



7TH INDOOR NATIONAL ROWING CHAMPIONSHIP
12-14 JUL 2024, MOGA, PUNJAB

CONSOLIDATED RESULTS (13 & 14 JULY 2024)

| MEN PAIR (12) | | | | |
|----------------|-------|-------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | NSB A | PARMINDER SINGH | 06:16.0 | GOLD |
| | | SATNAM SINGH | | |
| 2 | ASB A | JASPINDER SINGH | 06:27.4 | SIVER |
| | | DHANANJAY PANWAR | | |
| 3 | NSB B | MAHESHWAR SINGH | 06:31.7 | BRONZE |
| | | GOURAV KUMAR | | |
| 4 | ORR A | PRADEEP KUMAR | 06:32.2 | 4th |
| | | HARPREET KUMAR | | |
| 5 | KAR A | E EKSHITH SAI | 06:37.0 | 5th |
| | | ADVAITH PRADEEP | | |
| 6 | RFI A | MANISH | 06:44.5 | 6th |
| | | VINAY | | |
| 7 | RAJ A | NITESH LORA | 06:47.5 | 7th |
| | | HIMANSHU | | |
| 8 | KER | HARIKRISHNA KP | 06:48.2 | 8th |
| | | ADWAID JP NAMBIAR | | |
| 9 | RFI B | NITIN RANA | 06:55.3 | 9th |
| | | HARSH CHOUDHARY | | |
| 10 | PUN A | GAGANDEEP SINGH | 06:56.7 | 10th |
| | | GURLAL SINGH | | |
| 11 | MAH A | RAJ KALE | 07:58.5 | 11th |
| | | MANDAR KHOND | | |
| 12 | PUN B | HARWINDER SINGH | 08:02.0 | 12th |
| | | GURWINDER SINGH | | |
| WOMEN PAIR (7) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | KER A | ALEENA ANTO | 07:44.5 | GOLD |
| | | SANIYA J KRISHNAN | | |
| 2 | ORR A | MONIKA BHADORIA | 07:54.7 | SILVER |
| | | RITU KAUDI | | |
| 3 | MEG | TH ARUNA DEVI | 08:04.0 | BRONZE |
| | | A MONIKA DEVI | | |
| 4 | ORR B | SONALI SWAIN | 08:04.3 | 4th |
| | | ARUNPRIT KAUR | | |
| 5 | PUN A | MANINDER KAUR | 09:41.1 | 5th |
| | | DHARAMPREET KAUR | | |
| 6 | PUN B | SANDEEP KAUR | 09:42.2 | 6th |
| | | MANDEEP KAUR | | |

| LT. MEN PAIR (17) | | | | |
|--------------------|-------|----------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ASB A | AJAY TYAGI | 06:30.3 | GOLD |
| | | YOGESH KUMAR | | |
| 2 | ORR A | SOURBH | 06:33.7 | SILVER |
| | | RAVINDER | | |
| 3 | ASB B | SAURAV KUMAR | 06:34.2 | BRONZE |
| | | SHUBHAM SHARMA | | |
| 4 | RFI A | LOKESH THALOR | 06:42.1 | 4th |
| | | ABHISHEK | | |
| 5 | NSB A | ROBIN | 06:45.7 | 5th |
| | | PRABHASKAR SINGH RAJAWAT | | |
| 6 | HAR A | VISHAL | 06:54.3 | 6th |
| | | RISHU DAHIYA | | |
| 7 | MEG A | LOVEPREET | 06:58.7 | 7th |
| | | JAYENT | | |
| 8 | PUN A | PRIYANSHPREET SINGH | 07:06.8 | 8th |
| | | GURPREET SHAH | | |
| 9 | TND A | PRASANTH | 07:22.5 | 9th |
| | | NAVEEN | | |
| 10 | MAH A | SAHIL SINGH | 07:23.0 | 10th |
| | | ANOOP SINGH | | |
| 11 | TND B | IDHIKAS | 07:35.0 | 11th |
| | | VIMALAN A B | | |
| 12 | RAJ A | VIKAS KUMAR RANWA | 07:42.4 | 12th |
| | | TARA CHAND | | |
| 13 | BHI A | ALOK AHAM | 08:00.2 | 13th |
| | | CHANDAN YADAV | | |
| 14 | RAJ B | SACHIN | 08:04.7 | 14th |
| | | SHIV LAL JAKHAR | | |
| 15 | PUN B | PARDEEP SINGH | 08:05.7 | 15th |
| | | BARINDER SINGH | | |
| 16 | MAH B | ATHRAV PATIL | 08:25.0 | 16th |
| | | SHREERAM KADAM | | |
| 17 | RFI B | AYUSH VARDHAN SINGH | DNS | 17th |
| | | VIBHU GAIROLA | | |
| LT. WOMEN PAIR (8) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | MPR A | RUKMANI | 07:54.0 | GOLD |
| | | POONAM | | |
| 2 | ORR A | NIKITA DNYANESHWAR GAVHANE | 07:55.5 | SILVER |
| | | SONALIKA DAS | | |
| 3 | HAR A | PAVITRA | 07:57.3 | BRONZE |
| | | SAVITA | | |
| 4 | MPR B | GURBANI KAUR | 08:10.8 | 4th |
| | | DILJOT KAUR | | |
| 5 | KER A | AMALA PRASAD | 08:14.6 | 5th |
| | | VARSHA KB | | |
| 6 | TND A | BAGAVATHY R | 08:25.6 | 6th |
| | | FATI SIUBA K | | |
| 7 | KAR A | MANASA S M | 08:39.8 | 7th |
| | | KOMALA S M | | |
| 8 | MEG A | RESHMA KUMARI MINZ | DSQ | 8th |
| | | B ANANDHI | | |

