

# INDIA ATHLETICS TOP-30 LISTS 2019 (Compiled by: Ram. Murali Krishnan)

ver.2

## MEN

### 100m

10.35	0.3	1	Gurindervir Singh	PUN	24.12.2000	FedCup	Patiala	18-Mar-2019
10.43	1.0	1s3	Harjit Singh	PUN	28.08.1997	ONAC	Ranchi	11-Oct-2019
10.46	0.6	1	Amiya Kumar Mallick	ORI	14.11.1992	ONAC	Ranchi	11-Oct-2019
10.50	-0.2	2s3	Elakkiyadasan V K	TN	31.01.1995	FedCup	Patiala	17-Mar-2019
10.50	0.3	3	Siva Kumar B	TN	13.10.1994	FedCup	Patiala	18-Mar-2019
10.50	1.0	2s3	Pranav K S	KER	05.06.1997	ONAC	Ranchi	11-Oct-2019
10.53		1s2	Kiran Bhosale	MAH	17.09.1998	MahSC	Mumbai	25-Jun-2019
10.53	0.6	8	Abhijith B Nair	KER	02.10.1996	ONAC	Ranchi	11-Oct-2019
10.56	0.5	1	Chintha Sudhakar	TEL	18.05.1997	Int-Rly	Pune	20-Aug-2019
10.57	0.7	4s2	Aswin K P	KER	15.09.1996	ONAC	Ranchi	11-Oct-2019
10.59	-1.1	1	Vidyasagar S	KAN	10.06.1992	ISAC	Lucknow	30-Aug-2019
10.60	0.3	1s1	Satnam Singh	PUN	27.03.1991	ISAC	Lucknow	30-Aug-2019
10.60	0.1	1	Lovepreet Singh	PUN	27.11.1999	NJC-U20	Mangalagiri	3-Nov-2019
10.61		1s1	Kshitij Bhoite	MAH	15.03.1998	MahSC	Mumbai	25-Jun-2019
10.65	0.0	1	Arokia Rajiv	TN	22.05.1991	NGP	Patiala	23-Feb-2019
10.65		2s2	Aniruddha Gujar	MAH	14.11.1990	MahSC	Mumbai	25-Jun-2019
10.65	0.0	1	Ritik Malik	DEL	10.11.2001	NJC-U18	Mangalagiri	3-Nov-2019
10.66	0.3	2s1	Safikul Mondal	WB	08.07.1996	ISAC	Lucknow	29-Aug-2019
10.66	-1.1	2	Nuzrat	HAR	22.11.1999	ISAC	Lucknow	30-Aug-2019
10.68	0.3	5	Gurlal Singh	PUN	22.09.1989	FedCup	Patiala	18-Mar-2019
10.68		2	Nithin B	TN	12.04.1999	TNSC	Tiruchirapalli	22-Jun-2019
10.68	0.5	3	Prajwal Mandana	KAN	02.02.1999	Int-Rly	Pune	20-Aug-2019
10.70	0.7	4s1	Midhun T	KER	13.03.1997	ONAC	Ranchi	11-Oct-2019
10.71		1h6	Shashikanth V A	KAN	24.06.2002	NSG-U19	Nadiad	15-Feb-2019
10.71		1s1	Mohd Akram	UP	13.07.2001	NSG-U19	Nadiad	15-Feb-2019
10.71		1h3	Vignesh A	TN	04.07.1996	TNSC	Tiruchirapalli	22-Jun-2019
10.71		1	Bharath Yadav P	AP	07.09.2002	SZJC-U18	Udupi	14-Sep-2019
10.72		2h6	Rinku Singh	UP	15.06.2002	NSG-U19	Nadiad	15-Feb-2019
10.72		2s1	Babasaheb Mandlik	MAH		MahSC	Mumbai	25-Jun-2019

#### Questionable timing:

10.27	0.2	1	Abhijith B Nair	KER	02.10.1996	Int-Ser	Pune	10-Sep-2019
10.35	0.2	2	Vidyasagar S	KAN	10.06.1992	Int-Ser	Pune	10-Sep-2019
10.39	0.2	3	Pranav K S	KER	05.06.1997	Int-Ser	Pune	10-Sep-2019
10.46	0.2	4	Satnam Singh	PUN	27.03.1991	Int-Ser	Pune	10-Sep-2019
10.60	0.2	5	Bhaskarya Bharali	DEL	18.11.1994	Int-Ser	Pune	10-Sep-2019

#### Wind-assisted marks:

10.51	2.4	1s3	Nuzrat	HAR	22.11.1999	ISAC	Lucknow	29-Aug-2019
10.71	2.4	3s3	Vinit Panwar	MANI	14.03.1989	ISAC	Lucknow	29-Aug-2019

#### Provisionally suspended for doping:

10.56		(1s3)	Jaykumar Gavade	MAH	05.01.1994	MahSC	Mumbai	25-Jun-2019
10.69		(3s2)	Akshay Ekonkar	MAH	10.07.1997	MahSC	Mumbai	25-Jun-2019

**Better hand-timing:**

10.2	1	Elakkiyadasan V K	TN	31.01.1995	Petroleum	Bambolim	13-Feb-2019
10.3	1	Prajwal Mandana	KAN	02.02.1999	KanSC	Bengaluru	27-Jul-2019
10.4	1	Rishwanth S	TN	28.08.1998	CM Trophy	Tiruchirapalli	24-Feb-2019

**200m**

20.74	1.7	1rA Arokia Rajiv	TN	22.05.1991	NGP	Panchkula	6-Mar-2019
20.75	0.1	3 Muhammed Anas Y	KER	17.09.1994	Poznan GP	Poznan, POL	2-Jul-2019
20.91	0.7	1 Nithin B	TN	12.04.1999	ISAC	Lucknow	28-Aug-2019
21.16	0.1	1 Muhammed Ajmal V	KER	01.06.1998	Int-Ser	Pune	7-Sep-2019
21.27		1 Akshay Nain	DEL	07.06.2000	DeISC	New Delhi	3-Aug-2019
21.30	0.1	5 Noah Nirmal Tom	KER	13.11.1994	Poznan GP	Poznan, POL	2-Jul-2019
21.34	0.8	1 Shanmuga Sreenivas N	AP	09.10.2002	NJC-U18	Mangalagiri	6-Nov-2019
21.35	0.8	2 Shashikanth V A	KAN	24.06.2002	NJC-U18	Mangalagiri	6-Nov-2019
21.37	0.9	1 Abhinav Panwar	DEL	03.08.1999	ONAC	Ranchi	13-Oct-2019
21.38	0.1	2 Ashok K	AP	10.04.1993	Int-Ser	Pune	7-Sep-2019
21.41	0.6	1 Akash Kumar	UP	01.01.1999	FedCup	Patiala	16-Mar-2019
21.41	0.1	3 Vignesh R	TN	08.09.1993	Int-Ser	Pune	7-Sep-2019
21.41	1.7	1 Abhin B Devadiga	KAN	15.08.2001	NJC-U20	Mangalagiri	6-Nov-2019
21.42	1.3	1s2 Elakkiyadasan V K	TN	31.01.1995	FedCup	Patiala	15-Mar-2019
21.43	1.7	2 Prasad Ahire	MAH	24.04.2001	NJC-U20	Mangalagiri	6-Nov-2019
21.44	1.7	3s1 Parmvir Singh	HAR	10.07.1996	ONAC	Ranchi	13-Oct-2019
21.44	0.9	3 Manikanda Arumugam	TN	15.07.1989	ONAC	Ranchi	13-Oct-2019
21.47		2h1 Kathiravan G	TN	09.12.1998	TNSC	Tiruchirapalli	23-Jun-2019
21.49	0.1	4 Vidyasagar S	KAN	10.06.1992	Int-Ser	Pune	7-Sep-2019
21.50	1.6	1 Gajanand Mistry	GUJ	08.05.1992	Kolpakova	Bishkek, KGZ	14-Jul-2019
21.56	0.1	2s2 Vikas Sheokand	HAR	26.08.1999	ISAC	Lucknow	27-Aug-2019
21.57		3h1 Syed Aness A	TN	16.11.1999	TNSC	Tiruchirapalli	23-Jun-2019
21.59	1.7	3rA Lovepreet Singh	PUN	27.11.1999	NGP	Panchkula	6-Mar-2019
21.59	0.4	2 Siva Kumar B	TN	13.10.1994	Int-Rly	Pune	22-Aug-2019
21.59	0.1	5 Sajin V	KER	28.01.1991	Int-Ser	Pune	7-Sep-2019
21.60		1h2 Punniasuriyan P	TN		TNSC	Tiruchirapalli	23-Jun-2019
21.63	-0.1	2s1 Amiya Kumar Mallick	ORI	14.11.1992	ISAC	Lucknow	27-Aug-2019
21.64		2h2 Vignesh A	TN	04.07.1996	TNSC	Tiruchirapalli	23-Jun-2019
21.65	-0.1	2s1 Gurlal Singh	PUN	22.09.1989	FedCup	Patiala	15-Mar-2019
21.67	0.7	5 Rohith	KAN	25.08.1997	ISAC	Lucknow	28-Aug-2019

**Provisionally suspended for doping:**

21.48	(1s3)	Jaykumar Gavade	MAH	05.01.1994	MahSC	Mumbai	26-Jun-2019
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**Better hand-timing:**

21.3	2	Gurindervir Singh	PUN	24.12.2000	Petroleum	Bambolim	15-Feb-2019
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**400m**

45.21 NR	1rA	Muhammed Anas Y	KER	17.09.1994	Kladenske	Kladno, CZE	13-Jul-2019
45.37	4	Arokia Rajiv	TN	22.05.1991	AsiCh	Doha, QAT	22-Apr-2019
45.75	2	Noah Nirmal Tom	KER	13.11.1994	IntCh	Mlada Boleslav, CZE	24-Aug-2019
46.17	1	Alex Antony	KER	03.09.1994	ISAC	Lucknow	28-Aug-2019

46.32	2	Amoj Jacob P A	DEL	02.05.1998	ONAC	Ranchi	12-Oct-2019
46.46	1	Harsh Kumar	HAR	25.12.1997	Kosanov	Almaty, KAZ	7-Jul-2019
46.47	3	Kunhu Muhammed P P	KER	05.03.1987	FedCup	Patiala	18-Mar-2019
46.47	3rA	Jeevan K S	KAN	26.01.1993	Mezinarodni	Nove Mesto nad Metuji, CZE	20-Jul-2019
46.84	2s3	Jithu Baby	KER	01.04.1993	FedCup	Patiala	17-Mar-2019
46.92	4	Sajin V	KER	28.01.1991	ONAC	Ranchi	12-Oct-2019
46.96	5	Jabir M P	KER	08.06.1996	IntCh	Mlada Boleslav, CZE	24-Aug-2019
46.96	3	Sachin Roby	KER	27.04.1992	ISAC	Lucknow	28-Aug-2019
47.08	5	Santhosh Kumar T	TN	01.01.1998	ISAC	Lucknow	28-Aug-2019
47.13	2	Gajanand Mistry	GUJ	08.05.1992	Kosanov	Almaty, KAZ	7-Jul-2019
47.20	1rB	Mohan Kumar R	TN	14.12.1996	Mezinarodni	Nove Mesto nad Metuji, CZE	20-Jul-2019
47.25	1h3	Vikrant Panchal	DEL	30.01.2000	ISAC	Lucknow	27-Aug-2019
47.27	2	Rahul Baby	KER	28.08.1987	Int-Ser	Pune	8-Sep-2019
47.28	3s1	Parmvir Singh	HAR	10.07.1996	ONAC	Ranchi	11-Oct-2019
47.34	6	Dharun Ayyasamy	TN	31.12.1996	IntCh	Mlada Boleslav, CZE	24-Aug-2019
47.34	3s2	Angrej Singh	HAR	19.02.1994	ONAC	Ranchi	11-Oct-2019
47.56	4s1	Ravinder	HAR	05.07.1997	ONAC	Ranchi	11-Oct-2019
47.63	3s2	Pankaj Malik	HAR	03.07.1998	FedCup	Patiala	17-Mar-2019
47.68	4	Eusup Ali	ASM	01.01.1990	Int-Ser	Pune	8-Sep-2019
47.69	4s2	Nagaraj Kudubhavi	KAN	01.06.1990	ISAC	Lucknow	28-Aug-2019
47.70	1rC	Sarthak Bhambri	DEL	14.08.1998	NGP	Patiala	16-Aug-2019
47.76	2	Muhammed Rashid	DEL	08.01.2001	NJC-U20	Mangalagiri	3-Nov-2019
47.82	1	Vellayathevan V	TN	05.06.1995	Int-Rly	Pune	20-Aug-2019
47.90	1	Abdul Razak C R	KER	23.05.2002	NJC-U18	Mangalagiri	3-Nov-2019
47.94	1	Amit Balayan	HAR	11.12.1999	JFC	Tiruvannamalai	25-Sep-2019
47.96	5s1	Rohan Kumar	KAN	27.10.1999	ISAC	Lucknow	28-Aug-2019

**Better hand-timing:**

46.7	1	Sachin Roby	KER	27.04.1992	KanSC	Bengaluru	28-Jul-2019
47.0	2	Rohan Kumar	KAN	27.10.1999	KanSC	Bengaluru	28-Jul-2019

**800m**

1:48.35	1	Mohammed Afsal P	KER	03.02.1996	ISAC	Lucknow	28-Aug-2019
1:48.54	1	Manjit Singh Chahal	HAR	01.09.1989	NGP	Patiala	23-Feb-2019
1:49.03	2	Mujamil A	TN	24.02.1998	ISAC	Lucknow	28-Aug-2019
1:49.57	3	Ankit	HAR	01.12.1999	NGP	Patiala	23-Feb-2019
1.49.68	1	Jinson Johnson	KER	15.03.1991	FedCup	Patiala	16-Mar-2019
1:50.05	2	Ankesh Chaudhary	HP	28.12.1998	Int-Ser	Pune	7-Sep-2019
1:50.14	4	Beant Singh	HAR	10.01.1999	NGP	Patiala	23-Feb-2019
1:50.3 h	1	Vishwambhar Kolekar	KAN	28.07.1991	KanSC	Bengaluru	28-Jul-2019
1:50.86	3	Amoj Jacob P A	DEL	02.05.1998	FedCup	Patiala	16-Mar-2019
1:51.05	4rA	Jithu Baby	KER	01.04.1993	NGP	Sangrur	2-Mar-2019
1:51.26	5rA	Sukhanpreet Singh	PUN	30.04.1998	NGP	Sangrur	2-Mar-2019
1:51.31	5	Arun Kumar	DEL	01.12.1995	NGP	Patiala	23-Feb-2019
1:51.48	3h1	Sajeesh Joseph	KER	14.01.1987	FedCup	Patiala	15-Mar-2019
1:51.48	2	Mathesh B	TN	03.01.2002	AYC	Hongkong, HKG	17-Mar-2019
1:51.5 h	1	Sree Kiran N	TN	29.09.2001	Petroleum	Bambolim	15-Feb-2019

1:51.5 h	1	Md Shakil	WB	05.10.1993	WBSC	Kolkata	10-Aug-2019
1:51.62	2	Gurkomal Singh Gill	PUN	12.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
1:51.87	1	Irfan	UP	21.04.2003	JFC	Tiruvannamalai	26-Sep-2019
1:51.88	3	Pushpendra Singh	DEL	15.12.1999	NJC-U20	Mangalagiri	5-Nov-2019
1:51.90	4	Ajith G	GUJ	08.08.1994	Int-Ser	Pune	7-Sep-2019
1:52.0 h	2	Shashi Bhushan Singh	WB	10.01.1996	WBSC	Kolkata	10-Aug-2019
1:52.13	4h1	Jeeva Saran A	TN	13.12.1996	FedCup	Patiala	15-Mar-2019
1:52.17	4	Mandeep Goyat	GOA	20.12.1995	ISAC	Lucknow	28-Aug-2019
1:52.18	5	Sachchelal Patel	UTK	09.03.1996	Int-Ser	Pune	7-Sep-2019
1:52.18	4	Tapas Dey	WB	27.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
1:52.28	1	Vellayathevan V	TN	05.06.1995	TNSC	Tiruchirapalli	23-Jan-2019
1:52.28	5	Pankaj Gariya	UTK	19.07.1999	ISAC	Lucknow	28-Aug-2019
1:52.3 h	2	Anu Kumar	UTK	02.11.2002	Petroleum	Bambolim	15-Feb-2019
1:52.3 h	2	Devaiah T H	KAN	01.02.1998	KanSC	Bengaluru	28-Jul-2019
1:52.33	5	Gaurav Yadav B	TN	16.12.1999	NJC-U20	Mangalagiri	5-Nov-2019

### 1500m

3:35.24 NR	2	Jinson Johnson	KER	15.03.1991	ISTAF	Berlin, GER	1-Sep-2019
3:40.39	11	Ajay Kumar Saroj	UP	01.05.1997	Next Gen	Nijmegen, NED	15-Jun-2019
3:44.94	3	Rahul	UP	01.12.1996	FedCup	Patiala	18-Mar-2019
3:45.07	2	Ajeet Kumar	GUJ	03.07.1999	ISAC	Lucknow	30-Aug-2019
3:45.37	1	Manjit Singh Chahal	HAR	01.09.1989	NGP	Panchkula	6-Mar-2019
3:45.42	5h1	Shashi Bhushan Singh	WB	10.01.1996	WUG	Napoli, ITA	8-Jul-2019
3:45.85	4	Sahil Thakran	HAR	15.07.1998	ISAC	Lucknow	30-Aug-2019
3:48.00	5	Ankit	HAR	01.12.1999	ONAC	Ranchi	11-Oct-2019
3:48.10	6	Bir Singh	HAR	20.07.1990	ONAC	Ranchi	11-Oct-2019
3:48.44	5	Lakshmanan G	TN	05.06.1990	ISAC	Lucknow	30-Aug-2019
3:48.52	1	Sunil Dawar	MP	02.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
3:48.81	5	Vishwambhar Kolekar	KAN	28.07.1991	FedCup	Patiala	18-Mar-2019
3:49.05	6	Arun Kumar	PUN	27.07.1996	ISAC	Lucknow	30-Aug-2019
3:49.38	5	Satish Kumar	RAJ	06.05.1994	NGP	Panchkula	6-Mar-2019
3:50.18	7	Rakesh Mandal	UTK	16.04.1999	ONAC	Ranchi	11-Oct-2019
3:50.74	7	Jasbeer	HAR	17.08.1994	FedCup	Patiala	18-Mar-2019
3:52.07	9	Anu Kumar	UTK	02.11.2002	ONAC	Ranchi	11-Oct-2019
3:52.20	2	Sajeesh Joseph	KER	14.01.1987	Int-Rly	Pune	20-Aug-2019
3:52.34	5	Dinesh Lathwal	HAR	13.04.1997	NGP	New Delhi	27-Feb-2019
3:52.87	3	Vikas	HAR	19.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
3:54.11	1	Uttam Yadav	UP	09.09.2003	NSG-U17	Sangrur	5-Dec-2019
3:54.24	5h2	Manoj-1	HAR	15.11.1992	FedCup	Patiala	17-Mar-2019
3:54.25	2	Arjun Waskale	MP	03.07.2003	NSG-U17	Sangrur	5-Dec-2019
3:54.37	3	Abhishek Thakur	MP	04.12.2005	NSG-U17	Sangrur	5-Dec-2019
3:55.07	7	Mukesh Kumar Yadav	UP	12.10.1995	NGP	New Delhi	27-Feb-2019
3:55.10	6	Parvesh	HAR	18.07.1997	NGP	Panchkula	6-Mar-2019
3:55.24	1	Harendra Kumar	DEL	12.03.2002	DelSC-U18	New Delhi	5-Aug-2019
3:55.85	1	Sachchelal Patel	UTK	09.03.1996	TNSC	Tiruchirapalli	22-Jun-2019
3:55.89	1	Chaitanya Holgare	MAH	07.07.1999	MahSC	Mumbai	26-Jun-2019

