTHAN	DNS
	ABHISHEK DOTASARA	113	29/01/96	RAJASTHAN	DNS

**RESULTS OF PRELIMS Heat 2**

1	MOHIT .	101	26/12/96	HARYANA	50.28
2	RAVI KUMAR SINGH	105	27/11/97	JHARKHAND	51.36
3	GULSHAN THAKUR	104	01/02/98	HIMACHAL PRADESH	54.10
4	NITESH KUMAR	115	16/04/98	UTTAR PRADESH	57.83
	SOMLAL UIKEY	108	01/03/95	MADHYA PRADESH	DNF
	SAROJ KUMAR JENA	109	08/08/96	ODISHA	DNF
	ARSHDEEP SINGH VIRK	111	01/08/98	PUNJAB	DNS

**Event # 2 UNDER 20 BOYS 400m Run****RESULTS OF FINALS Heat 1**

1	VIKARANT PANCHAL	124	30/01/00	HARYANA	47.68
2	RAHUL KADAM	139	03/10/98	MAHARASHTRA	48.53
3	MUFID KHAN	116	07/01/99	ANDAMAN & NICOBAR IS	49.69
4	ABHINAV KUNDAL	137	14/12/99	JAMMU & KASHMIR	49.93
5	AYUSH KUMAR	145	23/03/99	UTTARAKHAND	51.20
6	SHUBHAM KUMAR	138	23/11/98	MAHARASHTRA	51.78
7	ANIKET PATHANIA	131	02/11/00	HIMACHAL PRADESH	53.54
8	PRAVEEN THAKUR	125	15/05/00	HIMACHAL PRADESH	54.11

**RESULTS OF PRELIMS Heat 1**

1	RAHUL KADAM	139	03/10/98	MAHARASHTRA	50.29
2	MUFID KHAN	116	07/01/99	ANDAMAN & NICOBAR IS	50.83
3	AYUSH KUMAR	145	23/03/99	UTTARAKHAND	50.86
4	RAVI .	130	05/02/99	HIMACHAL PRADESH	1:01.72
5	SUKHBINDER PAL SINGH	129	07/07/99	HIMACHAL PRADESH	1:07.66
6	RAGHUNATH SINGH	132	12/08/98	HIMACHAL PRADESH	1:09.91
	SHUBHAM .	119	08/03/99	DELHI	DNF

**RESULTS OF PRELIMS Heat 2**

1	ABHINAV KUNDAL	137	14/12/99	JAMMU & KASHMIR	51.71
2	ANIKET PATHANIA	131	02/11/00	HIMACHAL PRADESH	56.52
3	RAMJILAL MEENA	141	04/05/99	RAJASTHAN	59.64
4	RAVI .	120	14/02/99	HARYANA	1:01.99
5	KHAZAN SINGH	121	24/05/00	HARYANA	1:04.14
6	ASHISH SHARMA	126	11/12/99	HIMACHAL PRADESH	1:06.83
7	PUNEET SHARMA	133	21/09/98	HIMACHAL PRADESH	1:08.10
8	PAWAN KUMAR	117	19/04/00	BIHAR	1:12.32

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**RESULTS OF PRELIMS Heat 3**

1	VIKARANT PANCHAL	124	30/01/00	HARYANA	49.71
2	SHUBHAM KUMAR	138	23/11/98	MAHARASHTRA	52.95
3	PRAVEEN THAKUR	125	15/05/00	HIMACHAL PRADESH	54.64
4	SHAFQAAT ALAM	135	01/10/99	JAMMU & KASHMIR	58.21
5	RAVINDER KUMAR	122	06/04/99	HARYANA	1:01.34
6	AMIT KUMAR	128	24/06/99	HIMACHAL PRADESH	1:02.51
7	AJAY PRAJAPAT	142	22/08/00	RAJASTHAN	1:05.64
8	ABHINAY SHARMA	127	30/09/99	HIMACHAL PRADESH	1:12.81

**Event # 3 UNDER 18 BOYS 400m Run****RESULTS OF FINALS Heat 1**

1	ADESH GARSA	158	12/07/00	RAJASTHAN	48.81
2	K. AVINASH	160	12/03/00	TAMIL NADU	48.88
3	SHARUP KHAN	159	12/10/01	RAJASTHAN	50.40
4	ANSH ANSH	146	28/08/01	DELHI	50.44
5	YADWINDER SINGH	157	31/03/01	PUNJAB	50.95
6	AISHRAJ SINGH	147	14/05/01	DELHI	50.98
7	VIPIN KUMAR VERMA	161	24/03/01	UTTAR PRADESH	55.16
8	ABRAR CHOUDHARY	155	16/02/02	JAMMU & KASHMIR	55.40

**RESULTS OF PRELIMS Heat 1**

1	ANSH ANSH	146	28/08/01	DELHI	50.96
2	ADESH GARSA	158	12/07/00	RAJASTHAN	51.31
3	ABRAR CHOUDHARY	155	16/02/02	JAMMU & KASHMIR	54.27
4	VIPIN KUMAR VERMA	161	24/03/01	UTTAR PRADESH	54.61
5	USMAN ALI	162	15/07/02	UTTAR PRADESH	55.89
	RAJKIRAN SHAH	163	14/03/01	UTTARAKHAND	DNF