| JUNIOR MEN PAIR (21) | | | | |
|----------------------|-------|--------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR A | AYUSH BAL | 06:44.8 | GOLD |
| | | HANSRAJ | | |
| 2 | UKD A | SANDEEP SANGWAN | 06:49.1 | SILVER |
| | | SURAJ SINGH | | |
| 3 | MPR A | GOPALA VERMA | 06:49.5 | BRONZE |
| | | DEVRAJ RAWAT | | |
| 4 | MPR B | HARIOM THAKUR | 06:51.0 | 4th |
| | | ARUN DANGI | | |
| 5 | HAR A | JASVINDER | 06:55.3 | 5th |
| | | SAHIL | | |
| 6 | MAH A | RAJAN | 06:59.8 | 6th |
| | | PRATEEK NISHAD | | |
| 7 | KER A | ALAN JOSHY | 07:02.7 | 7th |
| | | AJESH VS | | |
| 8 | KER B | VISHNURAJ TS | 07:02.7 | 7th |
| | | MONS VINOD | | |
| 9 | HAR B | SAHIL | 07:04.5 | 9th |
| | | ASHISH KUMAR | | |
| 10 | CHD A | YUVRAJ SINGH | 07:05.8 | 10th |
| | | GURMANVEER SINGH | | |
| 11 | TEL | YERRAGOLLA SAI VARUN | 07:22.3 | 11th |
| | | ARRAMCHETTI GANESH | | |
| 12 | WBG A | SHIVAM DEB | 07:29.0 | 12th |
| | | SANSKAR CHANDRA | | |
| 13 | MAH B | VISHWJEET JAGTAP | 07:31.2 | 13th |
| | | KRISHNARAJ CHAVAN | | |
| 14 | WBG B | DEVANSH CHAKRABORTY | 07:46.5 | 14th |
| | | ISHAN SINGH | | |
| 15 | RFI | ARPIT CHOUDHARY | 08:06.7 | 15th |
| | | SAHIL DAGAR | | |
| 16 | JKD A | CHAITAN HANSDA | 08:12.5 | 16th |
| | | ROSHAN MURMU | | |
| 17 | PUN A | JOBANPREET SINGH | 08:14.0 | 17th |
| | | DAMANDEEP SINGH DHALIWAL | | |
| 18 | TND B | V SARVESHWARAN | 08:24.5 | 18th |
| | | DHANESHWARAN V | | |
| 19 | JKD B | MARSHAL BIRUA | 08:27.0 | 19th |
| | | VIKRAM TUDU | | |
| 20 | PUN B | PRABHDEEP SINGH MAAN | 08:34.5 | 20th |
| | | SUKHMANPREET SINGH | | |
| 21 | JMK A | NAYEEM NISSAR | 09:04.9 | 21st |
| | | FAIZAN HAMID | | |

| JUNIOR WOMEN PAIR (14) | | | | |
|------------------------|-------|------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | MPR A | PRIYANKA CHAHAL | 08:09.7 | GOLD |
| | | KHUSHI PARMAR | | |
| 2 | ORR A | AKSHADA RAVINDRA NIGAL | 08:09.7 | |
| | | BARSHARANI SETHY | | |
| 3 | TND A | V KEERTHY | 08:13.4 | BRONZE |
| | | MADHUMITHA D | | |
| 4 | HAR B | RIYA | 08:17.8 | 4th |
| | | TAMANNA | | |
| 5 | KER B | ANGEL MARIYA RAJU | 08:23.0 | 5th |
| | | VISMAYA BIPIN | | |
| 6 | HAR A | RITIKA | 08:23.0 | 5th |
| | | SANGEETA | | |
| 7 | TND B | VITHYASREE | 08:25.8 | 7th |
| | | PRIYADHARSHINI M | | |
| 8 | KER A | AMALA ROSE | 08:26.5 | 8th |
| | | KRUTHY REMYA | | |
| 9 | WBG A | BISAJA CHAKRABORTY | 08:49.0 | 9th |
| | | YONA SENGUPTA | | |
| 10 | TEL A | MEDARAPU SRAVYA | 09:05.3 | 10th |
| | | AVUSULA MAHA LAXMI | | |
| 11 | MAH A | SANIKA MANE | 09:12.5 | 11th |
| | | ARYA NAIK | | |
| 12 | JKD A | SEFALI BASKEY | 09:23.7 | 12th |
| | | SULEKHA MURMU | | |
| 13 | MAH B | RUKSANA SHAIK | 10:12.2 | 13th |
| | | ANSHU CHAUHAN | | |
| 14 | PUN A | SUBHDEEP KAUR | 13:20.5 | 14th |
| | | EKAMPREET KAUR | | |