3:56.11	1	Shravan Kumar	UP	12.03.2001	JFC	Tiruvannamalai	25-Sep-2019
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### 3000m

8:07.72	4	Abhishek Pal	UP	15.07.1997	Flanders	Leuven, BEL	17-Aug-2019
8:19.54	6	Gavit Murli Kumar	GUJ	08.01.1997	Bestseller	Goleniow, POL	26-Jun-2019
8:27.14	1	Sunil Dabar	MP	02.08.2001	NSG-U19	Nadiad	16-Feb-2019
8:32.06	2	Bharat Verma	UTK	05.10.2001	NSG-U19	Nadiad	16-Feb-2019
8:32.07	1	Arjun Waskale	MP	03.07.2003	NSG-U17	Sangrur	7-Dec-2019
8:33.37	3	Sathish Kumar M	TN	12.07.2001	NSG-U19	Nadiad	16-Feb-2019
8:34.07	1	Sumit Kundu	HAR	12.12.2001	NJC-U18	Mangalagiri	6-Nov-2019
8:34.19	1	Sachin Yadav	MP	25.12.2002	NSG-U19	Sangrur	11-Dec-2019
8:34.97	2	Sanjay Kumar	UP	07.03.2002	NSG-U19	Sangrur	11-Dec-2019
8:35.14	3	Sushant Jedhe	MAH	05.11.2001	NSG-U19	Sangrur	11-Dec-2019
8:36.34	2	Amit Jangir	RAJ	20.07.2002	AYC	Hongkong, HKG	17-Mar-2019
8:36.47	2	Puneet Yadav	HAR	19.12.2002	NJC-U18	Mangalagiri	6-Nov-2019
8:36.67	4	Vishnu Biju	KER	30.05.2002	NSG-U19	Sangrur	11-Dec-2019
8:38.51	3	Monu	MAH	30.03.2002	NJC-U18	Mangalagiri	6-Nov-2019
8:38.52	2	Gagan	HAR	21.12.2003	NSG-U17	Sangrur	7-Dec-2019
8:39.47	4	Nitesh Rathva	GUJ	27.01.2000	NSG-U19	Nadiad	16-Feb-2019
8:39.52	5	Ajay	HAR	29.01.2002	NSG-U19	Sangrur	11-Dec-2019
8:41.56	6	Kiran Matre	MAH	05.08.2001	NSG-U19	Sangrur	11-Dec-2019
8:45.57	1	Harendra Kumar	DEL	12.03.2002	DelSC-U18	New Delhi	4-Aug-2019

### 5000m

13:48.99	5	Gavit Murli Kumar	GUJ	08.01.1997	AsiCh	Doha, QAT	24-Apr-2019
13:56.09	6	Abhishek Pal	UP	15.07.1997	AsiCh	Doha, QAT	24-Apr-2019
14:04.22	1	Lakshmanan G	TN	05.06.1990	NGP	Sangrur	2-Mar-2019
14:11.72	2h2	Kisan Tadvi	MAH	10.01.1998	WUG	Napoli, ITA	11-Jul-2019
14:23.80	1	Arun Kumar		01.12.1995	Int-Rly	Pune	20-Aug-2019
14:24.58	4	Ajeet Kumar	GUJ	03.07.1999	FedCup	Patiala	15-Mar-2019
14:24.69	2	Srinu Bugatha	AP	16.06.1992	Int-Ser	Pune	7-Sep-2019
14:25.25	5	Rakesh Mandal	UTK	16.04.1999	FedCup	Patiala	15-Mar-2019
14:25.49	1	Shravan Kumar	UP	03.12.2001	UPSC	Kanpur	24-May-2019
14:26.55	6	Belliappa A B	KAN	11.02.1992	FedCup	Patiala	15-Mar-2019
14:28.52	3	Man Singh	UTK	20.06.1989	Int-Ser	Pune	7-Sep-2019
14:29.61	2	Ravi Kumar	UP	20.08.1996	UPSC	Kanpur	24-May-2019
14:30.93	1	Sunil Dawar	MP	02.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
14:31.21	2	Virender Kumar Pal	MAH	15.10.1996	Int-Rly	Pune	20-Aug-2019
14:32.58	3	Jugesh Kumar Bind	UP	14.04.2001	UPSC	Kanpur	24-May-2019
14:34.71	2	Bahadur Patel	MP	31.12.1999	NJC-U20	Mangalagiri	4-Nov-2019
14:34.78	3	Gurpreet	HAR	24.12.1999	NJC-U20	Mangalagiri	4-Nov-2019
14:35.61	2	Narendra Pratap Singh	MAH	05.03.1997	MahSC	Mumbai	25-Jun-2019
14:36.10	4	Vikas	HAR	19.12.2000	NJC-U20	Mangalagiri	4-Nov-2019
14:36.52	4	Sandeep Singh	PUN	11.11.1995	Int-Ser	Pune	7-Sep-2019
14:37.79	7	Dharmendra Kumar Yadav	UP	02.12.1998	FedCup	Patiala	15-Mar-2019
14:38.81	3	Vishnu Veer Singh			Int-Rly	Pune	20-Aug-2019

14:39.95	4	Robin			Int-Rly	Pune	20-Aug-2019
14:41.36	10h1	Ajay Kumar Bind	UP	04.02.1999	WUG	Napoli, ITA	11-Jul-2019
14:42.34	9	Harshad Mhatre	MAH	09.08.1997	FedCup	Patiala	15-Mar-2019
14:42.47	5	Deepak Chaudhary			Int-Ser	Pune	7-Sep-2019
14:43.94	2	Sathish Kumar M	TN	12.07.2001	JFC	Tiruvannamalai	24-Sep-2019
14:44.28	10	Shrawan Kumar Beniwal	RAJ	16.08.1998	FedCup	Patiala	15-Mar-2019
14:46.14	6	Arjun Kumar	UP	03.12.1997	ISAC	Lucknow	27-Aug-2019
14:46.58	3	Kalidas Hirave	MAH	24.09.1991	MahSC	Mumbai	25-Jun-2019

### 10000m

28:38.34	3	Gavit Murli Kumar	GUJ	08.01.1997	AsiCh	Doha, QAT	21-Apr-2019
29:22.37	2	Abhishek Pal	UP	15.07.1997	FedCup	Patiala	17-Mar-2019
29:25.16	3	Kalidas Hirave	MAH	24.09.1991	FedCup	Patiala	17-Mar-2019
29:25.56	1	Suresh Kumar	UTK	01.07.1991	ONAC	Ranchi	10-Oct-2019
29:26.41	4	Lakshmanan G	TN	05.06.1990	FedCup	Patiala	17-Mar-2019
29:31.42	5	Vasudev Nishad	UP	12.02.1993	FedCup	Patiala	17-Mar-2019
29:41.35	2	Ranjeet Kumar Patel	MAH	17.12.1993	ONAC	Ranchi	10-Oct-2019
29:51.28	6	Kartik Kumar	UP	12.05.1999	FedCup	Patiala	17-Mar-2019
30:01.87	7	Srinu Bugatha	AP	16.06.1992	FedCup	Patiala	17-Mar-2019
30:14.73	4	Shrawan Kumar Beniwal	RAJ	16.08.1998	ONAC	Ranchi	10-Oct-2019
30:18.59	8	Pradeep Singh Chaudhary	UTK	06.06.1990	FedCup	Patiala	17-Mar-2019
30:24.26	9	Belliappa A B	KAN	11.02.1992	FedCup	Patiala	17-Mar-2019
30:24.82	10	Rakesh Sen	DEL	04.03.1988	FedCup	Patiala	17-Mar-2019
30:29.78	6	Narendra Pratap Singh	MAH	05.03.1997	ONAC	Ranchi	10-Oct-2019
30:31.93	7	Arjun Kumar	UP	03.12.1997	ONAC	Ranchi	10-Oct-2019
30:32.21	2	Vikram Bangriya	MAH	02.04.1994	Int-Ser	Pune	10-Sep-2019
30:37.91	2	Harshad Mahatre	MAH	09.08.1997	Int-Rly	Pune	21-Aug-2019
30:37.95	8	Mukesh Kumar	DEL	05.06.1994	ONAC	Ranchi	10-Oct-2019
30:38.62	11	Kisan Tadvi	MAH	10.01.1998	FedCup	Patiala	17-Mar-2019
30:41.11	12	Dhanavat Pralhad	MAH	28.01.1994	FedCup	Patiala	17-Mar-2019
30:45.35	4	Dinesh Kumar		24.06.1995	Int-Ser	Pune	10-Sep-2019
30:52.00	1	Gurpreet	HAR	24.12.1999	NJC-U20	Mangalagiri	2-Nov-2019
30:52.75	1	Gopi T	KER	24.05.1988	ISAC	Lucknow	29-Aug-2019
30:52.91	13	Pawan Oli	MAH	11.02.1993	FedCup	Patiala	17-Mar-2019
30:53.51	11	Dipak Suhaug	GOA	31.12.1992	ONAC	Ranchi	10-Oct-2019
30:57.11	14	Rahul Kumar Pal	MAH	01.02.1993	FedCup	Patiala	17-Mar-2019
30:58.74	4	Robin			Int-Rly	Pune	21-Aug-2019
31:03.84	15	Dharmendra Kumar Yadav	UP	02.12.1998	FedCup	Patiala	17-Mar-2019
31:11.93	2	Sathish Kumar M	TN	12.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
31:17.98	16	Ramvilas Yadav	UP	10.12.1995	FedCup	Patiala	17-Mar-2019

### Half-Marathon

64:33	12	Srinu Bugatha	AP	16.06.1992	ADHM	New Delhi	20-Oct-2019
64:37	1	Anish Thapa		19.09.1990	Vasai	Virar	8-Dec-2019
64:42	2	Tirtha Pun		24.05.1989	Vasai	Virar	8-Dec-2019
64:46	3	Dinesh Kumar		24.06.1995	Vasai	Virar	8-Dec-2019

64:57	13	Suresh Kumar	UTK	01.07.1991	ADHM	New Delhi	20-Oct-2019
65:12	14	Harshad Mahatre	MAH	09.08.1997	ADHM	New Delhi	20-Oct-2019
65:16	15	Man Singh	UTK	20.06.1989	ADHM	New Delhi	20-Oct-2019
65:21	2	Shrawan Kumar Beniwal	RAJ	16.08.1998		Bhopal	1-Dec-2019
65:27	16	Durga Bahadur Budha	UTK	03.05.1990	ADHM	New Delhi	20-Oct-2019
66:07	2	Shankar Man Thapa		18.08.1992	TMM	Mumbai	20-Jan-2019
66:35	18	Kartik Kumar	UP	12.05.1999	ADHM	New Delhi	20-Oct-2019
66:38	3	Kalidas Laxman Hirve	MAH	24.09.1991	TMM	Mumbai	20-Jan-2019
66:50	19	Narendra Pratap Singh	UP	05.03.1997	ADHM	New Delhi	20-Oct-2019
66:56	1	Hari Singh				Vadodara	6-Jan-2019
67:11	5	Belliappa A B	KAN	11.02.1992	TMM	Mumbai	20-Jan-2019
67:17	20	Pradep Singh Chaudhary		06.06.1990	ADHM	New Delhi	20-Oct-2019
67:27	2	Kuldeep Singh				Vadodara	6-Jan-2019
67:35	3	Vishnu Nandan Rathore				Vadodara	6-Jan-2019
67:38	6	Vikram Bharat Bangaria		02.04.1994	TMM	Mumbai	20-Jan-2019
68:17	5	Naveen Ishwar			Vasai	Virar	8-Dec-2019

### Marathon

2:13:39	11	Thonakal Gopi	KER	24.05.1988	Int'l	Seoul, KOR	17-Mar-2019
2:15:52	11	Nitender Singh Rawat	UTK	29.09.1986	TMM	Mumbai	20-Jan-2019
2:20:10	14	Karan Singh	MAH	08.08.1990	TMM	Mumbai	20-Jan-2019
2:21:01	16	Raspal Singh Billa	PUN	01.02.1988	TMM	Mumbai	20-Jan-2019
2:21:12	17	Bahadur Singh Dhoni	UTK	02.05.1987	TMM	Mumbai	20-Jan-2019
2:22:07	3	Sher Singh		10.01.1992	SAG	Kathmandu, NEP	7-Dec-2019
2:24:22	1	Mohit Rathore			Vasai	Virar	8-Dec-2019
2:26:15	1	Ashish Kumar			AU Bank	Jaipur	3-Feb-2019
2:26:20		Laljee Yadav		01.01.1989	TMM	Mumbai	20-Jan-2019
2:26:42	1	Kishor Dagduba Gavhane			MVP	Nashik	6-Jan-2019
2:26:57		Durga Bahadur Budha	UTK	03.05.1990	TMM	Mumbai	20-Jan-2019
2:28:27	3	Manavendra Singh			IDBI	New Delhi	24-Feb-2019
2:28:36	1	Rahul Kumar Pal		01.12.1996	Indira	Prayagraj	19-Nov-2019
2:29:22	4	Pankaj Dhaka			IDBI	New Delhi	24-Feb-2019
2:29:38	7	Ravi Kumar				Pune	1-Dec-2019
2:29:48	2	Harendra Chouhan			Indira	Prayagraj	19-Nov-2019
2:30:36	3	Navin H Hooda	HAR	19.07.1991	MVP	Nashik	6-Jan-2019
2:31:41	2	Sukhdev Singh			Vasai	Virar	8-Dec-2019
2:32:01		Pradeep Singh Chaudhary	GUJ		TMM	Mumbai	20-Jan-2019
2:32:02	4	Abhimanyu Kumar			MVP	Nashik	6-Jan-2019

### 3000m Steeplechase

8:21.37 NR	13	Avinash Sable	MAH	13.09.1994	WCh	Doha, QAT	4-Oct-2019
8:34.66	2	Shankar Lal Swami	RAJ	07.05.1996	FedCup	Patiala	18-Mar-2019
8:44.96	1	Durga Bahadur Budha	UTK	03.05.1990	ONAC	Ranchi	13-Oct-2019
8:53.69	4	Rakesh Kumar Swami	RAJ	07.01.1994	FedCup	Patiala	18-Mar-2019
9:03.22	3	Balkishan	HAR	09.11.1998	ONAC	Ranchi	13-Oct-2019
9:07.62	5	Mohd Nur Hasan	UP	18.08.2001	FedCup	Patiala	18-Mar-2019

9:08.17	5	Paul Mathew J	KER	27.09.1996	ISAC	Lucknow	30-Aug-2019
9:08.19	6	Amit Chandulal Parmar	GUJ	17.01.1994	ISAC	Lucknow	30-Aug-2019
9:13.06	1	Atul Gamit	GUJ	20.01.2002	JFC	Tiruvannamalai	26-Sep-2019
9:15.83	6	Haribaksh Singh	UP	15.08.1997	FedCup	Patiala	18-Mar-2019
9:17.94	5	Bipin George	KER	19.02.1998	Int-Ser	Pune	10-Sep-2019
9:19.96	2	Suraj Pal	UP	02.05.2002	JFC	Tiruvannamalai	26-Sep-2019
9:20.8	1	Atul Poonia			KanSC	Bengaluru	28-Jul-2019
9:22.89	1	Nagraj Khusarane	MAH	06.07.1995	Int-Rly	Pune	22-Aug-2019
9:23.74	6	Dising Phawa	MEG	15.12.1996	ONAC	Ranchi	13-Oct-2019
9:24.86	8	Kuldeep Singh	UP	09.04.1998	FedCup	Patiala	18-Mar-2019
9:24.90	3	Kashyap Giridhar Sang	GUJ	01.09.2001	JFC	Tiruvannamalai	26-Sep-2019
9:24.96	2	Vicky Tomar	UP	10.04.1997	Int-Rly	Pune	22-Aug-2019
9:27.25	6	Ravi Kumar	UP	20.08.1996	Int-Ser	Pune	10-Sep-2019
9:29.86	8	Udit Vaid	PUN	08.11.1995	ISAC	Lucknow	30-Aug-2019
9:30.61	4	Manoj Kumar M	KER	10.09.2000	JFC	Tiruvannamalai	26-Sep-2019
9:32.10	4	Naresh Kumar M			Int-Rly	Pune	22-Aug-2019
9:32.9	2	Rampal			KanSC	Bengaluru	28-Jul-2019
9:33.10	1	Goyal Kumar	UP	02.02.1996	UPSC	Allahabad	23-May-2019
9:34.30	2	Raju Chaudhary	UP	05.07.1988	UPSC	Allahabad	23-May-2019
9:36.24	5	Yogendra Kumar			Int-Rly	Pune	22-Aug-2019
9:36.29	5	Manoj Singh Padiyar	DEL	11.11.1999	JFC	Tiruvannamalai	26-Sep-2019
9:37.49	6	Sourabh Antil	HAR	29.12.2001	JFC	Tiruvannamalai	26-Sep-2019
9:37.96	3	Suhas Bankar	MAH	10.02.2001	NJC-U20	Mangalagiri	6-Nov-2019

### 110m Hurdles

13.55	0.7	1	Siddhanth Thingalaya	MAH	03.01.1991	Altis	Phoenix, USA	10-Jul-2019
14.00	1.0	2	Maymon Poulose	KER	01.05.1997	ISAC	Lucknow	30-Aug-2019
14.03	1.1	2	Jayakumar Surendhar	TN	11.04.1991	ONAC	Ranchi	11-Oct-2019
14.04	0.2	1	Sachin Binu	KER	18.05.1998	Int-Ser	Pune	8-Sep-2019
14.18	0.3	2	Mohammed Fais C	KER	06.06.1999	FedCup	Patiala	18-Mar-2019
14.27	0.2	3	Tarundeep Singh Bhatia	PUN	06.09.1994	Int-Ser	Pune	8-Sep-2019
14.34	0.3	3	Suresh A	TN	24.09.1990	FedCup	Patiala	18-Mar-2019
14.36	1.0	3	Paras Patil	MAH	18.07.1998	ISAC	Lucknow	30-Aug-2019
14.38	0.2	4	Srikanth Madhyastha C P	KAN	27.11.1992	Int-Ser	Pune	8-Sep-2019
14.38	0.1	2h1	Amrut Tiwale	MAH	13.08.1993	ONAC	Ranchi	10-Oct-2019
14.45	0.1	3h1	Kunal Chaudhary	MAH	24.03.1999	ONAC	Ranchi	10-Oct-2019
14.48	0.8	4h2	Amrinder Singh Aulakh	PUN	03.12.1996	ONAC	Ranchi	10-Oct-2019
14.49	1.0	5	Debrajun Murmu	WB	09.02.1998	ISAC	Lucknow	30-Aug-2019
14.55	0.3	4	Kuppusamy Premkumar	TN	23.08.1990	FedCup	Patiala	18-Mar-2019
14.58	0.1	4h1	Navsharan Singh	PUN	21.06.1996	ONAC	Ranchi	10-Oct-2019
14.60	1.7	4h1	Veeramani P	TN	17.03.1994	ISAC	Lucknow	29-Aug-2019
14.65	0.2	5	Aiju Mathew	KER	14.02.1994	Int-Ser	Pune	8-Sep-2019
14.68	0.3	5	Sagar R	KAN	06.12.1992	FedCup	Patiala	18-Mar-2019
14.72	-0.2	1h1	Sathish Kumar	TN	24.09.1995	FedCup	Patiala	17-Mar-2019
14.75		2h2	Abhishek Ubhe	MAH	11.08.2000	MahSC	Mumbai	25-Jun-2019
14.75	1.0	8	Alden Noronha	MAH	05.07.1999	ISAC	Lucknow	30-Aug-2019