**RESULTS OF PRELIMS Heat 2**

1	SHARUP KHAN	159	12/10/01	RAJASTHAN	51.05
2	K. AVINASH	160	12/03/00	TAMIL NADU	51.44
3	YADWINDER SINGH	157	31/03/01	PUNJAB	51.77
4	AISHRAJ SINGH	147	14/05/01	DELHI	51.92
5	HARSH BHARDWAJ	149	28/01/02	HARYANA	54.84
6	YOGESH YOGESH	148	30/12/01	HARYANA	1:02.82

**Event # 4 UNDER 16 BOYS 400m Run****RESULTS OF FINALS Heat 1**

1	RAMCHANDRA SANGA	173	03/12/03	JHARKHAND	50.06
2	ARAVINDH AKASH K R	178	01/03/03	TAMIL NADU	50.48
3	HARDEEP KUMAR	177	27/06/03	PUNJAB	51.26
4	ARJUN SINGH	165	09/02/03	GUJARAT	52.42
5	SHUBHAM KUMAR	179	24/01/04	UTTAR PRADESH	53.53
6	VASU SAPOLIA	172	12/06/03	JAMMU & KASHMIR	54.09
7	GURNOOR SINGH	201	07/02/03	PUNJAB	54.23
	ANSHUL .	164	04/04/04	DELHI	DNS

**RESULTS OF PRELIMS Heat 1**

1	ANSHUL .	164	04/04/04	DELHI	51.11
2	RAMCHANDRA SANGA	173	03/12/03	JHARKHAND	51.49
3	HARDEEP KUMAR	177	27/06/03	PUNJAB	51.62
4	SHUBHAM KUMAR	179	24/01/04	UTTAR PRADESH	52.92
5	UMESH SHARMA	167	31/03/03	HARYANA	53.47
	53.468				
6	PRABHAT KUMAR	169	11/03/02	HIMACHAL PRADESH	58.64
7	ADETYA SINGH	171	02/03/03	JAMMU & KASHMIR	1:01.16
8	AZAD SINGH	166	15/08/03	HARYANA	1:04.74

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**RESULTS OF PRELIMS Heat 2**

1	ARJUN SINGH	165	09/02/03	GUJARAT	52.10
2	ARAVINDH AKASH K R	178	01/03/03	TAMIL NADU	52.17
3	GURNOOR SINGH	201	07/02/03	PUNJAB	52.83
4	VASU SAPOLIA	172	12/06/03	JAMMU & KASHMIR	53.47
	53.463				
5	ROHIT KUMAR	168	21/11/02	HIMACHAL PRADESH	54.22
6	KULPREET SINGH	176	28/11/03	PUNJAB	54.90
7	ARVIND KUMAR	170	01/05/04	HIMACHAL PRADESH	55.25
8	DEEP MUKHYA	180	01/03/03	WEST BENGAL	55.65

**Event # 5 WOMENS 400m Run**

1	NEESHU KUMARI	182	29/10/97	DELHI	59.27
2	KRITIKA SHARMA	183	08/09/98	HIMACHAL PRADESH	1:04.58
3	ANURADHA NA	181	21/08/96	DELHI	1:10.39
	TARANPREET KAUR	184	01/05/94	PUNJAB	DNS

**Event # 6 UNDER 20 GIRLS 400m Run**

1	ANJANA .	197	10/02/00	HIMACHAL PRADESH	1:08.93
2	POOJA .	199		HIMACHAL PRADESH	1:09.42
3	ANITA THAKUR	193	17/01/00	HIMACHAL PRADESH	1:18.46
4	SHARDA .	195	08/03/00	HIMACHAL PRADESH	1:20.23
5	KUSMA .	194	27/07/00	HIMACHAL PRADESH	1:21.32

**Event # 7 UNDER 18 GIRLS 400m Run**

1	CERLIN ROHETA	186	27/06/01	TAMIL NADU	1:03.69
2	TAMANNA .	196	01/09/01	HIMACHAL PRADESH	1:08.75
3	GANGA .	198	18/02/02	HIMACHAL PRADESH	1:16.67
	YUKTA GHOSALKAR	185	03/06/02	MADHYA PRADESH	DNS

**Event # 8 UNDER 16 GIRLS 400m Run**

1	FLORENCE BARLA	190	01/01/03	JHARKHAND	56.70
2	PAYAL VOHRA	187	04/06/03	DELHI	58.30
3	JYOTI .	192	04/02/04	HIMACHAL PRADESH	1:07.75
4	ASTHA .	200	01/11/04	HIMACHAL PRADESH	1:08.62
5	ANKITA SHARMA	204	10/09/03	HIMACHAL PRADESH	1:12.14
6	TANVI KOHLI	189	12/09/03	JAMMU & KASHMIR	1:17.52
7	AASTHA .	188	17/12/02	HARYANA	1:36.13
	DIVYA SINGH	191	17/08/03	UTTAR PRADESH	DNS