| SUB JUNIOR BOY PAIR (18) | | | | |
|--------------------------|-------|----------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR A | TALVAAR SINGH LAUR | 01:34.6 | GOLD |
| | | TARUN SINGH | | |
| 2 | KER A | GOUTHAM KRISHNA | 01:37.3 | SILVER |
| | | ABDUL HADHI | | |
| 3 | HAR A | CHINTU | 01:39.5 | BRONZE |
| | | YUVRAJ | | |
| 4 | HAR B | NITIN | 01:39.6 | 4th |
| | | VIJAY | | |
| 5 | MAH B | PRATHAMESH KANDE | 01:40.4 | 5th |
| | | SHREYASH GARJE | | |
| 6 | RAJ A | GIGRAJ POONIA | 01:41.8 | 6th |
| | | AYUSH | | |
| 7 | WBG A | ROHIT KUMAR | 01:43.3 | 7th |
| | | SRIJAN UPADHAYA | | |
| 8 | JKD A | PRADIP KUMAR MAHATO | 01:44.2 | 8th |
| | | RAVI MURMU | | |
| 9 | TEL A | KASHABOINA ABHIJITH | 01:45.0 | 9th |
| | | NACHAGONI V.P.S.ASHWATHAMA | | |
| 10 | RFI A | SHORYA BHANDARI | 01:46.2 | 10th |
| | | DIVANSH RANA | | |
| 11 | MAH A | ABHISHEAK SINGH | 01:46.3 | 11th |
| | | ADITYA MALI | | |
| 12 | RAJ B | ARYAN FAGERIA | 01:46.3 | 11th |
| | | SHOURYA JANGID | | |
| 13 | PUN A | TIRATH SINGH | 01:47.5 | 13th |
| | | UDAYVEER SINGH DHALIWAL | | |
| 14 | JKD B | BACHAN MAHATO | 01:54.3 | 14th |
| | | SANDEEP MARDI | | |
| 15 | ASM A | MOTLEB ALI | 01:55.0 | 15th |
| | | PRATYUSH SARMAH | | |
| 16 | PUN B | DILVEER SINGH GILL | 02:00.1 | 16th |
| | | SUKHPREET SINGH | | |
| 17 | ASM B | JIYARUL HAQUE | 02:13.0 | 17th |
| | | MONNAF ALI | | |
| 18 | JMK A | JAN MOMHAD | DNS | 18th |
| | | REHAAN | | |