14.77	D	Boota Singh	HAR	04.01.1991	FedCup	Patiala	16-Mar-2019
14.85	0.8	6h2 Ronald Babu	KER	09.04.1998	ONAC	Ranchi	10-Oct-2019
14.90		3 Basil Muhammed	KER	15.02.2000	KerSC	Kozhikode	15-Jun-2019
14.94	0.3	2 Pinto Mathew	KER	10.05.1992	Int-Rly	Pune	22-Aug-2019
14.99	0.4	5h2 Pradeesh P R	TN	23.03.1995	FedCup	Patiala	17-Mar-2019
14.99		4 Shahad N V	KER	09.02.1998	KerSC	Kozhikode	15-Jun-2019
15.09		3 Pravin Kumar P	TN	28.07.1998	TNSC	Tiruchirapalli	22-Jun-2019
15.11	0.9	5h2 Mayengbam Singh	MANI	16.05.1997	ISAC	Lucknow	29-Aug-2019
15.14		4 Akash V	TN		TNSC	Tiruchirapalli	22-Jun-2019

**Wind-assisted marks:**

13.51	4.9	1 Siddhanth Thingalaya	MAH	03.01.1991	IntCh	Redlands, USA	15-May-2019
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**400m Hurdles**

48.80 NR		1 Dharun Ayyasamy	TN	31.12.1996	FedCup	Patiala	16-Mar-2019
49.13		3 Jabir M P	KER	08.06.1996	AsiCh	Doha, QAT	22-Apr-2019
50.54		3 Santhosh Kumar T	TN	01.01.1998	ONAC	Ranchi	11-Oct-2019
50.57		3 Ramachandran M	TN	29.12.1991	FedCup	Patiala	16-Mar-2019
50.85		2 Jagdeesh Chandra	KAN	03.05.1994	ISAC	Lucknow	28-Aug-2019
50.92		3 Jithin Paul	KER	13.03.1990	ISAC	Lucknow	28-Aug-2019
50.99		2 Vijay Singh Malik	HAR	10.01.1993	NGP	Patiala	16-Aug-2019
51.14		5 Jashanjot Singh	PUN	02.07.1995	FedCup	Patiala	16-Mar-2019
51.36		1 Dhaval Utekar	GUJ	06.10.2000	NJC-U20	Mangalagiri	6-Nov-2019
51.49		2 Aftab Alam	UP	05.03.1997	Int-Ser	Pune	9-Sep-2019
51.52		1 Kunalan K	TN		TNSC	Tiruchirapalli	23-Jun-2019
51.60		3 Nikhil Bharadwaj		24.05.1996	Int-Ser	Pune	9-Sep-2019
52.85		2 Harshavardhan Bhosle	MAH	05.04.2000	NJC-U20	Mangalagiri	6-Nov-2019
52.88		2 Yogesh A	TN	20.12.1990	TNSC	Tiruchirapalli	23-Jun-2019
53.04		3 Surendar S	TN	25.10.1999	TNSC	Tiruchirapalli	23-Jun-2019
53.23		4 Surender	HAR	30.12.1996	NGP	Sangrur	2-Mar-2019
53.38		3 Amit Kumar Singh		17.10.1994	Int-Rly	Pune	21-Aug-2019
53.43		7 Muhammed Anas K	MAH	05.01.1998	NGP	Patiala	23-Feb-2019
53.44		2 Ruchit Mori	GUJ	24.08.2001	JFC	Tiruvannamalai	26-Sep-2019
53.62		3h2 Sathish K	TN	01.09.1994	FedCup	Patiala	15-Mar-2019
53.72		5h3 Amarjeet	HAR	14.11.1998	FedCup	Patiala	15-Mar-2019
53.78		3 Rakshith	KAN	12.02.2001	NJC-U20	Mangalagiri	6-Nov-2019
53.90		3 Kaushik Singh	UP	31.12.2000	JFC	Tiruvannamalai	26-Sep-2019
53.97		2s1 Aditya Prakash	JHA	01.08.2002	JFC	Tiruvannamalai	26-Sep-2019
54.08		4 Binu Aquito C	TN	02.01.1991	TNSC	Tiruchirapalli	23-Jun-2019
54.12		5 Vishnu V Sabu		19.01.1993	Int-Ser	Pune	9-Sep-2019
54.19		4 Gautam Gupta	UP	15.08.1998	Int-Rly	Pune	21-Aug-2019
54.25		4 Arnold Peter Mendes	MAH	30.08.2000	NJC-U20	Mangalagiri	6-Nov-2019
54.31		6 Anmol Singh-1	HAR	31.07.1996	ISAC	Lucknow	28-Aug-2019
54.35		5 Manikanda Prabhu T	TN		TNSC	Tiruchirapalli	23-Jun-2019

**Better hand-timing:**

52.8		1 Rajkumar Paul	WB		WBSC	Kolkata	11-Aug-2019
53.0		2 Sk. Saifuddin	WB		WBSC	Kolkata	11-Aug-2019

53.2	2	Amarnath M D	KAN		KanSC	Bengaluru	27-Jul-2019
54.0	3	Debrajun Murmu	WB	09.02.1998	WBSC	Kolkata	11-Aug-2019

### High Jump

2.27	2	Tejaswin Shankar	DEL	21.12.1998	NCAA	Austin, USA	7-Jun-2019
2.26	1	Sarvesh Anil Kushare	MAH	17.06.1995	ONAC	Ranchi	11-Oct-2019
2.21	2	Geo Jos	KER	24.09.1998	ISAC	Lucknow	29-Aug-2019
2.20	1	Chethan B	KAN	18.08.1992	KanSC	Bengaluru	27-Jul-2019
2.18	2	Srineesh C	KER	31.05.1993	FedCup	Patiala	17-Mar-2019
2.18	1	Silvester S	TN	18.08.1993	TNSC	Tiruchirapalli	22-Jun-2019
2.18	3	Jagdeep Singh Khehra	PUN	30.10.1992	ONAC	Ranchi	11-Oct-2019
2.13	4	Bharathi V	TN	20.05.1994	Int-Ser	Pune	7-Sep-2019
2.11	1	Ajay Kumar	HAR	07.03.1996	Int-Rly	Pune	21-Aug-2019
2.11	5	Vijay	DEL	13.09.2002	ONAC	Ranchi	11-Oct-2019
2.11	6	Aromal T	KER	13.09.1998	ONAC	Ranchi	11-Oct-2019
2.11	7	Jesse Sandesh	KAN	22.10.1995	ONAC	Ranchi	11-Oct-2019
2.10	4	Siddarth Yadav	HAR	30.11.1993	ISAC	Lucknow	29-Aug-2019
2.10	6	Rakesh Kumar			Int-Ser	Pune	7-Sep-2019
2.08	1	Uchhaal Kumar Roy	WB	11.10.2002	JFC	Tiruvannamalai	24-Sep-2019
2.07	1	Gurjeet Singh	HAR	05.01.2000	Khelo-U21	Pune	11-Jan-2019
2.06	2	Sreenith Mohan	KER	24.03.1995	Emir Cup	Doha, QAT	10-Apr-2019
2.06	2	Vinith K	TN	08.11.1995	TNSC	Tiruchirapalli	22-Jun-2019
2.05	1	Santhosh M	KER	14.10.2000	CM Trophy	Tiruchirapalli	24-Feb-2019
2.05	7	Kamaraju S P	AP	10.05.1999	FedCup	Patiala	17-Mar-2019
2.05	2	Muhammed Aneesh T A	KAN	01.11.1992	KanSC	Bengaluru	27-Jul-2019
2.05	1	Ashok Yadav	DEL	16.10.1999	DelSC	New Delhi	2-Aug-2019
2.05	1	Abhay Gurav	MAH	03.05.2000	MahJr-U20	Pune	Aug-2019
2.05	8	Shaiju A			Int-Ser	Pune	7-Sep-2019
2.03	1	Yashas P	KAN	08.12.2001	NSG-U19	Nadiad	15-Feb-2019
2.03	3	Alan Jose	KER	08.08.2000	NSG-U19	Nadiad	15-Feb-2019
2.02	1	Aravind J	TN	24.06.2002	SZJC-U18	Udupi	15-Sep-2019

#### **Better indoor mark:**

2.28	1	Tejaswin Shankar	DEL	21.12.1998	Big 12	Lubbock, USA	23-Jan-2019
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#### **Provisionally suspended for doping:**

2.06	(2)	Rohit	HAR	08.03.2000	JFC	Tiruvannamalai	24-Sep-2019
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### Pole Vault

5.16	1	Siva S	TN	05.06.1996	FedCup	Patiala	15-Mar-2019
5.10	2	Jessan K G	KER	03.01.1998	Int-Ser	Pune	9-Sep-2019
5.05	1	Parshant Singh Kanhiya	DEL	14.02.2000	DelISC-U20	New Delhi	5-Aug-2019
5.00	1	Bimin K P	KER	01.04.1985	Int-Rly	Pune	21-Aug-2019
5.00	2	Rambeer Singh Saini	RAJ	30.06.1996	Int-Ser	Pune	9-Sep-2019
4.90	1	Bineesh Jacob	KER	17.03.1986	KanSC	Bengaluru	28-Jul-2019
4.90	2	Rakesh Gond	UP	01.04.2001	NJC-U20	Mangalagiri	4-Nov-2019
4.90	3	Shekhar Kumar Pandey	DEL	02.01.2001	NJC-U20	Mangalagiri	4-Nov-2019
4.80	1	Deepak Yadav	MAH	06.06.2002	Khelo-U17	Pune	12-Jan-2019

4.80	1	Ebin Sunny	KER	20.10.1994	KerSC	Kozhikode	15-Jun-2019
4.80	2	Thanga Vasanth M	TN	18.06.1993	TNSC	Tiruchirapalli	22-Jun-2019
4.80	2	Dhirendra Kumar	UP	28.08.1999	NGP	Patiala	16-Aug-2019
4.80	4	Anas Babu	KER	09.10.1995	Int-Ser	Pune	9-Sep-2019
4.80	5	Madhan Kumar R		04.09.1994	Int-Ser	Pune	9-Sep-2019
4.80	6	Gokulnath U	TN	15.02.1997	Int-Ser	Pune	9-Sep-2019
4.80	1	Sidharth A K	KER	27.08.2000	JFC	Tiruvannamalai	26-Sep-2019
4.70	2	Dharmaraj T	TN	24.11.1993	Int-Rly	Pune	21-Aug-2019
4.70	4	Manish Singh	DEL	12.07.1999	ISAC	Lucknow	27-Aug-2019
4.60	6=	Krishna Prasath	TN	30.09.1991	FedCup	Patiala	15-Mar-2019
4.60	3	Vignesh V	TN	02.11.1993	TNSC	Tiruchirapalli	22-Jun-2019
4.60	4	Deenadayalan G	TN		TNSC	Tiruchirapalli	22-Jun-2019
4.55	3	Akshay Chaudhary	MANI	01.07.2002	JFC	Tiruvannamalai	26-Sep-2019
4.55	2	Gourav	HAR	20.02.2002	NJC-U18	Mangalagiri	2-Nov-2019
4.50	2	Anuj Anand	TEL	29.09.2000	Khelo-U21	Pune	13-Jan-2019
4.50	D	Boota Singh	HAR	04.01.1991	FedCup	Patiala	16-Mar-2019
4.50	2	Aniket Kumar Patel	UP	25.11.1997	UPSC	Allahabad	23-May-2019
4.50	2	Ranjith A	TN	13.05.1996	KanSC	Bengaluru	28-Jul-2019
4.50	-	Devraj Singh Shaktawat	DEL	20.12.1997	DelSC	New Delhi	5-Aug-2019

### Long Jump

8.00	-1.9	1	Sreeshankar M	KER	27.03.1999	NGP	Patiala	16-Aug-2019
7.91		1	Samsheer S E	KAN	10.06.1994	KanSC	Bengaluru	27-Jul-2019
7.87		1	Lokesh S	KAN	21.12.1999	SAG	Kathmandu, NEP	4-Dec-2019
7.79	-0.2	2	Sahil Mahabali	HAR	27.12.1997	NGP	Patiala	5-Sep-2019
7.77		2	Swaminathan R	TN	07.04.1996	SAG	Kathmandu, NEP	4-Dec-2019
7.74		1	Muhammed Anees Y	KER	03.12.1995	KerSC	Kozhikode	15-Jun-2019
7.72		1	Rishabh Rishishwar	UP	09.03.2000	Khelo-U21	Pune	10-Jan-2019
7.70		1q	Samit Singh	HAR	04.07.1999	FedCup	Patiala	17-Mar-2019
7.62	0.8	3	Bikramjit Singh	PUN	25.04.1995	ONAC	Ranchi	12-Oct-2019
7.61	0.1	1	Silambarasan M	TN	27.12.1992	Int-Ser	Pune	9-Sep-2019
7.61		2q	Elakkiyadasan V K	TN	31.01.1995	ONAC	Ranchi	11-Oct-2019
7.59		2	Nirmal Sabu	KER	11.05.1999	Khelo-U21	Pune	10-Jan-2019
7.59		1	Joseph T J	KER	20.12.2002	KSG-U19	Kannur	16-Nov-2019
7.58		3	Akhil T V	KER	13.04.2000	Khelo-U21	Pune	10-Jan-2019
7.58	0.1	1q	Shlok Rajeshbhai Parmar	GUJ	26.05.2000	NJC-U20	Mangalagiri	2-Nov-2019
7.56	-2.3	2	Siddharth Mohan Naik	KAN	09.08.1995	NGP	Patiala	16-Aug-2019
7.55	0.5	2	Jinesh V O	KER	10.04.1992	Int-Ser	Pune	9-Sep-2019
7.51		1	Jeswin Aldrin J	TN	24.12.2001	NSG-U19	Nadiad	16-Feb-2019
7.51		2	Febi Thomas	KER	13.05.1998	KerSC	Kozhikode	15-Jun-2019
7.50		2	Athistam K	TN	17.05.1993	TNSC	Tiruchirapalli	23-Jun-2019
7.49	0.4	7	Vinoth Kumar Y	KER	26.09.1994	ONAC	Ranchi	12-Oct-2019
7.48		2	Hemanth Babu R	TN	03.04.2001	SZJC-U20	Udupi	14-Sep-2019
7.48		1	Bhupender Singh	HAR	13.11.2001	NSG-U19	Sangrur	14-Dec-2019
7.47		3	Vishnu M	TN	10.10.1998	TNSC	Tiruchirapalli	23-Jun-2019
7.45		4	David P	TN	17.03.2002	TNSC	Tiruchirapalli	23-Jun-2019

7.45	0.3	3	Francis Xavier P		10.04.1992	Int-Ser	Pune	9-Sep-2019
7.43		1q	Wayne Peppin	TN	02.09.1983	TNSC	Tiruchirapalli	22-Jun-2019
7.42	-0.2	4	Amit Kumar		1992	Int-Ser	Pune	9-Sep-2019
7.42	0.4	5	Sabari Sankar K	TN	10.10.1996	Int-Ser	Pune	9-Sep-2019
7.38		4	Sandeep Kumar	HAR	05.06.1997	NGP	Patiala	16-Aug-2019

### Triple Jump

16.83	0.0	1	Arpinder Singh	PUN	30.12.1992	ISAC	Lucknow	28-Aug-2019
16.80	0.6	2	Karthik U	KAN	03.06.1993	ISAC	Lucknow	28-Aug-2019
16.79	0.3	3	Mohammed Salahuddin S N	TN	24.03.1994	ISAC	Lucknow	28-Aug-2019
16.67	-0.2	1	Abdulla Aboobacker N	KAN	17.01.1996	Int-Ser	Pune	10-Sep-2019
16.51	-0.4	1	Praveen C	TN	05.06.2001	FedCup	Patiala	16-Mar-2019
16.43	-0.4	4	Eldhose Paul	KER	07.11.1996	ISAC	Lucknow	28-Aug-2019
16.38	-0.3	2	Mohd Zuber	UP	02.03.1996	FedCup	Patiala	16-Mar-2019
16.10	-0.1	3	Vimal Mugesh T	TN	25.03.1996	ONAC	Ranchi	13-Oct-2019
16.07		6	Arivuselvam D	TN	28.05.1991	FedCup	Patiala	16-Mar-2019
16.05	-0.2	4	Sonu Kumar	RAJ	21.01.1999	ONAC	Ranchi	13-Oct-2019
15.97	0.6	5	Daniel Ranjith S	TN	02.08.1993	Int-Ser	Pune	10-Sep-2019
15.93		7	Rakesh Babu A V	KER	20.03.1990	FedCup	Patiala	16-Mar-2019
15.92		8	Navjot Singh	PUN	15.09.1989	FedCup	Patiala	16-Mar-2019
15.92	0.7	6	Punit Kumar	UP	02.02.1994	Int-Ser	Pune	10-Sep-2019
15.73	-0.1	7	Gurjoban Singh	PUN	26.08.1998	ISAC	Lucknow	28-Aug-2019
15.72		1	Akash M Varghese	KER	13.08.2001	KSG-U19	Kannur	19-Nov-2019
15.70		2	Arun A B	KER	02.11.1998	KerSC	Kozhikode	16-Jun-2019
15.69		3	Kapil Anand P	TN	31.12.1995	KanSC	Bengaluru	28-Jul-2019
15.64	0.0	1	Maniraj S	TN	23.04.2000	JFC	Tiruvannamalai	26-Sep-2019
15.59		9	Sreejithmon K	KER	16.10.1989	FedCup	Patiala	16-Mar-2019
15.59		10	Jay Shah	MAH	11.10.1997	FedCup	Patiala	16-Mar-2019
15.57		2	Aravinth E	TN	30.06.2000	TNSC	Tiruchirapalli	22-Jun-2019
15.56		3	Sundar C	TN	1997	TNSC	Tiruchirapalli	22-Jun-2019
15.55	0.0	2	Gailey Venister D	AP	31.01.2000	JFC	Tiruvannamalai	26-Sep-2019
15.49	0.7	1	Kamal Raj K	TN	03.10.1999	Int-Rly	Pune	20-Aug-2019
15.46	-0.1	8	Rajasekar R	TN	22.01.1993	Int-Ser	Pune	10-Sep-2019
15.43		3	Boby Sabu	KER	23.01.1998	KerSC	Kozhikode	16-Jun-2019
15.38		1	Akhil Kumar C D	KER	26.06.2001	NSG-U19	Nadiad	17-Feb-2019
15.36		6	Jagath Ratchagan A	TN		TNSC	Tiruchirapalli	22-Jun-2019
15.35		4	Anbu V	TN	08.01.1996	KanSC	Bengaluru	28-Jul-2019