| SUB JUNIOR GIRL PAIR (16) | | | | |
|--------------------------------|-------|--------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | KER A | SHIVANI GIRISH | 01:49.1 | GOLD |
| | | SREEDEVI RAJESH | | |
| 2 | ORR A | KAMYA PRIYADARSHINI DHAL | 01:53.4 | SILVER |
| | | RITURANI SWAIN | | |
| 3 | MAH A | SHRAVNI SAKHARE | 01:53.8 | BRONZE |
| | | ARUSHI BRAR | | |
| 4 | HAR A | SHASHI | 01:54.0 | 4th |
| | | RIYA | | |
| 5 | WBG A | SUNAYANA GAYEN | 01:54.8 | 5th |
| | | ISHANVI JALAN | | |
| 6 | HAR B | MAHAK | 01:57.0 | 6th |
| | | ANUSHKA | | |
| 7 | PUN A | PRABHJOT KAUR SRAN | 01:58.4 | 7th |
| | | SIMRAN KAUR | | |
| 8 | WBG B | PROSARI BANERJEE | 01:59.5 | 8th |
| | | SUMEDHA GHOSH | | |
| 9 | CHD A | SANJANA | 02:01.3 | 9th |
| | | SOUMYA KALIRAMAN | | |
| 10 | CHD B | JANVI SOOD | 02:04.0 | 10th |
| | | YAKSHI | | |
| 11 | ASM A | IPSHITA CHOUDHURY | 02:04.8 | 11th |
| | | KRISHTINA KONWAR | | |
| 12 | TEL A | VIDHYA SREE | 02:06.6 | 12th |
| | | VONTALA DIVYA | | |
| 13 | RFI A | DEEPIKA PANDEY | 02:10.5 | 13th |
| | | BHARTI | | |
| 14 | JKD A | ARTI MARDI | 02:15.0 | 14th |
| | | SAWNI BARI | | |
| 15 | PUN B | NAVNEET KAUR | 02:17.5 | 15th |
| | | TIKSAN SHARMA | | |
| 16 | MAH B | NANDANI BARAR | 02:18.8 | 16th |
| | | SHIVRANI KATERIA | | |
| SUB JUNIOR BOY INDIVIDUAL (20) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | MNI A | LAISHANGBAM TARGET SINGH | 01:30.6 | GOLD |
| 2 | UKD A | ISHU | 01:31.3 | SILVER |
| 3 | ASM A | FARHAN ALI | 01:31.5 | BRONZE |
| 4 | HAR A | YASH KUMAR YADAV | 01:31.6 | 4th |
| 5 | KER B | ADHIL AUGUSTINE | 01:32.1 | 5th |
| 6 | HAR B | ARMAN LOHAN | 01:37.0 | 6th |
| 7 | MAH B | LAVISH MALIK | 01:38.0 | 7th |
| 8 | MAH A | PRATIK PAWAR | 01:38.2 | 8th |
| 9 | CHD A | BALRAJ | 01:39.0 | 9th |
| 10 | TEL A | KAMUNI JASWANTH | 01:42.5 | 10th |
| 11 | PUN B | SUKHMANPREET SINGH | 01:44.2 | 11th |
| 12 | RAJ A | PIYUSH CHOUDHARY | 01:46.0 | 12th |
| 13 | PUN A | MEHAKDEEP SINGH | 01:47.2 | 13th |
| 14 | JMK A | MUSALIQ DURANI | 01:49.5 | 14th |
| 15 | JKD A | MANGAL SINGH | 01:51.7 | 15th |
| 16 | JKD B | SANAT KUMAR MAHATO | 01:55.6 | 16th |
| 17 | JMK B | SAHIL ASHRAF | 01:56.4 | 17th |
| 18 | RAJ B | PRIYANSHU | 02:05.1 | 18th |
| 19 | CHD B | UDAY | 02:14.2 | 19th |
| 20 | RFI A | YASHVARDHAN SINGH | DNS | 20th |

| SUB JUNIOR GIRL INDIVIDUAL (24) | | | | |
|---------------------------------|-------|--------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | MNI A | HUIDROM MALEMYAIMA CHANU | 01:45.7 | GOLD |
| 2 | MPR B | MEGHA LAVARIYA | 01:48.3 | SILVER |
| 3 | KER B | ANGEL MARY THOMAS | 01:48.3 | SILVER |
| 4 | WBG A | RITSIKA DAS | 01:49.2 | 4th |
| 5 | HAR A | PALAK CHAHAL | 01:49.2 | 4th |
| 6 | HAR B | KUMKUM | 01:49.8 | 6th |
| 7 | ORR A | SHIVANI BHAGWAN LANDGE | 01:50.0 | 7th |
| 8 | KER A | BINCY BINU | 01:50.2 | 8th |
| 9 | MPR A | SANTOSH YADAV | 01:51.3 | 9th |
| 10 | KAR A | AYA NIBRAS | 01:51.9 | 10th |
| 11 | MAH A | SWARALI GAIKWAD | 01:57.1 | 11th |
| 12 | TND A | RAKSHYA S | 01:58.4 | 12th |
| 13 | JMK A | FATIMA KHAN | 01:59.6 | 13th |
| 14 | RAJ A | JASWEEN CHOUDHARY | 02:01.6 | 14th |
| 15 | BHI | KRITIKA KUMARI | 02:01.8 | 15th |
| 16 | JKD A | BASANTI MURMU | 02:03.5 | 16th |
| 17 | KAR B | NORAH LISA TOM | 02:05.0 | 17th |
| 18 | RFI | AARIA GUPTA | 02:06.6 | 18th |
| 19 | PUN A | JAISMEEN KAUR SRAN | 02:08.5 | 19th |
| 20 | PUN B | ARSHPREET KAUR | 02:12.6 | 20th |
| 21 | ASM A | AKABRATA BORGOHAIN | 02:18.9 | 21st |
| 22 | MAH B | DHRITI PARANJPE | 02:19.0 | 22nd |
| 23 | JMK B | MURSALEENA | 02:33.6 | 23rd |
| 24 | ASM B | ARIFA AKTAR | 02:49.8 | 24th |
| MEN INDIVIDUAL (16) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | NSB | SHAGANDEEP SINGH | 06:10.7 | GOLD |
| 2 | WBG | PRATIK GUPTA | 06:24.9 | SILVER |
| 3 | KER | ADWAITH KS | 06:31.2 | BRONZE |
| 4 | MAH A | ADITYA KEDARI | 06:34.4 | 4th |
| 5 | UKD | RAHUL CHAUDHARY | 06:44.4 | 5th |
| 6 | RFI A | GAGANDEEP | 06:45.8 | 6th |
| 7 | RFI B | RAHUL NAIN | 07:05.3 | 7th |
| 8 | PUN A | GURPREET SINGH | 07:13.8 | 8th |
| 9 | TND B | SATHYANARAYA | 07:18.4 | 9th |
| 10 | JMK | SUHAIL NISSAR | 07:22.8 | 10th |
| 11 | TND A | SURESH | 07:32.0 | 11th |
| 12 | RAJ A | RAJVEER SINGH | 07:34.3 | 12th |
| 13 | MAH B | KARTIK UKANDE | 07:41.3 | 13th |
| 14 | RAJ B | KULDEEP KHICHAR | 07:58.0 | 14th |
| 15 | PUN B | AJAY YADAV | 08:13.1 | 15th |
| 16 | ASM | ANYATAM RAJKUMAR | 09:55.3 | 16th |

| WOMEN INDIVIDUAL (9) | | | | |
|---------------------------|-------|------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR | AVINASH KAUR | 07:30.6 | GOLD |
| 2 | MPR | KHUSHPREET KAUR | 07:34.6 | SILVER |
| 3 | MAH | MRUNMAYEE SALGAONKAR | 07:38.3 | BRONZE |
| 4 | WBG | SHWETA BRAHMCHARI | 07:46.4 | 4th |
| 5 | TND | ROSE MASTICA MERIL A | 08:00.9 | 5th |
| 6 | PUN A | MANJEET KAUR | 08:09.0 | 6th |
| 7 | PUN B | GURMEET KAUR | 08:57.4 | 7th |
| 8 | RAJ A | ANITA CHOUDHARY | 09:12.7 | 8th |
| 9 | BHI | KHYATI KUMARI | DNS | 9th |
| LT. MEN INDIVIDUAL (24) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | NSB | MANJINDER SINGH | 06:25.7 | GOLD |
| 2 | MEG A | SAHIL | 06:42.5 | SILVER |
| 3 | MPR A | AMIT KUMAR | 06:46.0 | BRONZE |
| 4 | CHD A | JASPAL SINGH | 06:46.9 | 4th |
| 5 | RFI B | PRAVEEN SINGH | 06:50.8 | 5th |
| 6 | RFI A | ANOP SINGH | 06:53.1 | 6th |
| 7 | MAH A | RUSHIKESH SHELKE | 07:00.2 | 7th |
| 8 | TND A | JOTHIPANDI | 07:01.5 | 8th |
| 9 | MPR B | GOVIND SINGH RAJPUT | 07:08.0 | 9th |
| 10 | KER A | SACHU SURESH | 07:08.8 | 10th |
| 11 | JMK A | MUZAMIL HUSSAIN | 07:11.5 | 11th |
| 12 | MEG B | DANIEL LAWPHNIAW | 07:16.7 | 12th |
| 13 | CHD B | MOHIT | 07:17.5 | 13th |
| 14 | TND B | E VIJAY | 07:19.7 | 14th |
| 15 | MAH B | ROSHAN CHAVAN | 07:32.7 | 15th |
| 16 | RAJ A | RAM NIWAS | 07:37.4 | 16th |
| 17 | JKD A | RAJU SINGH | 07:49.1 | 17th |
| 18 | WBG A | SANGBID KUNDU | 07:51.9 | 18th |
| 19 | RAJ B | OM PRAKASH | 07:54.5 | 19th |
| 20 | PUN A | SOUKAT BARMAN | 08:00.0 | 20th |
| 21 | BHI A | RAJ KUMAR GUPTA | 08:01.6 | 21st |
| 22 | PUN B | GURLAL SINGH | 08:05.0 | 22nd |
| 23 | JKD B | SAPAN KUMAR MARDI | 08:12.8 | 23rd |
| 24 | BHI B | AMAR MISHRA | 08:24.9 | 24th |
| LT. WOMEN INDIVIDUAL (12) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR A | ANSHIKA BHARTI | 07:26.5 | GOLD |
| 2 | HAR A | KIRAN | 07:48.6 | SILVER |
| 3 | MAH A | BHAGYASHRI GHULE | 07:50.0 | BRONZE |
| 4 | MEG A | KIRAN DEVI | 07:59.4 | 4th |
| 5 | PUN A | TARANJEET KAUR | 08:30.8 | 5th |
| 6 | TND A | TAMILSELVI S | 08:38.4 | 6th |
| 7 | WBG A | BOISHAKHI BHATTACHARYA | 08:42.2 | 7th |
| 8 | WBG B | SOUSREE DUTTA | 08:58.9 | 8th |
| 9 | BHI A | KANCHAN KUMARI | 09:25.2 | 9th |
| 10 | JKD A | KHUSHBU KUMARI MAHATO | 09:49.1 | 10th |
| 11 | PUN B | CHARANPREET KAUR | 09:59.6 | 11th |
| 12 | RAJ A | ANUPRIYA | 10:02.0 | 12th |