### Shot Put

20.92 NR		1	Tajinderpal Singh Toor	PUN	13.11.1994	ONAC	Ranchi	12-Oct-2019
19.73		1	Inderjeet Singh	HAR	19.04.1988	ISAC	Lucknow	28-Aug-2019
19.01		2	Om Prakash Singh Karhana	HAR	11.01.1987	ONAC	Ranchi	12-Oct-2019
18.59		3	Jasdeep Singh Dhillon	PUN	06.10.1990	NGP	Patiala	23-Feb-2019
18.39		2q	Karanveer Singh	PUN	24.07.1997	ONAC	Ranchi	10-Oct-2019
18.16		3	Paramjeet Singh	CHD	11.11.1993	FedCup	Patiala	16-Mar-2019
17.94		3	Saurabh Vij	UTK	14.06.1987	Petroleum	Bambolim	14-Feb-2019

17.87	3q	Vanam Sharma	RAJ	13.04.1998	ONAC	Ranchi	10-Oct-2019
17.80	4	Parveen Dahiya	HAR	10.10.1993	FedCup	Patiala	16-Mar-2019
17.57	1	Devinder Singh	PUN	30.10.1992	PunSC	Sangrur	6-Aug-2019
17.48	2	Dhanvir Singh	PUN	28.12.2002	PunSC	Sangrur	6-Aug-2019
17.46	1	Akshay		28.12.1998	Int-Ser	Pune	9-Sep-2019
17.31	5	Shakti Singh Rathore	RAJ	07.02.1989	FedCup	Patiala	16-Mar-2019
17.13	7	Alfin V P	KER	09.05.1993	FedCup	Patiala	16-Mar-2019
17.11	2	Rajiv Cheema	UP	25.12.1994	Int-Ser	Pune	9-Sep-2019
17.00	5	Prasenjeit Patra	WB	02.11.1993	ISAC	Lucknow	28-Aug-2019
16.90	3	Prabhkirpal Singh	PUN	12.07.1997	NGP	Sangrur	2-Mar-2019
16.82	7q	Pradeep Singh	RAJ	01.02.1994	ONAC	Ranchi	10-Oct-2019
16.79	1	Prince Upadhyay	UP	14.05.1995	UPSC	Allahabad	23-May-2019
16.63	4	Chetan Kapoor	HAR	23.12.1993	NGP	Panchkula	6-Mar-2019
16.60	4	Beer Bahadur		14.07.1992	Int-Ser	Pune	9-Sep-2019
16.58	4	Ashish Bhalothia	HAR	11.11.1999	Petroleum	Bambolim	14-Feb-2019
16.53	2	Sahib Singh	DEL	05.11.2000	NGP	New Delhi	27-Feb-2019
16.53	8	Tajinder Singh	PUN	13.05.1988	FedCup	Patiala	16-Mar-2019
16.47	1	Sunil Kumar		20.01.1986	Int-Rly	Pune	20-Aug-2019
16.39	8	Ravi Parmar	DEL	12.07.1993	ONAC	Ranchi	12-Oct-2019
16.35	9	Malkeet Singh	PUN	12.02.1996	FedCup	Patiala	16-Mar-2019
16.32	5	Amandeep Dhaliwal	PUN	16.05.2002	NGP	Patiala	5-Sep-2019
16.27	6	Naresh Antil	DEL	20.03.1991	Int-Ser	Pune	9-Sep-2019
15.97	1	Jason Salins	KAN		KanSC	Bengaluru	27-Jul-2019

### Discus Throw

58.77	1	Dharamraj Yadav	UP	26.01.1991	NGP	Panchkula	6-Mar-2019
58.61	1	Kirpal Singh Batth	PUN	19.05.1992	ONAC	Ranchi	11-Oct-2019
56.65	1	Gagandeep Singh	PUN	20.05.1995	Int-Ser	Pune	8-Sep-2019
54.32	4	Vazeer Baniwal	HAR	19.07.1997	ISAC	Lucknow	29-Aug-2019
53.63	5	Harpreet Singh	PUN	18.07.1993	ISAC	Lucknow	29-Aug-2019
53.39	2	Manjeet		17.11.1995	Int-Ser	Pune	8-Sep-2019
53.29	2	Mithravarun S	TN	09.07.1997	FedCup	Patiala	17-Mar-2019
53.14	3	Praveen Kumar	RAJ	02.02.1996	FedCup	Patiala	17-Mar-2019
52.47	5	Nirbhay Singh	PUN	20.11.1996	ONAC	Ranchi	11-Oct-2019
52.40	3q	Ravinder-1	HAR	12.08.1992	ONAC	Ranchi	10-Oct-2019
52.32	4	Ravinder-2	HAR	15.04.1996	Int-Ser	Pune	8-Sep-2019
52.26	6	Jagtar	PUN	07.10.1992	ONAC	Ranchi	11-Oct-2019
52.19	4q	Karan Singh	HAR	05.02.1992	ONAC	Ranchi	10-Oct-2019
51.33	8	Amit Kumar	RAJ	10.12.1996	ONAC	Ranchi	11-Oct-2019
51.22	6	Sachin	HAR	05.09.1995	FedCup	Patiala	17-Mar-2019
50.88	6q	Devanand	HAR	01.07.1996	FedCup	Patiala	16-Mar-2019
50.88	8	Kshetrapal Mishra	UP	20.08.1996	FedCup	Patiala	17-Mar-2019
50.74	4	Kulwinder Gill	PUN	31.10.1993	NGP	Patiala	16-Aug-2019
50.64	10	Govind Vijay Rai	DEL	11.05.1993	ONAC	Ranchi	11-Oct-2019
50.09	1	Shrinivas Karale	MAH	19.10.1990	MahSC	Mumbai	25-Jun-2019
49.99	6	Banvir Singh	UP	18.01.1989	ISAC	Lucknow	29-Aug-2019

48.98	2	Arvind Rathee	HAR	10.09.1993	NGP	New Delhi	27-Feb-2019
48.98	14q	Vikas Poonia	RAJ	15.09.1988	ONAC	Ranchi	10-Oct-2019
48.79	10	Mainderjit Singh	PUN	19.01.1995	FedCup	Patiala	17-Mar-2019
48.56	3	Surjeet Gurra	DEL	09.12.1998	NGP	Panchkula	6-Mar-2019
48.18	2	Sanjeev	KAN		KanSC	Bengaluru	28-Jul-2019
48.09	15q	Jaideep	HAR	07.07.1993	ONAC	Ranchi	12-Oct-2019
47.52	13q	Ujjwal Dabas	HAR	20.07.1998	FedCup	Patiala	16-Mar-2019
47.24	14q	Anshu Rai	UP	03.08.1989	FedCup	Patiala	16-Mar-2019
47.16	15q	Ashok Kumar Singh	HAR	25.01.1996	FedCup	Patiala	16-Mar-2019

***Provisionaly suspended for doping:***

50.28	(1)	Kirtikumar Benake	MAH	11.07.1996	KanSC	Bengaluru	28-Jul-2019
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**Hammer Throw**

68.49	1	Taranveer Singh Bains	PUN	01.10.1996	ONAC	Ranchi	12-Oct-2019
66.99	1	Ashish Jakhar	HAR	05.01.1999	Int-Ser	Pune	9-Sep-2019
63.36	1	Bajinder Singh	PUN	01.10.1990	ISAC	Lucknow	30-Aug-2019
63.23	2	Md Aftab Alam	UP	10.01.1990	ISAC	Lucknow	30-Aug-2019
63.03	3	Shankar N	TN	11.07.1991	ONAC	Ranchi	12-Oct-2019
62.48	1	Meraj Ali	UP	30.05.1999	UPSC	Allahabad	23-May-2019
62.40	2	Vikranta	UP	31.12.1999	UPSC	Allahabad	23-May-2019
62.32	3	Lovejit Singh	UP	08.05.1990	Int-Ser	Pune	9-Sep-2019
62.19	4	Niraj Kumar	DEL	17.09.1990	ONAC	Ranchi	12-Oct-2019
61.59	1	Pargat Singh		05.05.1983	Int-Rly	Pune	20-Aug-2019
61.42	5	Badal	RAJ	10.12.1998	Open	Gwangju, KOR	6-Jul-2019
61.27	2	Sukhdev Singh	HAR	10.10.1993	Int-Rly	Pune	20-Aug-2019
60.67	7	Prakash Singh		02.05.1996	Int-Ser	Pune	9-Sep-2019
60.55	4	Amit Gill	HAR	28.01.1991	ISAC	Lucknow	30-Aug-2019
60.51	12	Pradeep Kumar	RAJ	15.12.1998	WUG	Napoli, ITA	9-Jul-2019
60.27	3	Vivek Yadav	UP	13.10.1996	UPSC	Allahabad	23-May-2019
60.06	5	Shiv Kumar	UTK	02.07.1986	ISAC	Lucknow	30-Aug-2019
60.02	2	Gurkirat Singh	PUN	03.12.1999	FedCup	Patiala	18-Mar-2019
59.75	2	Nirmal Raj S	TN	05.05.1996	TNSC	Tiruchirapalli	23-Jun-2019
59.45	6	Deepak	HAR	16.06.1997	ONAC	Ranchi	12-Oct-2019
59.44	8	Anmol Singh			Int-Ser	Pune	9-Sep-2019
59.31	3	Amar Singh Rana	DEL	08.07.1994	FedCup	Patiala	18-Mar-2019
58.54	5	Joni Yadav	UP	02.07.1998	FedCup	Patiala	18-Mar-2019
58.35	2q	Ajay	HAR	10.10.1995	FedCup	Patiala	17-Mar-2019
57.94	3	Muralidharan R	TN	18.04.1995	TNSC	Tiruchirapalli	23-Jun-2019
57.79	3q	Gurinderpal Singh	PUN	18.10.1982	FedCup	Patiala	17-Mar-2019
57.75	7	Baldeep Singh	PUN	01.06.1998	FedCup	Patiala	18-Mar-2019
57.64	7	Bhupendra Singh	MANI	01.01.1991	ONAC	Ranchi	12-Oct-2019
57.46	8	Ravi	HAR	23.10.1999	ONAC	Ranchi	12-Oct-2019
57.09	9	Gurjinder Singh	JHA	28.09.1992	ONAC	Ranchi	12-Oct-2019

**Javelin Throw**

86.23	2	Shivpal Singh	UP	06.07.1995	AsiCh	Doha, QAT	22-Apr-2019
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82.51	1	Vipin Kasana	DEL	04.08.1988	Kladenske	Kladno, CZE	13-Jul-2019
79.75	3	Rajender Singh	HAR	05.04.1986	FedCup	Patiala	16-Mar-2019
79.46	4	Abhishek Singh	UP	20.05.1995	FedCup	Patiala	16-Mar-2019
79.31	5	Davinder Singh Kang	PUN	18.12.1988	FedCup	Patiala	16-Mar-2019
78.98	1	Rohit Yadav	UP	06.06.2001	ISAC	Lucknow	30-Aug-2019
78.50	1	Sahil Silwal	HAR	17.12.2000	Kolpakova	Bishkek, KGZ	13-Jul-2019
77.37	1	Arshdeep Singh	PUN	05.04.1999	ONAC	Ranchi	13-Oct-2019
76.24	2	Manu Prakasha D	KAN	24.01.2000	ISAC	Lucknow	30-Aug-2019
76.19	3	Yashvir Singh	RAJ	22.10.2001	NGP	Patiala	5-Sep-2019
75.19	2	Abhishek Drall	DEL	11.05.1998	NGP	New Delhi	27-Feb-2019
74.45	3	Anil Kumar Rajbeer	MAH	08.04.1992	ONAC	Ranchi	13-Oct-2019
73.64	6	Anand V Haveri	KAN	19.02.1989	NGP	Patiala	16-Aug-2019
71.84	1	Rishabh Nehra	UP	10.12.1999	NC-JT-Jr	Sonepat	16-Apr-2019
71.48	5	Vikas Bishnoi	PUN	15.07.1996	ONAC	Ranchi	13-Oct-2019
71.39	2	Ashish Chaudhary	UP	19.05.1999	NC-JT-Jr	Sonepat	16-Apr-2019
71.07	1	Jitendra Singh Yadav	UP	05.12.1992	Int-Rly	Pune	22-Aug-2019
70.90	2	Avinash Yadav	UP	24.12.2000	UPSC	Allahabad	23-May-2019
70.83	2	Vipin Panwar	DEL	09.11.1990	NC-JT	Sonepat	16-Apr-2019
70.64	5q	Sunil Kumar Bishnoi	RAJ	14.10.1990	FedCup	Patiala	15-Mar-2019
70.58	5	Jaideep Singh	MAH		Int-Ser	Pune	10-Sep-2019
70.58	7	Uttam Patil	MAH	01.11.1998	ONAC	Ranchi	13-Oct-2019
70.48	6	Harish Kumar	RAJ	30.10.1996	ISAC	Lucknow	30-Aug-2019
70.23	6q	Gurpartap Singh	PUN	26.01.1993	FedCup	Patiala	15-Mar-2019
69.81	9	Vikrant Malik	HAR	02.01.1996	FedCup	Patiala	16-Mar-2019
69.71	3	Vijay Lakra	JHA	22.06.1999	NC-JT-Jr	Sonepat	16-Apr-2019
69.60	8	Ajay Kumar Poonia		01.11.1993	ONAC	Ranchi	13-Oct-2019
69.45	3	Mohd Hadeesh	UP	03.03.1998	UPSC	Allahabad	23-May-2019
69.09	10q	Parvinder Kumar	HAR	08.03.1995	FedCup	Patiala	15-Mar-2019
68.58	10	Kishore Kumar Jena	ORI	09.06.1995	FedCup	Patiala	16-Mar-2019

## Decathlon

7186	1	Boota Singh	HAR	04.01.1991	FedCup	Patiala	16-Mar-2019
6982	2	Tejinder Singh		01.01.1994	Int-Ser	Pune	8-Sep-2019
6975	3	Abhishek N Shetty	KAN	03.06.1992	ONAC	Ranchi	11-Oct-2019
6927	4	Sreedhu G S	TN	08.04.1997	ONAC	Ranchi	11-Oct-2019
6876	5	Krishna Kumar S	TN	30.04.1997	ISAC	Lucknow	28-Aug-2019
6813	3	Muhammed Hafseer P P	KER	30.07.1996	Int-Ser	Pune	8-Sep-2019
6733	4	Angraj Singh			Int-Ser	Pune	8-Sep-2019
6693	6	Duraimurugan S	TN	14.08.1994	ISAC	Lucknow	28-Aug-2019
6667	1	Gurpreet Singh	CHD	28.07.1994	ISAC	Lucknow	28-Aug-2019
6605	7	Surender Kumar		03.05.1994	ONAC	Ranchi	11-Oct-2019
6576	8	Suren R	TN	16.06.1993	ONAC	Ranchi	11-Oct-2019
6575	5	Gokul S	KER	17.12.1994	Int-Ser	Pune	8-Sep-2019
6484	4	Sonu Kumar	HAR	04.05.1995	ISAC	Lucknow	28-Aug-2019
6323	4	Vikas Kaushik	HAR	01.09.1995	FedCup	Patiala	16-Mar-2019
6245	4	Logeshwaran R	TN		TNSC	Tiruchirapalli	23-Jun-2019

6245	6	Mohit Saini	HAR	21.08.1995	ISAC	Lucknow	28-Aug-2019
6242	7	Bharat Pal	MANI	03.09.1997	ISAC	Lucknow	28-Aug-2019
6241	6	Ankit			Int-Ser	Pune	8-Sep-2019
6240	7	Ravi Kumar			Int-Ser	Pune	8-Sep-2019
6203	5	Minaj Mondal	WB	03.07.1995	FedCup	Patiala	16-Mar-2019

### 20 KM Walk

1:20:57	4	Irfan K T	KER	08.02.1990	ARW	Nomi, JPN	17-Mar-2019
1:21:25	13	Devender Singh	HAR	05.12.1983	Open	Nomi, JPN	17-Mar-2019
1:22:13	17	Ganapathi K	TN	29.06.1989	Open	Nomi, JPN	17-Mar-2019
1:22:43	23	Chandan Singh	UTK	08.06.1987	Open	Nomi, JPN	17-Mar-2019
1:23:57	28	Sandeep Kumar	HAR	01.05.1986	Open	Nomi, JPN	17-Mar-2019
1:24:31	1	Rahul Rohilla	HAR	05.07.1996	ONAC	Ranchi	11-Oct-2019
1:24:49	4	Vikash Singh	JHA	06.07.1996	ONAC	Ranchi	11-Oct-2019
1:26:40	6	Juned Khan	MP	10.05.1999	ONAC	Ranchi	11-Oct-2019
1:28:12	7	Sagar Joshi	GUJ	18.06.1987	ONAC	Ranchi	11-Oct-2019
1:28:57	5	Sunil Rathi	HAR	28.11.1997	Int-Ser	Pune	8-Sep-2019
1:29:06	1	Deepak Kumar	PUN	20.10.1992	Int-Rly	Pune	22-Aug-2019
1:29:14	6	Eknath Sambhaji	MAH	08.01.1998	NRW	Chennai	16-Feb-2019
1:29:30	2	Maniram Patel		16.09.1991	Int-Rly	Pune	22-Aug-2019
1:29:44	9	Naveen R	DEL	28.12.1999	ONAC	Ranchi	11-Oct-2019
1:31:20	8	Satya Narayan	UP	10.06.2000	NRW	Chennai	16-Feb-2019
1:32:23	10	Karan Rathi	DEL	27.01.1995	ONAC	Ranchi	11-Oct-2019
1:32:38	11	Rahul	HAR	29.01.1999	ONAC	Ranchi	11-Oct-2019
1:32:48	2	Bhagwan Singh Rawal	UTK	05.01.1997	TNSC	Tiruchirapalli	23-Jan-2019
1:34:39	2-B	Hardeep	A&N	22.09.1998	NRW	Chennai	16-Feb-2019
1:35:00	3-B	Sonu Mishra	PUN	12.10.1997	NRW	Chennai	16-Feb-2019
1:35:10	9	Farman Ali	UP	06.08.2001	ISAC	Lucknow	28-Aug-2019