| JUNIOR MEN INDIVIDUAL (25) | | | | |
|------------------------------|-------|-----------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | UKD B | SINDER BALJEET | 06:37.0 | GOLD |
| 2 | HAR A | SACHIN | 06:40.0 | SILVER |
| 3 | HAR B | SAKSHAM | 06:42.8 | BRONZE |
| 4 | ORR | RAHUL RATHORE | 06:46.8 | 4th |
| 5 | MAH A | ARSHDEEP SINGH | 06:48.8 | 5th |
| 6 | MAH B | NITIN KUMAR | 06:52.5 | 6th |
| 7 | UKD A | VISHWAJEY SINGH | 06:58.7 | 7th |
| 8 | KER A | HRISHI M NAIR | 07:01.8 | 8th |
| 9 | MPR | TANISH | 07:02.0 | 9th |
| 10 | RAJ | ANSHUL KUMAR | 07:02.2 | 10th |
| 11 | KER B | ROSHIN SEBASTIAN | 07:05.7 | 11th |
| 12 | PUN A | GAGANDEEP SINGH | 07:09.9 | 12th |
| 13 | WBG A | MD ZAHEER KHAN | 07:10.2 | 13th |
| 14 | MNI | PUKHRAMBAM RISHIKANTA SINGH | 07:16.3 | 14th |
| 15 | WBG B | DEBAM DEB | 07:28.9 | 15th |
| 16 | RFI A | SRAJAN KUMAR | 07:40.5 | 16th |
| 17 | TND | DHANANJAYAN S | 07:40.8 | 17th |
| 18 | CHD B | ADITYA | 07:43.0 | 18th |
| 19 | JKD A | SUKLAL TUDU | 07:44.7 | 19th |
| 20 | CHD A | ARYAN DHILLON | 07:47.4 | 20th |
| 21 | JMK | MEELAD TARIQ | 08:02.4 | 21st |
| 22 | JKD B | LUGU BURU MURMU | 08:16.4 | 22nd |
| 23 | RFI B | SIDHANT SHARMA | 08:40.0 | 23rd |
| 24 | PUN B | ROHANPREET SINGH | 09:02.3 | 24th |
| 25 | ASM A | SULTAN BADSHA ALI | 09:21.3 | 25th |
| JUNIOR WOMEN INDIVIDUAL (19) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | HAR A | SUMAN DEVI | 07:32.4 | GOLD |
| 2 | KER A | GOURINANDA K | 07:35.8 | SILVER |
| 3 | HAR B | DIKSHA | 07:39.8 | BRONZE |
| 4 | MPR A | JIGYASA REGAR | 07:53.3 | 4th |
| 5 | PUN A | SUKHNOOR KAUR | 08:08.2 | 5th |
| 6 | KER B | SRUTHIMOL BIJU | 08:19.1 | 6th |
| 7 | TND B | ROHINI PRIYA S | 08:19.2 | 7th |
| 8 | TND A | SAHAYAREVATHY | 08:32.3 | 8th |
| 9 | MAH B | ANUSHKA GARJE | 08:37.9 | 9th |
| 10 | MAH A | VAIBHAVI MOTE | 08:46.8 | 10th |
| 11 | WBG A | GAYATRI SRIRAM | 08:47.7 | 11th |
| 12 | CHD A | AYUSHI | 08:51.6 | 12th |
| 13 | JMK A | KHADIJA KHAN | 09:00.2 | 13th |
| 14 | RFI A | TANUJA BHANDARI | 09:02.1 | 14th |
| 15 | WBG B | SHRIYA LAHA | 09:07.5 | 15th |
| 16 | JKD B | SONIYA BIRUWA | 09:32.9 | 16th |
| 17 | PUN B | AMANDEEP KAUR | 09:36.4 | 17th |
| 18 | JMK B | YASMEENA SAJAD | 09:41.5 | 18th |
| 19 | JKD A | SUNIYA HANSDA | 10:39.5 | 19th |

| SUB JUNIOR MIX 4 (14) | | | | |
|-----------------------|-------|--------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR | TALVAAR SINGH LAUR | 01:42.9 | GOLD |
| | | KAMYA PRIYADARSHINI DHAL | | |
| | | TARUN SINGH | | |
| | | SHIVANI BHAGWAN LANDGE | | |
| 2 | HAR A | YASH KUMAR YADAV | 01:42.9 | |
| | | PALAK CHAHAL | | |
| | | CHINTU | | |
| | | SHASHI | | |
| 3 | KER A | ABDUL HADHI | 01:43.4 | BRONZE |
| | | BINCY BINU | | |
| | | GOUTHAM KRISHNA | | |
| | | SHIVANI GIRISH | | |
| 4 | KER B | ADHIL AUGUSTINE | 01:46.4 | 4th |
| | | SHEKKINAH SHEPHERD JOHNS | | |
| | | ANTONY ANOOP | | |
| | | ANGEL MARY THOMAS | | |
| 5 | HAR B | ARMAN LOHAN | 01:46.9 | 5th |
| | | KUMKUM | | |
| | | NITIN | | |
| | | MAHAK | | |
| 6 | WBG | ROHIT KUMAR | 01:47.0 | 6th |
| | | RITSIKA DAS | | |
| | | SRIJAN UPADHAYA | | |
| | | SUNAYANA GAYEN | | |
| 7 | ASM | FARHAN ALI | 01:47.8 | 7th |
| | | AKABRATA BORGOHAIN | | |
| | | PRATYUSH SARMAH | | |
| | | IPSHITA CHOUDHURY | | |
| 8 | MAH A | ADITYA MALI | 01:52.0 | 8th |
| | | SWARALI GAIKWAD | | |
| | | ABHISHEAK SINGH | | |
| | | ARUSHI BRAR | | |
| 9 | PUN A | TIRATH SINGH | 01:52.2 | 9th |
| | | PRABHJOT KAUR SRAN | | |
| | | UDAYVEER SINGH DHALIWAL | | |
| | | SIMRAN KAUR | | |
| 10 | JKD | PRADIP KUMAR MAHATO | 01:54.1 | 10th |
| | | SAWNI BARI | | |
| | | RAVI MURMU | | |
| | | BASANTI MURMU | | |
| 11 | TEL | KAMUNI JASWANTH | 01:54.4 | 11th |
| | | VIDHYA SREE | | |
| | | KASHABOINA ABHIJITH | | |
| | | VONTALA DIVYA | | |
| 12 | PUN B | JASHANDEEP SINGH BAWA | 02:01.0 | 12th |
| | | SUNEHA | | |
| | | SUKHMANPREET SINGH | | |
| | | ARSHPREET KAUR | | |
| 13 | RFI A | SHORYA BHANDARI | 02:02.3 | 13th |
| | | AARIA GUPTA | | |
| | | YASHVARDHAN SINGH | | |
| | | DEEPIKA PANDEY | | |
| 14 | MAH B | ABHAY ADHAGALE | 02:10.5 | 14th |
| | | NANDANI BARAR | | |
| | | JASMANT | | |
| | | DHRITI PARANJPE | | |

| JUNIOR MIX 4 (17) | | | | |
|-------------------|-------|--------------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | KER A | HRISHI M NAIR | 01:37.6 | GOLD |
| | | GOURINANDA K | | |
| | | ALAN JOSHY | | |
| | | AMALA ROSE | | |
| 2 | HAR A | SACHIN | 01:38.5 | SILVER |
| | | SUMAN DEVI | | |
| | | JASVINDER | | |
| | | RITIKA | | |
| 3 | ORR A | AYUSH BAL | 01:38.7 | BRONZE |
| | | AKSHADA RAVINDRA NIGAL | | |
| | | RAHUL RATHORE | | |
| | | BARSHARANI SETHY | | |
| 4 | MPR A | GOPALA VERMA | 01:39.2 | 4th |
| | | JIGYASA REGAR | | |
| | | DEVRAJ RAWAT | | |
| | | PRIYANKA CHAHAL | | |
| 5 | HAR B | SAKSHAM | 01:39.8 | 5th |
| | | DIKSHA | | |
| | | SAHIL | | |
| | | RIYA | | |
| 6 | KER B | VISHNURAJ TS | 01:41.2 | 6th |
| | | SRUTHIMOL BIJU | | |
| | | ROSHIN SEBASTIAN | | |
| | | VISMAYA BIPIN | | |
| 7 | TND A | DHANANJAYAN S | 01:41.7 | 7th |
| | | MADHUMITHA D | | |
| | | ADVITH ARIVAND | | |
| | | V KEERTHY | | |
| 8 | CHD | RAMAN ROHILLA | 01:42.0 | 8th |
| | | NARINDER KAUR | | |
| | | NAMAN SHARMA | | |
| | | TANNU SHARMA | | |
| 9 | MAH A | ARSHDEEP SINGH | 01:42.3 | 9th |
| | | SANIKA MANE | | |
| | | ARYAN SUPEKAR | | |
| | | VAIBHAVI MOTE | | |
| 10 | WBG A | MD ZAHEER KHAN | 01:44.9 | 10th |
| | | BISAJA CHAKRABORTY | | |
| | | SANSKAR CHANDRA | | |
| | | GAYATRI SRIRAM | | |
| 11 | PUN A | GAGANDEEP SINGH | 01:46.3 | 11th |
| | | SUKHNOOR KAUR | | |
| | | DEEPAK SINGH | | |
| | | GAGANPREET KAUR | | |
| 12 | TEL | YERRAGOLLA SAI VARUN | 01:49.5 | 12th |
| | | VIDIDHAVENI SAI PRASANNA | | |
| | | ARRAMCHETTI GANESH | | |
| | | AVUSULA MAHA LAXMI | | |
| 13 | TND B | DHANESHWARAN V | 01:51.8 | 13th |
| | | PRIYADHARSHINI M | | |
| | | V SARVESHWARAN | | |
| | | ROHINI PRIYA S | | |
| 14 | RFI A | SRAJAN KUMAR | 01:52.4 | 14th |
| | | TANUJA BHANDARI | | |
| | | SAHIL DAGAR | | |
| | | SIYA BHASIN | | |
| 15 | MAH B | ANSH GAIKWAD | 01:52.5 | 15th |
| | | GARGI PHADTARE | | |
| | | AZIZ SHAIKH | | |
| | | RUKSANA SHAIK | | |