### 50 KM Walk

4:12:12	1	Jitendra Singh Rathore	RAJ	20.03.1989	Int-Ser	Pune	9-Sep-2019
4:12:39	2	Resham Midhun		06.12.1987	Int-Ser	Pune	9-Sep-2019
4:19:20	3	Sagar Joshi	GUJ	18.06.1987	Int-Ser	Pune	9-Sep-2019
4:25:50	4	Gurpreet Singh		09.07.1984	Int-Ser	Pune	9-Sep-2019
4:30:49	3	Pawan Kumar	HAR	24.12.1996	NRW	Chennai	17-Feb-2019
4:43:43	4	Ankit Kumar	UP	16.06.1992	NRW	Chennai	17-Feb-2019
4:44:13	5	Jyot Bumrah	PUN	14.09.1998	NRW	Chennai	17-Feb-2019
4:45:00	5	Manjeet Singh		14.10.1996	Int-Ser	Pune	9-Sep-2019
4:57:46	6	Anuj Kumar	UP	15.10.1992	NRW	Chennai	17-Feb-2019
5:00:39	7	Krishna Bind	UP	10.12.1993	NRW	Chennai	17-Feb-2019
5:13:58	8	Jay Prakash Singh	UP	25.08.1985	NRW	Chennai	17-Feb-2019

### 4 x 100m Relay

39.48	1	Army Red Team			Int-Ser	Pune	9-Sep-2019
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### 4 x 400m Relay

3:02.59	1	National Team	IND		IntCh	Erzurum, TUR	25-Jul-2019
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## MIXED 4 x 400m Relay

3:15.77      7   National Team      IND      WCh      Doha, QAT      29-Sep-2019

## WOMEN

### 100m

11.22	NR	-0.9	1s1	Dutee Chand	ORI	03.02.1996	ONAC	Ranchi	11-Oct-2019
11.47		1.1	1	Chandra Lekha A	TN	28.03.1997	Int-Rly	Pune	20-Aug-2019
11.49		-1.3	1s1	Archana Suseendran	TN	09.06.1994	ISAC	Lucknow	29-Aug-2019
11.57		1.1	5	Srabani Nanda	ORI	07.05.1991	IntCh	Padova, ITA	16-Jul-2019
11.57		1.0	3	Himashree Roy	WB	15.03.1995	ONAC	Ranchi	11-Oct-2019
11.62			1	Diandra Valladares	MAH	13.01.1998	MahSC	Mumbai	25-Jun-2019
11.62		0.1	2s2	Priyanka S Kalagi	KAN	31.10.1992	ISAC	Lucknow	29-Aug-2019
11.63		0.3	1s1	Sneha P J	KAN	05.06.1992	FedCup	Patiala	17-Mar-2019
11.63		-0.7	2s3	Ranga K	KER	24.05.1995	FedCup	Patiala	17-Mar-2019
11.70		0.0	1h1	Daneshwari A T	KAN	14.08.2000	NJC-U20	Mangalagiri	2-Nov-2019
11.72		-1.1	1s2	Hina	RAJ	18.10.1995	FedCup	Patiala	17-Mar-2019
11.74		1.1	4	Simi N S	KER	22.10.1997	Int-Rly	Pune	20-Aug-2019
11.74		-0.9	1	Hima Das	ASM	09.01.2000	Podblanicka	Vlasim, CZE	30-Aug-2019
11.77		0.3	2s1	Revathi V	TN	23.11.1997	FedCup	Patiala	17-Mar-2019
11.77		-0.1	2	Jilna M V	KER	28.12.1997	NGP	Patiala	5-Sep-2019
11.78		-1.1	2s2	Dhanalakshmi S	TN	06.05.1998	FedCup	Patiala	17-Mar-2019
11.80		1.0	7	Harika Devi A	TEL	01.07.1994	ONAC	Ranchi	11-Oct-2019
11.81			1	Giridharani R	TN	07.07.2001	NSG-U19	Nadiad	10-Feb-2019
11.82			2	Ancy Sojan E	KER	01.03.2001	NSG-U19	Nadiad	10-Feb-2019
11.82			1	Kaveri L Patil	KAN	11.06.2000	SZJC-U20	Udupi	14-Sep-2019
11.86			3	Josna Simov	KAN	08.01.2001	NSG-U19	Nadiad	10-Feb-2019
11.86		0.0	2h1	Nithya Gandhe	TEL	10.11.1999	NJC-U20	Mangalagiri	2-Nov-2019
11.89		1.1	5	Rintu Mathew	KER	27.05.1992	Int-Rly	Pune	20-Aug-2019
11.93		0.3	3s1	Rashmi Prakash Sheregar	MAH	13.04.1998	FedCup	Patiala	17-Mar-2019
11.94			1	Ramya Rajan	KER	03.07.1996	KerSC	Kozhikode	15-Jun-2019
11.94		0.1	1	Deepthi J	TEL	27.09.2003	NJC-U18	Mangalagiri	3-Nov-2019
11.97		0.9	1	Avantika Narale	MAH	11.07.2003	AYC	Hongkong, HKG	16-Mar-2019
12.03		0.3	4s1	Inchara N S	KAN	06.06.1997	FedCup	Patiala	17-Mar-2019
12.05		0.3	5s1	Navami H R	KAN	15.05.1997	FedCup	Patiala	17-Mar-2019
12.08			2	Siddhi Hiray	MAH	24.08.1999	MahSC	Mumbai	25-Jun-2019

#### Wind-assisted marks:

11.51      3.1      7      Srabani Nanda      ORI      07.05.1991      IntCh      Spanish Town, JAM      16-Mar-2019

#### Better hand-timing:

11.3			1	Priyanka S Kalagi	KAN	31.10.1992	KanSC	Bengaluru	27-Jul-2019
11.5			2	Simi N S	KER	22.10.1997	KanSC	Bengaluru	27-Jul-2019
11.8			1	Rajashree Prasad	WB	03.02.2000	WBSC-U20	Kolkata	11-Aug-2019

### 200m

23.17		0.6	1	Dutee Chand	ORI	03.02.1996	ONAC	Ranchi	13-Oct-2019
23.18		0.0	1	Archana Suseendran	TN	09.06.1994	NGP	Patiala	16-Aug-2019

23.25	1.7	1	Hima Das	ASM	09.01.2000	Jana Pana	Tabor, CZE	17-Jul-2019
23.43	1.7	2	Vismaya V K	KER	14.05.1997	Jana Pana	Tabor, CZE	17-Jul-2019
23.44	-0.7	1	Anjali Devi	HAR	15.09.1998	NGP	Patiala	5-Sep-2019
23.45	0.3	1	Chandra Lekha A	TN	28.03.1997	Int-Rly	Pune	22-Aug-2019
23.53	0.8	3h1	Srabani Nanda	ORI	07.05.1991	JAM-NC	Kingston, JAM	22-Jun-2019
23.54	0.1	2	Revathi V	TN	23.11.1997	Kolpakova	Bishkek, KGZ	14-Jul-2019
23.98		1	Diandra Valladares	MAH	13.01.1998	MahSC	Mumbai	26-Jun-2019
24.05	1.9	2	Inchara N S	KAN	06.06.1997	NGP	Panchkula	6-Mar-2019
24.05	1.2	3	Dhanalakshmi S	TN	06.05.1998	FedCup	Patiala	16-Mar-2019
24.07	1.2	4	Hina	RAJ	18.10.1995	FedCup	Patiala	16-Mar-2019
24.10	0.6	4	Harika Devi A	TEL	01.07.1994	ONAC	Ranchi	13-Oct-2019
24.14		1	Ritika	DEL	18.01.2001	NSG-U19	Nadiad	12-Feb-2019
24.20	-0.8	2	Avantika Narale	MAH	11.07.2003	AYC	Hongkong, HKG	17-Mar-2019
24.27	-0.1	1	Priya H Mohan	KAN	15.03.2003	JFC	Tiruvannamalai	26-Sep-2019
24.36	1.2	6	Sneha P J	KAN	05.06.1992	FedCup	Patiala	16-Mar-2019
24.36		1	Ancy Sojan E	KER	01.03.2001	NSG-U19	Sangrur	14-Dec-2019
24.45		6	Likitha M	KAN	02.02.1997	ISAC	Lucknow	27-Aug-2019
24.48		3rA	Supriya M	AP	11.05.1999	NGP	New Delhi	27-Feb-2019
24.48	1.8	1	Kaveri L Patil	KAN	11.06.2000	NJC-U20	Mangalagiri	6-Nov-2019
24.50	1.1	6	Sonia Baishya	WB	31.12.1995	Poznan GP	Poznan, POL	2-Jul-2019
24.58		1	Daneshwari A T	KAN	14.08.2000	Khelo-U21	Pune	13-Jan-2019
24.60		2	Subha V	TN	31.08.1999	Khelo-U21	Pune	13-Jan-2019
24.61	1.9	4	Amrit Kaur	PUN	09.11.1996	NGP	Panchkula	6-Mar-2019
24.62		3	Santra Teresa Martin	TN	18.07.2001	NSG-U19	Nadiad	12-Feb-2019
24.64	0.3	2	Himashree Roy	WB	15.03.1995	Int-Rly	Pune	22-Aug-2019
24.67	0.0	2	Deepthi J	TEL	27.09.2003	NJC-U18	Mangalagiri	6-Nov-2019
24.73		H	Nikita Darekar	MAH		MahSC	Mumbai	25-Jun-2019

**Better hand-timing:**

23.9		1	Likitha M	KAN	02.02.1997	KanSC	Bengaluru	28-Jul-2019
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**400m**

51.53		1	Anjali Devi	HAR	15.09.1998	ISAC	Lucknow	29-Aug-2019
52.09		1rA	Hima Das	ASM	09.01.2000	Mezinarodni	Nove Mesto nad Metuji, CZE	20-Jul-2019
52.12		1	Vismaya V K	KER	14.05.1997	Josefa Mem.	Brno, CZE	28-Aug-2019
52.46		2h2	Poovamma M R	KAN	05.06.1990	AsiCh	Doha, QAT	21-Apr-2019
52.73		2	Kiran	HAR	05.08.2000	ONAC	Ranchi	12-Oct-2019
52.77		1rA	Saritaben Gayakwad	GUJ	01.06.1994	Roze Kutna	Kutno, POL	7-Jul-2019
52.96		2	Jisna Mathew	KER	07.01.1999	Kosanov	Almaty, KAZ	7-Jul-2019
53.31		4	Debashri Mazumdar	WB	06.04.1991	FedCup	Patiala	18-Mar-2019
53.62		1	Priya H Mohan	KAN	15.03.2003	JFC	Tiruvannamalai	25-Sep-2019
53.63		1	Revathi V	TN	23.11.1997	NGP	Patiala	5-Sep-2019
53.67		3	Subha V	TN	31.08.1999	Josefa Mem.	Brno, CZE	28-Aug-2019
53.73		2rA	Sonia Baishya	WB	31.12.1995	Roze Kutna	Kutno, POL	7-Jul-2019
53.73		3rA	Vithya R	TN	20.09.1998	Roze Kutna	Kutno, POL	7-Jul-2019
53.87		4	Kavita	HAR	30.12.1997	ONAC	Ranchi	12-Oct-2019
53.93		5s1	Chhavi Sharawat	UP	12.07.1992	FedCup	Patiala	17-Mar-2019

53.94	6s1	Ammu K	KER	12.01.1993	FedCup	Patiala	17-Mar-2019
53.96	2	Florence Barla	JHA	01.01.2001	JFC	Tiruvannamalai	25-Sep-2019
54.04	4	Likitha M	KAN	02.02.1997	ISAC	Lucknow	29-Aug-2019
54.28	2h3	Vijayakumari G K	KAN	08.05.1996	ISAC	Lucknow	28-Aug-2019
54.49	3	Prachi	UP	20.12.1996	NGP	Sangrur	2-Mar-2019
54.61	7	Aishwarya Mishra	MAH	16.08.1997	ISAC	Lucknow	29-Aug-2019
54.62	3h1	Jauna Murmu	ORI	16.08.1990	FedCup	Patiala	17-Mar-2019
54.69	6s2	Shalini V K	KER	10.01.1998	FedCup	Patiala	17-Mar-2019
54.77	3	Manisha Kushwah	UP	10.07.2000	JFC	Tiruvannamalai	25-Sep-2019
55.27	3h1	Santosh Kumari	HAR	15.01.1990	ISAC	Lucknow	28-Aug-2019
55.31	1	Nancy	HAR	01.09.2000	NJC-U20	Mangalagiri	3-Nov-2019
55.37	1	Rupal	UP	23.12.2004	NJC-U16	Mangalagiri	3-Nov-2019
55.59	2	Gowri Nandana	KER	26.03.2002	NJC-U18	Mangalagiri	3-Nov-2019
55.61	3rB	Arpitha M	KAN	11.02.1993	NGP	Panchkula	6-Mar-2019
55.77	1s1	Deepanshi	HAR	04.11.2002	NJC-U18	Mangalagiri	3-Nov-2019

**Better hand-timing:**

53.4	1	Vijayakumari G K	KAN	08.05.1996	KanSC	Bengaluru	27-Jul-2019
53.8	2	Likitha M	KAN	02.02.1997	KanSC	Bengaluru	27-Jul-2019

**800m**

2:02.96	1	Chitra P U	KER	09.06.1995	ISAC	Lucknow	28-Aug-2019
2:03.67	2	Twinkle Chaudhary	PUN	17.10.1995	FedCup	Patiala	16-Mar-2019
2:06.12	1	Rachna	HAR	30.07.2000	NJC-U20	Mangalagiri	5-Nov-2019
2:06.17	2	Shipra Sarkar	WB	10.10.1995	ONAC	Ranchi	13-Oct-2019
2:06.22	1	Pooja Subhash	HAR	17.06.2002	JFC	Tiruvannamalai	26-Sep-2019
2:06.32	4	Lili Das	WB	18.03.1998	FedCup	Patiala	16-Mar-2019
2:06.34	3	Pramila Yadav	UP	20.07.1994	ONAC	Ranchi	13-Oct-2019
2:07.09	2	Jessy Joseph	KER	08.12.1995	ISAC	Lucknow	28-Aug-2019
2:08.16	1h2	Neha	DEL	15.03.1993	ONAC	Ranchi	12-Oct-2019
2:08.18	2	Rakhi	KAN	25.07.2001	JFC	Tiruvannamalai	26-Sep-2019
2:08.56	1	Priscilla Daniel	KER	01.07.2002	NYC	Raipur	21-Feb-2019
2:08.69	1	Shalu Chaudhary	DEL	27.01.1994	NGP	Sangrur	2-Mar-2019
2:09.17	1	Jisna Mathew	KER	07.01.1999	NGP	Patiala	23-Feb-2019
2:09.21	6	Durga Deore	MAH	08.06.1999	ONAC	Ranchi	13-Oct-2019
2:09.30	1	Chanda KM	DEL	16.08.2001	NSG-U19	Sangrur	15-Dec-2019
2:09.43	2	Archana Adhav	MAH	14.07.1995	NGP	Sangrur	2-Mar-2019
2:09.51	3h2	Priya K	TN	15.06.1997	FedCup	Patiala	15-Mar-2019
2:09.55	1	Yamuna Ladkat	MAH	20.04.1998	MahSC	Mumbai	25-Jun-2019
2:09.82	4	Abitha Mary Manuel	KER	24.11.1998	NGP	Sangrur	2-Mar-2019
2:10.05	3	Athulya Udayan	KER	25.01.2001	JFC	Tiruvannamalai	26-Sep-2019
2:10.37	2	Sonali Desai	MAH	01.03.1994	MahSC	Mumbai	25-Jun-2019
2:10.54	2	Mittalben Chaudhari	GUJ	19.05.2001	NSG-U19	Sangrur	15-Dec-2019
2:10.67	7	Priyanka Dhruv	HAR	16.10.1997	ONAC	Ranchi	13-Oct-2019
2:11.15	4h2	Debashri Mazumdar	WB	06.04.1991	FedCup	Patiala	15-Mar-2019
2:11.2h	1	Vijayakumari G K	KAN	08.05.1996	KanSC	Bengaluru	28-Jul-2019
2:11.41	7h4	Harmilan Bains	PUN	23.07.1998	WUG	Napoli, ITA	8-Jul-2019

2:11.67	2	Shivechha Patil	MAH	21.09.2003	NJC-U18	Mangalagiri	5-Nov-2019
2:11.70	5	Sneha K	KER	19.05.1999	NGP	Sangrur	2-Mar-2019
2:11.71	3	Stephy Sara Koshy	KER	22.03.2003	NYC	Raipur	21-Feb-2019
2:11.89	3h2	Sunil Kumari	HAR	12.08.1999	ISAC	Lucknow	27-Aug-2019

**Provisionaly suspended for doping:**

2:02.70	(1)	Gomathi M	TN	08.02.1989	AsiCh	Doha, QAT	22-Apr-2019
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**1500m**

4:11.10	8h2	Chitra P U	KER	09.06.1995	WCh	Doha, QAT	2-Oct-2019
4:13.53	1	Lili Das	WB	18.03.1998	NGP	Panchkula	6-Mar-2019
4:17.19	1	Chanda KM	DEL	16.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
4:22.10	4	Harmilan Bains	PUN	23.07.1998	ONAC	Ranchi	11-Oct-2019
4:22.45	1	Pooja Subhash	HAR	17.06.2002	JFC	Tiruvannamalai	25-Sep-2019
4:22.95	2	Ankita Dhiyani	UTK	05.02.2002	JFC	Tiruvannamalai	25-Sep-2019
4:23.26	5	Durga Deore	MAH	08.06.1999	ONAC	Ranchi	11-Oct-2019
4:27.64	4	Pratima Tudu	WB	13.07.1987	FedCup	Patiala	18-Mar-2019
4:27.64	6	Sonali Desai	MAH	01.03.1994	ONAC	Ranchi	11-Oct-2019
4:28.66	3	Radha	UTK	19.05.2000	JFC	Tiruvannamalai	25-Sep-2019
4:30.38	6	Shruthi K C	KAN	10.08.1991	FedCup	Patiala	18-Mar-2019
4:30.58	7	Rishu Singh	MAH	07.12.1995	FedCup	Patiala	18-Mar-2019
4:34.44	3	Madhu	HAR	04.08.2001	NJC-U20	Mangalagiri	3-Nov-2019
4:34.64	3	Shipra Sarkar	WB	10.10.1995	Int-Rly	Pune	20-Aug-2019
4:34.79	1	Sneha	HAR	03.09.2004	NSG-U17	Sangrur	5-Dec-2019
4:34.86	2	Laxita Sandilea	GUJ	13.02.2005	NSG-U17	Sangrur	5-Dec-2019
4:35.59	2	Sumitra	RAJ	12.06.2002	NSG-U19	Sangrur	13-Dec-2019
4:35.70	2	Rebi Pal	UP	12.12.2001	MAS-GP	Kuala Lumpur, MAS	31-Mar-2019
4:36.09	3	Chanthini C	KER	21.04.2002	AYC	Hongkong, HKG	17-Mar-2019
4:36.19	4	Tai Hirman Bhamane	MAH	31.12.2002	JFC	Tiruvannamalai	25-Sep-2019
4:37.32	6	Deeksha Singh	UP	01.01.1999	ISAC	Lucknow	30-Aug-2019
4:37.33	2	Ankita Chahal	DEL	07.10.2000	Khelo-U21	Pune	10-Jan-2019
4:37.45	3	Dimple Singh	UP	12.07.1995	MAS-GP	Kuala Lumpur, MAS	31-Mar-2019
4:38.97	8	Khushbu Gupta	UP	07.11.1998	ONAC	Ranchi	11-Oct-2019
4:39.59	3	Bushra Khan Gauri	MP	26.07.2004	NSG-U17	Sangrur	5-Dec-2019
4:40.20	7	Sugandha Kumari	BIH	10.12.1995	ISAC	Lucknow	30-Aug-2019
4:40.42	4	Vineeta Gurjar	UP	27.09.2005	NSG-U17	Sangrur	5-Dec-2019
4:40.43	8	Sunita	HP	31.03.1998	ISAC	Lucknow	30-Aug-2019
4:41.07	3	Radha Chaudhary	DEL	02.02.2001	Khelo-U21	Pune	10-Jan-2019
4:41.14	10	Yamuna Ladkat	MAH	20.04.1998	ONAC	Ranchi	11-Oct-2019

**Better indoor mark:**

4:35.78	2	Priya K	TN	15.06.1997	Invitation	Tehran, IRI	3-Mar-2019
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**Provisionaly suspended for doping:**

4:23.62	(1)	Gomathi M	TN	08.02.1989	FedCup	Patiala	18-Mar-2019
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**3000m**

9:42.71	1	Chanda KM	DEL	16.08.2001	NJC-U20	Mangalagiri	4-Nov-2019
9:46.54	1	Rebi Pal	UP	12.12.2001	NSG-U19	Sangrur	11-Dec-2019

9:51.02	2	Drashti Chaudhary	GUJ	16.08.2003	NJC-U18	Mangalagiri	6-Nov-2019
9:51.20	2	Seema	HP	10.01.2001	NJC-U20	Mangalagiri	4-Nov-2019
9:52.26	3	Sumitra	RAJ	12.06.2002	NSG-U19	Sangrur	11-Dec-2019
9:52.32	1	Poonam Sonune	MAH	04.04.2000	JFC	Tiruvannamalai	24-Sep-2019
9:53.85	3	Supriti Kachhap	MP	03.04.2003	NJC-U18	Mangalagiri	6-Nov-2019
9:55.83	2	Kiran	HAR	04.01.2001	JFC	Tiruvannamalai	24-Sep-2019
9:56.89	1	Vineeta Gurjar	UP	27.09.2005	NSG-U17	Sangrur	7-Dec-2019
9:59.33	4	Rinkee Pawara	MAH	23.06.2003	NJC-U18	Mangalagiri	6-Nov-2019
10:03.25	1	Ankita Dhiyani	UTK	05.02.2002	Khelo-U17	Pune	11-Jan-2019
10:05.51	5	Muskan Chotiyara	GUJ	12.08.2002	NSG-U19	Sangrur	11-Dec-2019
10:10.54	4	Maheshwari G	TEL	18.08.2000	NJC-U20	Mangalagiri	4-Nov-2019
10:13.65	3	Bushra Khan Gauri	MP	26.07.2004	Khelo-U17	Pune	11-Jan-2019
10:14.38	6	Prajakta Shinde	MAH	26.04.2002	NSG-U19	Sangrur	11-Dec-2019
10:14.93	3	Sanika K P	KER	17.02.2003	NSG-U17	Sangrur	7-Dec-2019
10:16.08	2	Pallavi Jagdale	MAH	27.03.2003	NYC	Raipur	20-Feb-2019
10:20.02	4	Antima Pal	UP	01.01.2004	Khelo-U17	Pune	11-Jan-2019
10:22.34	5	Tannu-2	HAR	06.03.2003	NSG-U17	Sangrur	7-Dec-2019
10:23.03	4	Anumol Thampi	KER	19.08.1999	Khelo-U21	Pune	12-Jan-2019
10:29.04	5	Chatru Gumnaram	RAJ	05.07.2001	Khelo-U21	Pune	12-Jan-2019
10:29.77	1	Minnu P Roy	KER	08.06.2001	KerIntClub	Thiruvananthapuram	7-Aug-2019
10:30.85	1	Tannu-1	DEL	12.02.2002	DelISC-U18	New Delhi	4-Aug-2019
10:35.37	6	Rutuja Shende	MAH	28.11.1999	NJC-U20	Mangalagiri	4-Nov-2019
10:37.64	1	Sowmya S	TN	16.12.2002	TNSch_U19	Thottiyam	20-Nov-2019
10:38.18	6	Mamta Choudhary	RAJ	10.04.2002	NJC-U18	Mangalagiri	6-Nov-2019
10:38.2 h	1	Coffee	HAR	30.08.2003	HarYC	Sonipat	27-Jan-2019
10:38.84	2	Anaswara Ganeshan	KER		KSG-U17	Kannur	16-Nov-2019
10:39.39	3	Devika Ben	KER	24.11.2004	KSG-U17	Kannur	16-Nov-2019
10:40.0 h	1	Kajal Sharma	UP	03.09.2001	NSG-U19	Nadiad	10-Feb-2019

## 5000m

15:36.03	3	Parul Chaudhary	UP	15.04.1995	AsiCh	Doha, QAT	21-Apr-2019
15:55.95	1	Suriya Loganathan	TN	07.07.1990	NGP	Sangrur	2-Mar-2019
16:14.63	2	Meenu Nirwal	UP	01.07.1995	NGP	Sangrur	2-Mar-2019
16:24.72	3	Sonika	HAR	12.06.1999	ONAC	Ranchi	12-Oct-2019
16:25.99	3	Preeti Lamba	HAR	18.12.1995	Int-Rly	Pune	20-Aug-2019
16:29.89	4	Chinta Yadav	UP	26.03.1993	Int-Rly	Pune	20-Aug-2019
16:32.88	4	Arati Dattatray Patil	MAH	26.03.1997	FedCup	Patiala	15-Mar-2019
16:51.22	5	Swati Gadhawe	MAH	01.06.1990	FedCup	Patiala	15-Mar-2019
16:51.96	6	Kiranjeet Kaur	HAR	14.06.1988	FedCup	Patiala	15-Mar-2019
16:59.77	5	Varsha Devi	HAR	20.06.1994	ONAC	Ranchi	12-Oct-2019
17:03.14	1	Seema	HP	10.01.2001	NJC-U20	Mangalagiri	2-Nov-2019
17:06.22	5	Preenu Yadav	UP	28.06.1995	Int-Rly	Pune	20-Aug-2019
17:06.81	7	Reena Patel	GUJ	15.04.1999	FedCup	Patiala	15-Mar-2019
17:07.80	8	Poonam Sonune	MAH	04.04.2000	FedCup	Patiala	15-Mar-2019
17:10.67	2	Amrita Patel	UP	08.03.2001	NJC-U20	Mangalagiri	2-Nov-2019
17:11.3 h	1	Kavita Yadav	KAN	08.11.1998	KanSC	Bengaluru	27-Jul-2019

17:16.49	1	Ankita Dhiyani	UTK	05.02.2002	JFC	Tiruvannamalai	26-Sep-2019
17:44.59	5	Drashtiben Pravinbhai	GUJ	16.08.2003	JFC	Tiruvannamalai	26-Sep-2019
17:49.66	1	Malleshwari R	KAN	28.10.2000	KanID-U20	Udupi	Aug-2019
17:58.33	4	Phoolan Pal	UP	05.01.1996	ISAC	Lucknow	27-Aug-2019
17:58.8 h	1	Samsad Ara Begum	ORI	29.09.1998	OriSC	Cuttack	28-Dec-2019
18:01.24	1	Geetha K	TN	19.04.1992	TNSC	Tiruchirapalli	23-Jun-2019
18:02.76	2	Nikita Raut	MAH	03.11.1997	MahSC	Mumbai	25-Jun-2019
18:02.96	3	Saigeeta Naik	MAH	26.05.1992	MahSC	Mumbai	25-Jun-2019
18:03.16	4	Kiran	HAR	04.01.2001	NJC-U20	Mangalagiri	2-Nov-2019
18:07.87	2	Suman Rani	PUN	01.01.2000	Khelo-U21	Pune	11-Jan-2019
18:12.24	3	Chatru Gumnam	RAJ	05.07.2001	Khelo-U21	Pune	11-Jan-2019

**Marks annulled for retrospective dope sanctions:**

15:41.12	-	Sanjivani Jadhav	MAH	12.07.1996	AsiCh	Doha, QAT	21-Apr-2019
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**10000m**

34:07.04	2	Suriya Loganathan	TN	07.07.1990	FedCup	Patiala	17-Mar-2019
34:49.86	2	Arati Dattatray Patil	MAH	26.03.1997	ONAC	Ranchi	10-Oct-2019
34:51.44	3	Kavita Yadav	KAN	08.11.1998	ONAC	Ranchi	10-Oct-2019
35:00.46	3	Swati Gadhave	MAH	01.06.1990	FedCup	Patiala	17-Mar-2019
35:49.96	4	Kiranjeet Kaur	HAR	14.06.1988	FedCup	Patiala	17-Mar-2019
35:54.23	4	Varsha Devi	HAR	20.06.1994	ONAC	Ranchi	10-Oct-2019
35:56.44	5	Phoolan Pal	UP	05.01.1996	ONAC	Ranchi	10-Oct-2019
36:42.70	7	Reena Patel	GUJ	15.04.1999	ONAC	Ranchi	10-Oct-2019
36:48.72	4	Kiran Sahdev	MAH	23.01.1991	Int-Rly	Pune	21-Aug-2019
37:11.00	8	Seema Devi	PUN	11.12.1993	ONAC	Ranchi	10-Oct-2019

**Marks annulled for retrospective dope sanctions:**

32:44.96	-	Sanjivani Jadhav	MAH	12.07.1996	AsiCh	Doha, QAT	23-Apr-2019
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**Half-Marathon**

72:49	11	Suriya Loganathan	TN	07.07.1990	ADHM	New Delhi	20-Oct-2019
73:55	12	Parul Chaudhary	UP	15.04.1995	ADHM	New Delhi	20-Oct-2019
75:28	13	Chinta Yadav	UP	26.03.1993	ADHM	New Delhi	20-Oct-2019
77:50	14	Kavita Yadav	KAN	08.11.1998	ADHM	New Delhi	20-Oct-2019
77:51	1	Kiran Sahdev	MAH	23.01.1991	Vasai	Virar	8-Dec-2019
77:58	15	Sonika	HAR	12.06.1999	ADHM	New Delhi	20-Oct-2019
78:05	1	Meenu Prajapati	UP	01.07.1995	TMM	Mumbai	20-Jan-2019
78:06	1	Seema Devi	PUN	11.12.1993		Amritsar	21-Apr-2019
78:24	2	Komal Jagadale	MAH	26.01.1999	Vasai	Virar	8-Dec-2019
78:46	17	Varsha Devi	HAR	20.06.1994	ADHM	New Delhi	20-Oct-2019
78:56	18	Jyoti Chauhan	MAH	05.08.1995	ADHM	New Delhi	20-Oct-2019
79:01	2	Saigeeta Naik	MAH	26.05.1992	TMM	Mumbai	20-Jan-2019
79:13	3	Nandini Gupta	UP	04.11.1997	Vasai	Virar	8-Dec-2019
79:20	2	Meenu Solanki				Kota	8-Dec-2019
79:48	4	Swati Gadhave	MAH	01.06.1990	Vasai	Virar	8-Dec-2019
80:46	5	Poonam Sonune	MAH	04.04.2000	Vasai	Virar	8-Dec-2019
80:52	20	Arpita Saini			ADHM	New Delhi	20-Oct-2019

## Marathon

2:34:56	8	Sudha Singh	UP	25.06.1986	TMM	Mumbai	20-Jan-2019
2:45:48	11	Jyoti Gawate	MAH	22.02.1987	TMM	Mumbai	20-Jan-2019
2:53:29	1	Shyamali Singh	WB	10.03.1990	Indira	Prayagraj	19-Nov-2019
3:01:30	2	Jigmet Dolma		10.12.1992	IDBI	New Delhi	24-Feb-2019
3:01:32	3	Tsetan Dolkar		01.11.1992	IDBI	New Delhi	24-Feb-2019
3:08:51	4	Swati Panchabudhe	MAH	23.02.1998	IDBI	New Delhi	24-Feb-2019
3:12:26	13	Rani Yadav			TMM	Mumbai	20-Jan-2019
3:16:40	5	Divyanka Chaudhary			IDBI	New Delhi	24-Feb-2019
3:16:54	1	Anjali Saraogi			IDBI	Kolkata	3-Feb-2019
3:17:24	15	Seema Devi	PUN	11.12.1993	TMM	Mumbai	20-Jan-2019

## 3000m Steeplechase

10:00.66	1	Sudha Singh	UP	25.06.1986	NGP	Patiala	5-Sep-2019
10:03.43	5	Parul Chaudhary	UP	15.04.1995	AsiCh	Doha, QAT	23-Apr-2019
10:11.70	1	Chinta Yadav	UP	26.03.1993	ONAC	Ranchi	13-Oct-2019
10:12.59	3	Preeti Lamba	HAR	18.12.1995	FedCup	Patiala	18-Mar-2019
10:17.36	3	Komal Jagadale	MAH	26.01.1999	ONAC	Ranchi	13-Oct-2019
10:18.66	4	Chhavi Yadav	UP	15.08.1992	ONAC	Ranchi	13-Oct-2019
10:22.15	12	Jyoti Chauhan	MAH	05.08.1995	WUG	Napoli, ITA	11-Jul-2019
10:34.10	1	Maheshwari G	TEL	18.08.2000	NJC-U20	Mangalagiri	6-Nov-2019
10:50.61	5	Khushbu Gupta	UP	07.11.1998	ONAC	Ranchi	13-Oct-2019
10:56.11	5	Preenu Yadav	UP	20.06.1995	Int-Rly	Pune	22-Aug-2019
10:58.01	4	Richa Bhadauriya	UP	28.01.1997	NGP	Patiala	23-Feb-2019
11:04.70	5	Sugandha Gurjar	UP	02.08.1996	NGP	Patiala	23-Feb-2019
11:06.59	6	Kajal Sharma	UP	03.09.2001	ONAC	Ranchi	13-Oct-2019
11:10.07	2	Rebi Pal	UP	12.12.2001	JFC	Tiruvannamalai	26-Sep-2019
11:14.65	7	Sruthi M S	KER	20.07.1996	ISAC	Lucknow	30-Aug-2019
11:15.70	2	Rutuja Shende	MAH	28.11.1999	NJC-U20	Mangalagiri	6-Nov-2019
11:25.76	3	Smitha D R	KAN	09.12.2000	JFC	Tiruvannamalai	26-Sep-2019
11:30.47	2	Vaishnavi Sawant	MAH	28.03.2001	MahSC	Mumbai	26-Jun-2019
11:41.37	2	Swetha K	KER	24.07.1998	KerSC	Kozhikode	15-Jun-2019
11:46.42	9	Priyanka Kasana	RAJ	25.03.1999	ISAC	Lucknow	30-Aug-2019
11:53.10	4	Deepu Tiwari	UP	12.12.1999	JFC	Tiruvannamalai	26-Sep-2019
11:53.38	3	Priyanka Chavarkar	MAH	26.04.1997	MahSC	Mumbai	26-Jun-2019
12:02.78	5	Ansu Joseph	KER	14.08.2001	JFC	Tiruvannamalai	26-Sep-2019
12:06.60	3	Nibiya Joseph	KER	23.06.1999	KerSC	Kozhikode	15-Jun-2019
12:11.8 h	1	Parvati Majhi	ORI	29.01.2000	OriSC	Cuttack	30-Dec-2019
12:16.69	4	Nandani Gupta	UP	04.11.1997	NGP	Patiala	5-Sep-2019
12:18.86	4	Safeeda M P	KER	05.10.1994	KerSC	Kozhikode	15-Jun-2019
12:23.55	6	Vandana Mori	GUJ	31.08.2002	JFC	Tiruvannamalai	26-Sep-2019
12:30.42	4	Swati Vhanwade	MAH	25.10.1999	MahSC	Mumbai	26-Jun-2019

### Questionable timing:

10:34.4	-	Bhanu S	TEL	23.07.1997	TelSC	Khammam	8-Jun-2019
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## 100m Hurdles

13.79	0.2	H	Purnima Hembram	ORI	10.07.1993	AsiCh	Doha, QAT	22-Apr-2019
13.88	0.0	1	Pushpanjali S	KAN	28.01.1997	FedCup	Patiala	18-Mar-2019
13.88	0.0	1	Kanimozhi C	TN	08.11.1997	Int-Rly	Pune	22-Aug-2019
13.91	-0.1	1	Jyothi Y	AP	28.08.1999	ISAC	Lucknow	30-Aug-2019
13.96	0.0	2	Elezabath Antony	KER	31.12.1994	FedCup	Patiala	18-Mar-2019
13.98	-0.1	3	Ritwika Singh	UP	11.12.1998	ISAC	Lucknow	30-Aug-2019
14.00	0.6	H	Swapna Barman	WB	29.10.1996	AsiCh	Doha, QAT	22-Apr-2019
14.00	-0.1	4	Nithya R	TN	20.09.1998	ISAC	Lucknow	30-Aug-2019
14.00	0.0	1	Aparna Roy	KER	31.05.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.09	-0.1	5	Sumandeep Kaur	PUN	10.04.1994	ISAC	Lucknow	30-Aug-2019
14.24	0.0	4	Pinki Rani	HAR	19.08.1995	FedCup	Patiala	18-Mar-2019
14.25	0.4	4	Medha Kamath	KAN	04.12.1997	ONAC	Ranchi	11-Oct-2019
14.27	-0.1	7	Sowmiya M	AP	25.03.1996	ISAC	Lucknow	30-Aug-2019
14.28	0.0	5	Keerthana Kumar	TN	21.08.1994	FedCup	Patiala	18-Mar-2019
14.41	0.5	4h1	Ankita Gosavi	MAH	13.05.1997	ONAC	Ranchi	10-Oct-2019
14.45		3	Nandhini Kongan	TN	13.07.1999	TNSC	Tiruchirapalli	22-Jun-2019
14.48		4	Thabitha P M	TN	22.04.2002	TNSC	Tiruchirapalli	22-Jun-2019
14.48	0.5	2h2	Anurupa Kumari	JHA	12.08.1997	ONAC	Ranchi	10-Oct-2019
14.52	1.4	H	Pratibha Kumari	JHA	06.01.2001	JFC	Tiruvannamalai	25-Sep-2019
14.72	0.0	6	Raji Austin	KER	01.08.1988	FedCup	Patiala	18-Mar-2019
14.73	0.0	7	Pragyan Prasant Sahu	ORI	19.12.1999	FedCup	Patiala	18-Mar-2019
14.73		2	Sugina M	KER	22.08.1993	KerSC	Kozhikode	15-Jun-2019
14.74		H	Marena George	KER	02.04.1995	ISAC	Lucknow	29-Aug-2019
14.75		3	Soumya Varghese	KER	13.10.1996	KerSC	Kozhikode	15-Jun-2019
14.77	1.1	1h1	Moumita Mondal	WB	09.12.2001	JFC	Tiruvannamalai	25-Sep-2019
14.79		H	Pinki Rani	HAR	19.08.1995	FedCup	Patiala	17-Mar-2019
14.82	0.2	7h2	Jaspreet Kaur	PUN	07.05.1994	ISAC	Lucknow	29-Aug-2019
14.89	0.4	3	Rishika Nepali	MAH	02.03.2001	NJC-U20	Mangalagiri	4-Nov-2019
14.99	0.0	7h1	Rokeya Khatun	WB	15.07.1996	ISAC	Lucknow	29-Aug-2019
15.01		5	Anila Jose V K	KER	10.08.1993	Int-Rly	Pune	22-Aug-2019

### **Wind-assisted marks:**

14.97	2.1	4	Srireshma S	TN	04.05.2001	JFC	Tiruvannamalai	25-Sep-2019
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### **Better hand-timing:**

14.4		1	Rokeya Khatun	WB	15.07.1996	WBSC	Kolkata	9-Aug-2019
14.7		3	Pooja H V	KAN		KanSC	Bengaluru	27-Jul-2019

## 400m Hurdles

57.21		1	Saritaben Gayakwad	GUJ	01.06.1994	FedCup	Patiala	16-Mar-2019
57.45		2	Arpitha M	KAN	11.02.1993	FedCup	Patiala	16-Mar-2019
57.58		3	Jauna Murmu	ORI	16.08.1990	FedCup	Patiala	16-Mar-2019
58.53		2	Veerpal Kaur-1	PUN	24.03.1994	ONAC	Ranchi	11-Oct-2019
58.62		4	Anu Raghavan	KER	20.04.1993	FedCup	Patiala	16-Mar-2019
59.01		5	Vithya R	TN	20.09.1998	FedCup	Patiala	16-Mar-2019
59.16		6	Salini V K	KER	10.01.1998	FedCup	Patiala	16-Mar-2019
1:00.12		4	Veerpal Kaur-2	PUN	07.09.1997	ONAC	Ranchi	11-Oct-2019



1:00.20	1	Tiasha Samadder	WB	20.05.1998	Int-Rly	Pune	21-Aug-2019
1:00.48	2	Aarathi S V	TN	29.03.1998	ISAC	Lucknow	28-Aug-2019
1:00.53	5	Preeti	DEL	06.07.1999	ONAC	Ranchi	11-Oct-2019
1:01.02	8	Vishwapriya R V	TN	28.10.1995	FedCup	Patiala	16-Mar-2019
1:01.06	3	Dhivya J	TN	31.01.1998	ISAC	Lucknow	28-Aug-2019
1:01.13	3	Sonal Chawla	DEL	16.11.1992	Int-Rly	Pune	21-Aug-2019
1:01.22	4	Loganayaki M	TN	03.06.1997	Int-Rly	Pune	21-Aug-2019
1:01.39	1	Sayana P O	KER	11.03.1998	KerSC	Kozhikode	16-Jun-2019
1:01.48	1	Nanhi	HAR	16.10.1999	Khelo-U21	Pune	13-Jan-2019
1:01.55	1	Nibha K M	KER	14.12.1999	NJC-U20	Mangalagiri	6-Nov-2019
1:01.67	7	Rajni	PUN	07.11.1990	ONAC	Ranchi	11-Oct-2019
1:01.81	1	Vishrutha C	TN	20.03.2002	NYC	Raipur	21-Feb-2019
1:02.51	2	Arathi R	KER	21.05.2001	SZJC-U20	Udupi	15-Sep-2019
1:02.60	2	Vishnupriya J	KER	13.03.2001	Khelo-U21	Pune	13-Jan-2019
1:02.77	1	Prajna K	KAN	25.07.2001	NSG-U19	Nadiad	12-Feb-2019
1:02.79	2	Khushdeep Kaur	PUN	03.04.2000	NJC-U20	Mangalagiri	6-Nov-2019
1:03.45	2	Jyothika	KAN	29.09.2002	NSG-U19	Sangrur	14-Dec-2019
1:03.55	6	Nidhi Singh	MAH	30.01.1999	ISAC	Lucknow	28-Aug-2019
1:03.58	3	Adithya K T	KER	27.11.2001	NSG-U19	Sangrur	14-Dec-2019
1:03.69	4	Olimba Steffi	TN	15.02.2002	NSG-U19	Sangrur	14-Dec-2019
1:03.81	2h2	Ritika Kiro	JHA	11.03.1996	ISAC	Lucknow	27-Aug-2019
1:03.96	4	Babita Singh	UP	12.07.2000	NJC-U20	Mangalagiri	6-Nov-2019

## High Jump

1.83	H	Swapna Barman	WB	29.10.1996	AsiCh	Doha, QAT	22-Apr-2019
1.81	1	Rubina Yadav	HAR	14.01.2001	Int-Rly	Pune	20-Aug-2019
1.79	1	Supriya S B	KAN	11.03.2001	Khelo-U21	Pune	13-Jan-2019
1.79	2	Abhinaya S Shetty	KAN	16.06.1999	Khelo-U21	Pune	13-Jan-2019
1.78	1	Gracena Glistus Merly	TN	23.05.2000	JFC	Tiruvannamalai	26-Sep-2019
1.77	4	Rekha	HAR	24.01.1999	Khelo-U21	Pune	13-Jan-2019
1.77	1	Jishna M	KER	22.03.2000	NJC-U20	Mangalagiri	3-Nov-2019
1.76	2	Laimwn Narzary	ASM	21.03.1998	Int-Rly	Pune	20-Aug-2019
1.76	3	Sonu	HAR	07.07.1993	Int-Rly	Pune	20-Aug-2019
1.76	1	Athira Somaraj	KER	26.10.1998	ISAC	Lucknow	27-Aug-2019
1.76	2	Libia Shaji	KER	16.04.1997	ISAC	Lucknow	27-Aug-2019
1.74	1	Merin Biju	KER	30.06.2000	NSG-U19	Nadiad	10-Feb-2019
1.73	4	Angel P Devasia	KER	06.12.1994	Int-Rly	Pune	20-Aug-2019
1.73	H	Mareena George	KER	02.04.1995	ISAC	Lucknow	29-Aug-2019
1.72	2	Kevinaa Ashwine A	TN	27.03.2002	TNSC	Tiruchirapalli	23-Jun-2019
1.72	1	Gobika K	TN	06.08.2002	SZJC-U18	Udupi	15-Sep-2019
1.71	5	Gayathry Sivakumar	KER	26.02.2001	Khelo-U21	Pune	13-Jan-2019
1.70	4	Jinu Maria Manuel	KER	15.02.1993	FedCup	Patiala	15-Mar-2019
1.70	5	Jyothi	HAR	22.07.1995	Int-Rly	Pune	20-Aug-2019
1.70	6	Steny Michel	KER	11.07.1992	Int-Rly	Pune	20-Aug-2019
1.70	4=	Snehal Harde	MAH	28.05.1999	ISAC	Lucknow	27-Aug-2019
1.69	1	Rajeswari Das	WB	25.05.1999	WBSC	Kolkata	8-Aug-2019

1.69	1	Pramila Rajgar	WB	27.11.2000	WBSC-U20	Kolkata	10-Aug-2019
1.68	1	Saliha K H	KER	14.09.2002	Khelo-U17	Pune	12-Jan-2019
1.68	H	Purnima Hembram	ORI	07.10.1993	AsiCh	Doha, QAT	22-Apr-2019
1.68	2	Meera Shibu	KER	25.07.2002	SZJC-U18	Udupi	15-Sep-2019
1.68	H	Sowmiya M	TN	25.03.1996	ONAC	Ranchi	12-Oct-2019
1.68	6	Giji G	AP	30.12.2000	NJC-U20	Mangalagiri	3-Nov-2019
1.68	1	Khyati Mathur	HAR	02.09.2003	NSG-U17	Sangrur	5-Dec-2019

### Pole Vault

4.06	1	Krishna Rachan	KER	24.05.1994	FedCup	Patiala	17-Mar-2019
3.80	2	Mariya Jaison	KER	23.09.1997	FedCup	Patiala	17-Mar-2019
3.80	2	Sinju Prakash M K	KER	27.12.1993	KerSC	Kozhikode	15-Jun-2019
3.75	1	Nivya Antony A C	KER	21.03.2000	NJC-U20	Mangalagiri	3-Nov-2019
3.70	1	Pavithra V	TN	08.12.2001	JFC	Tiruvannamalai	25-Sep-2019
3.61	1	Sathya T	TN	05.02.2001	NSG-U19	Sangrur	14-Dec-2019
3.60	4	Reshma Raveendran	KER	12.05.1993	KerSC	Kozhikode	15-Jun-2019
3.60	5	Divya Mohan	KER	28.07.1999	KerSC	Kozhikode	15-Jun-2019
3.60	2	Dija K Chandran	KER	03.01.1991	Int-Rly	Pune	20-Aug-2019
3.50	3	Sangeeta Kumari	UP	05.04.1990	FedCup	Patiala	17-Mar-2019
3.50	2	Manju M	TN	13.08.1999	TNSC	Tiruchirapalli	23-Jun-2019
3.45	4	Nisha Banu A	TN	24.01.1997	Int-Rly	Pune	20-Aug-2019
3.40	6	Arsha Babu	KER	18.03.1999	KerSC	Kozhikode	15-Jun-2019
3.40	3	Rosy Meena P	TN	28.10.1997	TNSC	Tiruchirapalli	23-Jun-2019
3.40	5	Sureka Renjith	TN	14.08.1984	Int-Rly	Pune	20-Aug-2019
3.30	4	Chellamangai S	TN	24.07.1999	Khelo-U21	Pune	11-Jan-2019
3.30	5	Sindhushree S	KAN	23.10.2000	Khelo-U21	Pune	11-Jan-2019
3.20	-	Reshma Patel	UP	20.05.2001	UPSC	Allahabad	23-May-2019
3.20	7	Anjaly Francis P	KER	15.06.1998	KerSC	Kozhikode	15-Jun-2019
3.20	4	Maisuri Timbadiya	GUJ	26.03.2002	JFC	Tiruvannamalai	25-Sep-2019
3.20	2	Babita Patel	MP	12.08.2000	NJC-U20	Mangalagiri	3-Nov-2019
3.15	3	Blessy Kunjumon	KER	21.10.2001	NJC-U20	Mangalagiri	3-Nov-2019
3.10	4	Pushparani C	TN	29.12.2001	TNSC	Tiruchirapalli	23-Jun-2019
3.10	6	Malavika Ramesh	KER	07.06.2000	JFC	Tiruvannamalai	25-Sep-2019
3.10	1	Kavya V	TN	12.09.2001	TNJR-U20	Sathyamangalam	6-Oct-2019
3.10	1	Arathy A Nair	KER	20.01.2003	KSG-U17	Kannur	17-Nov-2019
3.10	2	Uvadharsini M	TN	20.04.2003	TNsch_U19	Thottiyam	19-Nov-2019
3.05	2	Krishnaveni U	TN	12.10.2000	SZJC-U20	Udupi	15-Sep-2019
3.00	8	Anaswara C	KER	17.07.1996	KerSC	Kozhikode	15-Jun-2019
3.00	5	Tamilarasi D	TN		TNSC	Tiruchirapalli	23-Jun-2019
3.00	1	Nidhi	HAR	20.02.2004	NSG-U17	Sangrur	7-Dec-2019
3.00	4	Madhura Joshi	MAH	26.03.2001	NSG-U19	Sangrur	14-Dec-2019

### Long Jump

6.42	0.2	1	Rintu Mathew	KER	27.05.1992	Int-Rly	Pune	22-Aug-2019
6.32		1	Harshini Saravanan	TN	10.08.1999	CM Trophy	Tiruchirapalli	24-Feb-2019
6.26		1	Aishwarya B	KAN	15.06.1997	KanSC	Bengaluru	27-Jul-2019

6.26		1	Ancy Sojan E	KER	01.03.2001	NSG-U19	Sangrur	14-Dec-2019
6.24	0.1	2	Karthika G	TN	02.01.1996	FedCup	Patiala	16-Mar-2019
6.23	-0.3	3	Nayana James	KER	18.10.1995	FedCup	Patiala	16-Mar-2019
6.22		1	Sherin A	TN	24.02.2000	TNID-U18	Chennai	1-Sep-2019
6.16	-0.3	1	Priyanka Kerketta	JHA	13.10.1998	ONAC	Ranchi	12-Oct-2019
6.16	1.3	1	Sandra Babu	KER	03.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
6.15	-1.1	5	Neena Pinto	KER	02.05.1991	FedCup	Patiala	16-Mar-2019
6.15		1	Shaili Singh	KAN	07.01.2004	NJC-U16	Mangalagiri	3-Nov-2019
6.08		H	Purnima Hembram	ORI	10.07.1993	FedCup	Patiala	18-Mar-2019
6.07	0.2	2	Manisha Merel	ORI	05.07.2001	NJC-U20	Mangalagiri	2-Nov-2019
6.06	0.3	4	Bhairabi Roy	WB	02.02.1995	Int-Rly	Pune	22-Aug-2019
6.05		2	Prabhavathi P S	KER	01.12.2001	KSG-U19	Kannur	16-Nov-2019
6.03		H	Swapna Barman	WB	29.10.1996	FedCup	Patiala	18-Mar-2019
6.01	0.0	1	Mareena George	KER	02.04.1995	NGP	Patiala	5-Sep-2019
5.98	-0.2	7	Rimpi Buragohain	ASM	10.12.1999	FedCup	Patiala	16-Mar-2019
5.93		2	Punitha R	TN	13.04.2000	Khelo-U21	Pune	12-Jan-2019
5.93		2	Thabitha P M	TN	24.04.2002	NSG-U19	Sangrur	14-Dec-2019
5.92		3	Sneha S S	KER	27.03.1998	KerSC	Kozhikode	15-Jun-2019
5.92	0.2	5	Siva Anbarasi M A	TN	11.10.1994	Int-Rly	Pune	22-Aug-2019
5.91	0.2	2	Sowmiya M	TN	25.03.1996	NGP	Patiala	5-Sep-2019
5.90	-0.4	8	Shraddha Ghule	GUJ	06.03.1991	FedCup	Patiala	16-Mar-2019
5.84		3	Anu Mathew	KER	07.01.2002	KSG-U19	Kannur	16-Nov-2019
5.83	-0.5	5	Deepanshi Singh	KAN	03.04.2001	ONAC	Ranchi	12-Oct-2019
5.77		3	Asha I	TN	18.06.1999	TNSC	Tiruchirapalli	23-Jun-2019
5.74		H	Liksy Joseph	KER	17.02.1990	ONAC	Ranchi	13-Oct-2019
5.73		1	Ambrikha Narzary	ASM	14.01.2002	Khelo-U17	Pune	11-Jan-2019
5.73	0.3	6	Pushpanjali S	KAN	28.01.1997	Int-Rly	Pune	22-Aug-2019

### Triple Jump

13.48	0.1	1	Renu	HAR	21.12.1998	FedCup	Patiala	17-Mar-2019
13.21	-0.2	1	Bhairabi Roy	WB	02.02.1995	ONAC	Ranchi	10-Oct-2019
13.13		1	Sandra Babu	KER	03.07.2001	Khelo-U21	Pune	10-Jan-2019
13.10	-0.5	3	Siva Anbarasi M A	TN	11.10.1994	ONAC	Ranchi	10-Oct-2019
13.05	-0.1	2	Niharika Vashist	PUN	17.10.1995	FedCup	Patiala	17-Mar-2019
13.04	-0.3	2	Anusha G Poojary	KAN	14.09.1996	NGP	Panchkula	6-Mar-2019
13.03	-0.1	3	Sheena N V	KER	22.11.1992	FedCup	Patiala	17-Mar-2019
13.03		1	Asha I	TN	18.06.1999	TNSC	Tiruchirapalli	22-Jun-2019
12.99	0.9	1	Lizbeth Karoline Joseph	KER	26.05.2000	NJC-U20	Mangalagiri	5-Nov-2019
12.98	-0.3	4	Karthika G	TN	02.01.1996	ONAC	Ranchi	10-Oct-2019
12.96		2	Aishwarya R	TN	03.01.2000	TNSC	Tiruchirapalli	22-Jun-2019
12.94		1	Aishwarya B	KAN	15.06.1997	KanSC	Bengaluru	27-Jul-2019
12.89	-0.8	4	Shilpa Chacko	KER	18.12.1992	FedCup	Patiala	17-Mar-2019
12.78		1	Anu Mathew	KER	07.01.2002	KSG-U19	Kannur	18-Nov-2019
12.71		2	Priyadharshini S	TN	13.08.1999	Khelo-U21	Pune	10-Jan-2019
12.69		3	Gayathry S	KAN		KanSC	Bengaluru	27-Jul-2019
12.63	-0.1	5	Joyline Mural Lobo	KAN	06.11.1991	ONAC	Ranchi	10-Oct-2019

12.60	0.1	6	Deepanshi Singh	UP	03.04.2000	ONAC	Ranchi	10-Oct-2019
12.58		1	Babisha P	TN	26.12.2001	NSG-U19	Sangrur	12-Dec-2019
12.55		3	Khushbeen Waraich	PUN	31.08.1999	Khelo-U21	Pune	10-Jan-2019
12.49	-0.6	7	Sonam Sirohi	A&N	15.05.1998	FedCup	Patiala	17-Mar-2019
12.48		3	Jenimol Joy	KER	29.12.1995	KerSC	Kozhikode	16-Jun-2019
12.45	-0.7	8	Aleena Jose	KER	08.12.1996	FedCup	Patiala	17-Mar-2019
12.42		2	Thabitha P M	TN	24.04.2002	NSG-U19	Sangrur	12-Dec-2019
12.37	0.1	3	Gayathry Sivakumar	KER	26.02.2001	NJC-U20	Mangalagiri	5-Nov-2019
12.36		3	Nandhini S	TN	12.12.1998	TNSC	Tiruchirapalli	22-Jun-2019
12.28		2	Nagapriya N	TN	09.10.2000	TNID-U20	Chennai	30-Aug-2019
12.22		1	Sharvari Parulekar	MAH	21.03.2002	Khelo-U17	Pune	13-Jan-2019
12.16		1	Kairi Purty	DEL	16.04.1994	DelSC	New Delhi	3-Aug-2019
12.15		3	Chandralekha B	KER	30.09.2001	KerIntClub	Thiruvananthapuram	9-Aug-2019

### Shot Put

16.87		1	Kiran Baliyan	UP	06.03.1999	UPSC	Allahabad	23-May-2019
16.01		1	Abha Khatua	WB	09.07.1995	NGP	Patiala	5-Sep-2019
15.71		2	Navjeet Kaur Dhillon	PUN	06.03.1995	NGP	Patiala	5-Sep-2019
14.82		3	Tunlai Narzary	ASM	10.02.1994	FedCup	Patiala	18-Mar-2019
14.75		1	Uma P S	KAN	15.11.1996	Int-Rly	Pune	22-Aug-2019
14.66		1	Anamika Das	WB	28.03.1999	NGP	Patiala	23-Feb-2019
14.59		2	Sonal Goyal	DEL	27.03.1998	NGP	Patiala	23-Feb-2019
14.45		3	Kachnar Chaudhary	RAJ	17.05.1999	NGP	Patiala	23-Feb-2019
14.36		-	Paramjot Kaur	PUN	16.11.2000	NGP	Patiala	16-Aug-2019
14.24		1	Ambika V	KAN	13.04.2000	NJC-U20	Mangalagiri	2-Nov-2019
14.09		1	Poorna Raorane	MAH	26.12.2000	JFC	Tiruvannamalai	25-Sep-2019
13.99		3	Pinki Rawat	UP	16.06.1994	ISAC	Lucknow	30-Aug-2019
13.95		2	Rekha	HAR	02.02.2001	NJC-U20	Mangalagiri	2-Nov-2019
13.61		4	Yogita	HAR	01.11.2000	NJC-U20	Mangalagiri	2-Nov-2019
13.48		7	Srishti Vig	DEL	15.07.1995	FedCup	Patiala	18-Mar-2019
13.46		6	Harkirat Kaur	PUN	08.10.1992	ONAC	Ranchi	11-Oct-2019
13.39		8	Kiranjot Kaur	PUN	15.11.1992	FedCup	Patiala	18-Mar-2019
13.07		10	Debopriya Nandy	WB	22.09.1993	FedCup	Patiala	18-Mar-2019
12.89		4	Saraswathi S	TN	27.01.1985	Int-Rly	Pune	22-Aug-2019
12.84		5	Megha Mariyam Mathew	KER	17.03.2000	NJC-U20	Mangalagiri	2-Nov-2019
12.77		6	Nidhi Pawaiya	MP	07.07.1997	ISAC	Lucknow	30-Aug-2019
12.76		H	Swapna Barman	WB	29.10.1996	AsiCh	Doha, QAT	22-Apr-2019
12.69		1	Nelsamol P Saji	KER	06.06.1998	KerSC	Kozhikode	16-Jun-2019
12.43		4	Sowmiya M	TN	25.03.1996	NGP	Patiala	23-Feb-2019
12.38		6	Renu	RAJ	01.01.2000	NJC-U20	Mangalagiri	2-Nov-2019
12.29		5	Poonam			Int-Rly	Pune	22-Aug-2019
12.21		H	Purnima Hembram	ORI	07.10.1993	FedCup	Patiala	17-Mar-2019
12.08		2	Jenci Susan A	TN	24.04.2002	TNSC	Tiruchirapalli	22-Jun-2019
11.89		5	Elakkeya J	TN	21.03.2000	JFC	Tiruvannamalai	25-Sep-2019
11.81		2	Jhuma Basu	WB	11.12.1996	WBSC	Kolkata	10-Aug-2019

## Discus Throw

60.25	1	Kamalpreet Kaur	PUN	04.03.1996	FedCup	Patiala	15-Mar-2019
57.47	4	Navjeet Kaur Dhillon	PUN	06.03.1995	AsiCh	Doha, QAT	24-Apr-2019
51.42	2	Suravi Biswas	WB	13.10.1997	NGP	Patiala	16-Aug-2019
49.18	4	Nidhi Rani	HAR	03.01.1997	ONAC	Ranchi	12-Oct-2019
48.46	1	Karuniya M	TN	11.01.2000	TNJR-U20	Sathyamangalam	7-Oct-2019
48.28	2	Pramila-1	HAR	15.05.1991	Int-Rly	Pune	20-Aug-2019
48.15	1	Madhu Verma	UP	01.05.1995	UPSC	Allahabad	23-May-2019
45.96	2	Arpandeeep Kaur Bajwa	PUN	15.01.1999	Khelo-U21	Pune	10-Jan-2019
45.54	5	Paramjot Kaur	PUN	16.11.2000	ISAC	Lucknow	27-Aug-2019
45.12	6	Jhuma Basu	WB	11.12.1996	ISAC	Lucknow	27-Aug-2019
45.05	1	Garima	HAR	18.07.2002	NSG-U19	Sangrur	12-Dec-2019
44.89	7	Gurveer Kaur	PUN	19.10.1995	ONAC	Ranchi	12-Oct-2019
44.82	2	Neetika Verma	UP	04.03.2001	UPSC	Allahabad	23-May-2019
44.80	3	Seema	HAR	25.02.1999	Khelo-U21	Pune	10-Jan-2019
44.74	2	Aditi Bugad	MAH	02.08.2002	NSG-U19	Sangrur	12-Dec-2019
44.29	3	Sonika	UP	15.04.1997	UPSC	Allahabad	23-May-2019
44.25	1	Sanya Yadav	UP	09.08.2003	NSG-U17	Sangrur	5-Dec-2019
44.08	2	Priyadarshini M	TN	04.12.1999	TNSC	Tiruchirapalli	23-Jun-2019
43.86	4	Asha Rani	HAR	29.12.1999	Khelo-U21	Pune	10-Jan-2019
43.85	1	Sunita-1	PUN	20.03.2000	NSG-U19	Nadiad	10-Feb-2019
43.66	2	Kiran	RAJ	01.07.2003	NSG-U17	Sangrur	5-Dec-2019
43.59	3	Krishna Jayasankar	AP	10.11.2002	NJC-U18	Mangalagiri	3-Nov-2019
42.90	5	Bhavana Yadav	DEL	09.04.1999	Khelo-U21	Pune	10-Jan-2019
42.85	2	Srushti Ulavappa Kaliwal	KAN	10.08.2001	NSG-U19	Nadiad	10-Feb-2019
42.70	3	Priyanka J S	KAN	02.03.1996	Int-Rly	Pune	20-Aug-2019
42.64	7	Madhu Renu	RAJ	01.05.1997	ISAC	Lucknow	27-Aug-2019
42.41	4	Shweta Singh	HAR	25.03.2002	NJC-U18	Mangalagiri	3-Nov-2019
42.37	3	Neetu Kumari	RAJ	02.01.2004	NSG-U17	Sangrur	5-Dec-2019
42.35	6	Pooja	HAR	21.12.2001	Khelo-U21	Pune	10-Jan-2019
41.51	4	Chetna	RAJ	07.12.2000	NJC-U20	Mangalagiri	3-Nov-2019

## Hammer Throw

59.43	1	Anita Abraham	DEL	01.01.1990	FedCup	Patiala	15-Mar-2019
58.94	2	Jyoti Jakhar Rana	HAR	25.03.1993	FedCup	Patiala	15-Mar-2019
57.71	1	Manju Bala	RAJ	01.07.1989	ISAC	Lucknow	27-Aug-2019
56.52	2	Poonam Devi	HAR	10.01.1993	Int-Rly	Pune	21-Aug-2019
56.38	1	Rekha Singh	DEL	30.12.1997	ONAC	Ranchi	13-Oct-2019
55.13	3	Kulvinder Kaur	RAJ	15.02.1998	ONAC	Ranchi	13-Oct-2019
54.85	3	Anmol Kaur	PUN	04.01.1992	ISAC	Lucknow	27-Aug-2019
54.15	1	Divya Shandilya	UP	05.07.1998	UPSC	Allahabad	23-May-2019
53.98	6	Sarbjeet Kaur	PUN	12.04.1984	FedCup	Patiala	15-Mar-2019
53.71	3	Athira Muralidharan	KER	16.01.1995	Int-Rly	Pune	21-Aug-2019
53.27	7	Nidhi Kuthar	UP	20.03.1996	FedCup	Patiala	15-Mar-2019
52.15	2	Priti Sahrawat	UP	05.09.1998	UPSC	Allahabad	23-May-2019
51.72	6	Varsha Kumar	DEL	07.02.1999	ONAC	Ranchi	13-Oct-2019

51.43	1	Aishwarya Rajnish	HAR	24.09.2001	JFC	Tiruvannamalai	26-Sep-2019
50.74	1	Anisha Dahiya	DEL	03.12.2000	NJC-U20	Mangalagiri	4-Nov-2019
50.60	3	Jyoti Yadav	UP	09.04.1999	UPSC	Allahabad	23-May-2019
50.66	1	Medha M	TN	11.04.2000	TNJR-U20	Sathyamangalam	6-Oct-2019
49.98	2	Sneha Jadhav	MAH	10.01.2000	NJC-U20	Mangalagiri	4-Nov-2019
49.05	1	Srinithi S	TN	14.01.1997	TNSC	Tiruchirapalli	23-Jun-2019
47.39	8	Harshitha WR	KAN	19.06.1996	FedCup	Patiala	15-Mar-2019
47.18	2	Amreen Subramanyam	KAN	14.08.1999	KanSC	Bengaluru	28-Jul-2019
47.01	3	Brindha M	TN	19.08.1997	TNSC	Tiruchirapalli	23-Jun-2019
46.91	9	Laxay Sharma	HAR	20.09.1997	FedCup	Patiala	15-Mar-2019
46.82	4	Pooja	RAJ	06.02.2000	JFC	Tiruvannamalai	26-Sep-2019
46.34	4	Aaisha Patel	UP	01.07.1999	Khelo-U21	Pune	11-Jan-2019
46.11	5	Shruti Singh	UP	21.01.2000	JFC	Tiruvannamalai	26-Sep-2019
45.79	5	Simran	PUN	15.12.1998	Khelo-U21	Pune	11-Jan-2019
45.15	1	Prajakta Bhosale	MAH	21.03.1997	MahSC	Mumbai	25-Jun-2019
43.93	6	Radhana Yadav	UP	09.10.1999	Khelo-U21	Pune	11-Jan-2019
43.66	7	Kashish Singh	UP	17.05.2001	Khelo-U21	Pune	11-Jan-2019

### Javelin Throw

62.43 NR	5q	Annu Rani	UP	29.08.1992	WCh	Doha, QAT	30-Sep-2019
56.36	1	Sharmila Kumari	HAR	02.03.1995	NGP	Panchkula	6-Mar-2019
53.90	3	Rupinder Kaur	PUN	08.11.1988	FedCup	Patiala	17-Mar-2019
50.71	2	Sanjana Choudhary	RAJ	09.07.1999	ISAC	Lucknow	29-Aug-2019
50.67	3	Poonam Rani	HAR	10.05.1994	ONAC	Ranchi	10-Oct-2019
50.66	3	Rashmi K	KAN	24.11.1993	ISAC	Lucknow	29-Aug-2019
49.48	H	Swapna Barman	WB	29.10.1996	FedCup	Patiala	18-Mar-2019
47.25	1	Karishma S Sanil	KAN	04.06.2000	SZJC-U20	Udupi	14-Sep-2019
47.05	6	Sangeeta Choudhary	RAJ	06.06.1995	ONAC	Ranchi	10-Oct-2019
46.78	2	Saloni	UP	11.12.1998	NGP	Patiala	5-Sep-2019
46.57	5	Hemamalini N	TN	12.04.2000	ISAC	Lucknow	29-Aug-2019
46.36	1	Manpreet Kaur	PUN	26.05.1999	Khelo-U21	Pune	13-Jan-2019
45.94	1	Anjani Kumari	BIH	01.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
44.59	3	Saraswathi S	TN	27.01.1985	Int-Rly	Pune	21-Aug-2019
44.48	1	Abha Khatua	WB	09.07.1995	WBSC	Kolkata	9-Aug-2019
43.91	7	Shilpa Rani	HAR	15.06.1996	ONAC	Ranchi	10-Oct-2019
43.76	9	Pushpa Jakhar	HAR	29.11.1997	ISAC	Lucknow	29-Aug-2019
42.53	4	Priya Attri	DEL	05.01.2000	NJC-U20	Mangalagiri	5-Nov-2019
42.46	2	Monika	HAR	20.03.1998	NC-JT	Sonepat	15-Apr-2019
42.38	2	Kajal Parmar	GUJ	01.06.1999	NC-JT-Jr	Sonepat	15-Apr-2019
42.19	6	Kavita Goswami	DEL	24.08.1998	FedCup	Patiala	17-Mar-2019
41.50	7	Alka Singh	UP	31.12.1997	FedCup	Patiala	17-Mar-2019
41.24	3	Gowsalya S	TN	15.07.1997	TNSC	Tiruchirapalli	22-Jun-2019
40.17	5	Runjun Pegu	ASM	05.09.1999	Khelo-U21	Pune	13-Jan-2019
40.08	H	Sowmiya M	TN	25.03.1996	FedCup	Patiala	18-Mar-2019
39.86	5	Simranjeet Kaur	HAR	10.09.2001	NJC-U20	Mangalagiri	5-Nov-2019
39.70	H	Purnima Hembram	ORI	07.10.1993	AsiCh	Doha, QAT	23-Apr-2019

39.29	1	Geeta Shinde	MAH	19.12.1996	MahSC	Mumbai	26-Jun-2019
39.13	2	Nivedha G	TN	09.11.1999	CM Trophy	Tiruchirapalli	24-Feb-2019
39.06	11	Nikita Rawat	UTK	12.08.1998	ISAC	Lucknow	29-Aug-2019

### Heptathlon

5993	2	Swapna Barman	WB	29.10.1996	AsiCh	Doha, QAT	23-Apr-2019
5597	2	Purnima Hembram	ORI	10.07.1993	FedCup	Patiala	18-Mar-2019
5450	1	Sowmiya M	TN	25.03.1996	ONAC	Ranchi	13-Oct-2019
5238	2	Mareena George	KER	02.04.1995	ISAC	Lucknow	30-Aug-2019
4809	3	Liksy Joseph	KER	17.02.1990	ONAC	Ranchi	13-Oct-2019
4800	1	Agsara Nandini	TEL	07.08.2003	JFC	Tiruvannamalai	26-Sep-2019
4666	5	Pinki Rani	HAR	19.08.1995	FedCup	Patiala	18-Mar-2019
4604	4	Madhu	HAR	03.01.1999	ONAC	Ranchi	13-Oct-2019
4577	1	Sonu Kumari	HAR	23.11.2000	NJC-U20	Mangalagiri	5-Nov-2019
4540	3	Laimwn Narzary	ASM	21.03.1998	ISAC	Lucknow	30-Aug-2019
4352	3	Pratibha Kumari	JHA	06.01.2001	JFC	Tiruvannamalai	26-Sep-2019
4204	4	Nimmy V O	KER	21.01.1996	ISAC	Lucknow	30-Aug-2019
4194	1	Anudhra K R	KER	27.02.2001	KerIntClub	Thiruvananthapuram	8-Aug-2019
4155	2	Anila Jose V K	KER	10.08.1993	KerSC	Kozhikode	16-Jun-2019
4150	3	Reshma G	KER	09.05.2001	NJC-U20	Mangalagiri	5-Nov-2019
4104	1	Nagapriya N	TN	09.10.2000	SZJC-U20	Udupi	15-Sep-2019
3994	4	Rishika Nepali	MAH	02.03.2001	NJC-U20	Mangalagiri	5-Nov-2019
3930	1	Deepika S	TN	09.04.2002	TNSC	Tiruchirapalli	23-Jun-2019
3895	5	Kajal	HAR	21.02.2000	NJC-U20	Mangalagiri	5-Nov-2019
3741	6	Helan Saji	KER	04.04.2000	NJC-U20	Mangalagiri	5-Nov-2019

### 10000m Walk

51:17.28	1	Jyoti	HAR	11.01.2002	JFC	Tiruvannamalai	24-Sep-2019
51:48.04	2	Munita Prajapati	MP	15.01.2002	JFC	Tiruvannamalai	24-Sep-2019
52:21.51	3	Mansi Negi	UTK	05.03.2003	JFC	Tiruvannamalai	24-Sep-2019
52:31.07	1	Roji Patel	UTK	23.08.2001	NJC-U20	Mangalagiri	5-Nov-2019
52:40.89	4	Monika	HAR	23.01.2002	JFC	Tiruvannamalai	24-Sep-2019
53:34.92	5	Baljeet Kaur	PUN	28.01.2002	JFC	Tiruvannamalai	24-Sep-2019
53:35.34	3	Sneha	HAR	02.12.2000	NJC-U20	Mangalagiri	5-Nov-2019
54:31.04	6	Sneha Yadav	UP	12.12.2001	JFC	Tiruvannamalai	24-Sep-2019
54:36.05	7	Gurpreet Kaur	PUN	17.01.2001	JFC	Tiruvannamalai	24-Sep-2019
55:30.74	4	Asha Soman	KER	05.02.2000	NJC-U20	Mangalagiri	5-Nov-2019
55:56.88	5	Jasleen Kaur	PUN	08.09.2001	NJC-U20	Mangalagiri	5-Nov-2019
56:08.6	1	Akshaya K	KER	17.03.2001	KerIntClub	Thiruvananthapuram	7-Aug-2019
56:28.4	2	Divya A	KER	22.06.2000	KerIntClub	Thiruvananthapuram	7-Aug-2019
56:41.82	1	Pavithra I	TN	04.02.2002	TNSC	Tiruchirapalli	23-Jun-2019
56:48.41	9	Komal Pal	MP	16.03.2003	JFC	Tiruvannamalai	24-Sep-2019
57:21.24	1	Lavanya Khairnar	MAH	09.12.2000	MahJr-U20	Pune	Aug-2019
57:32.07	12	Priyanka M	ORI	03.04.2000	JFC	Tiruvannamalai	24-Sep-2019
58:16.54	14	Saptami Mandal	WB	04.02.2000	JFC	Tiruvannamalai	24-Sep-2019
58:35.29	2	Santhayi M	TN	16.05.1997	TNSC	Tiruchirapalli	23-Jun-2019

58:52.63	15	Sunitaben Thakor	GUJ	12.12.2001	JFC	Tiruvannamalai	24-Sep-2019
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### 20 KM Walk

1:36:08	4	Soumya B	KER	20.04.1990	ARW	Nomi, JPN	17-Mar-2019
1:36:17	1	Bhawana Jat	RAJ	01.03.1996	Int-Rly	Pune	22-Aug-2019
1:37:01	2	Priyanka Goswami	UP	10.03.1996	Int-Rly	Pune	22-Aug-2019
1:39:18	3	Shanti Kumari		15.08.1994	Int-Rly	Pune	22-Aug-2019
1:39:32	2	Ravina	HAR	21.05.1997	ONAC	Ranchi	12-Oct-2019
1:39:37	3	Sonal Sukhwal	RAJ	28.01.1998	ONAC	Ranchi	12-Oct-2019
1:48:44	4	Karamjit Kaur	PUN	05.02.1991	Int-Rly	Pune	22-Aug-2019
1:49:29	5	Bandana Patel	UP	16.08.1998	NRW	Chennai	16-Feb-2019
1:49:57	6	Ramandeep Kaur	PUN	20.04.1999	NRW	Chennai	16-Feb-2019
1:50:24	6	Vandana Kumari	CHD	21.09.1997	ONAC	Ranchi	12-Oct-2019
1:51:23	7	Shivani	UTK	09.05.1997	NRW	Chennai	16-Feb-2019
1:52:42	8	Sonu	RAJ	30.09.1989	NRW	Chennai	16-Feb-2019
1:53:05	-	Neena K T	KER	18.04.1997	KanSC	Bengaluru	28-Jul-2019
1:53:35	9	Pooja Kumari	PUN	06.09.1998	NRW	Chennai	16-Feb-2019
1:53:42	4	Priyanka Patel	UP	09.05.1998	ISAC	Lucknow	27-Aug-2019

### 4 x 100m Relay

43.81	4	National Team	IND		AsiCh	Doha, QAT	23-Apr-2019
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### 4 x 400m Relay

3:29.42	6h1	National Team	IND		WCh	Doha, AT	5-Oct-2019
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