| 16 | JKD A | SUKLAL TUDU | 01:55.0 | 16th |
|-----------------------|-------|----------------------------|---------|----------|
| | | SULEKHA MURMU | | |
| | | CHAITAN HANSDA | | |
| | | SEFALI BASKEY | | |
| 17 | PUN B | PRABHDEEP SINGH MAAN | 02:01.1 | 17th |
| | | VEERPAL KAUR | | |
| | | SUKHMANPREET SINGH | | |
| | | GUNITA | | |
| LT. MIX 4 (10) | | | | |
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR | RAVINDER | 01:34.9 | GOLD |
| | | ANSHIKA BHARTI | | |
| | | SOURBH | | |
| | | NIKITA DNYANESHWAR GAVHANE | | |
| 2 | MEG | LOVEPREET | 01:39.2 | SILVER |
| | | RESHMA KUMARI MINZ | | |
| | | JAYENT | | |
| | | KIRAN DEVI | | |
| 3 | HAR | VISHAL | 01:39.3 | BRONZE |
| | | PAVITRA | | |
| | | RISHU DAHIYA | | |
| | | KIRAN | | |
| 4 | KER | ADINATH TJ | 01:39.9 | 4th |
| | | AMALA PRASAD | | |
| | | SOORAJ S | | |
| | | VARSHA KB | | |
| 5 | PUN A | PRIYANSHPREET SINGH | 01:40.8 | 5th |
| | | JASHANPREET KAUR | | |
| | | GURPREET SHAH | | |
| | | TARANJEET KAUR | | |
| 6 | TND | SURESH | 01:43.3 | 6th |
| | | TAMILSELVI S | | |
| | | NAVEEN | | |
| | | FATI SIUBA K | | |
| 7 | MAH | ATHARVA TUPE | 01:43.5 | 7th |
| | | SAKSHI DHAMAL | | |
| | | ANIKET KOLATE | | |
| | | DIKSHITA RATHORE | | |
| 8 | BHI | ALOK AHAM | 01:48.3 | 8th |
| | | KANCHAN KUMARI | | |
| | | CHANDAN YADAV | | |
| | | KHYATI KUMARI | | |
| 9 | RAJ | JAIVEER BAGARIA | 01:58.4 | 9th |
| | | KOMAL JAT | | |
| | | BHUPENDRA | | |
| | | SANJU KUMARI | | |
| 10 | PUN B | PAWAN YADAV | 01:59.9 | 10th |
| | | NAVKIRAN KAUR | | |
| | | GURPAL SINGH | | |
| | | CHARANPREET KAUR | | |

| OPEN MIX4 (10) | | | | |
|----------------|-------|----------------------|---------|----------|
| SR. NO. | STATE | NAME | TIME | POSITION |
| 1 | ORR | PRADEEP KUMAR | 01:32.2 | GOLD |
| | | AVINASH KAUR | | |
| | | HARPREET KUMAR | | |
| | | RITU KAUDI | | |
| 2 | KAR | E EKSHITH SAI | 01:34.8 | SILVER |
| | | MANASA S M | | |
| | | ADVAITH PRADEEP | | |
| | | KOMALA S M | | |
| 3 | KER | ADWAITH KS | 01:36.0 | BRONZE |
| | | ALEENA ANTO | | |
| | | ADWAID JP NAMBIAR | | |
| | | SANIYA J KRISHNAN | | |
| 4 | MAH | ADITYA KEDARI | 01:37.0 | 4th |
| | | SNEHA SOLANKI | | |
| | | YOGESH BOROLE | | |
| | | BHAGYASHRI GHULE | | |
| 5 | PUN A | GAGANDEEP SINGH | 01:37.3 | 5th |
| | | MANJEET KAUR | | |
| | | GURLAL SINGH | | |
| | | SANIA MALHI | | |
| 6 | MEG | KARAN CHAND | 01:38.4 | 6th |
| | | A MONIKA DEVI | | |
| | | BHANU KUMAR D | | |
| | | TH ARUNA DEVI | | |
| 7 | TND | JOTHIPANDI | 01:40.5 | 7th |
| | | BAGAVATHY R | | |
| | | PRASANTH | | |
| | | ROSE MASTICA MERIL A | | |
| 8 | CHD | PUSHWINDER SINGH | 01:46.6 | 8th |
| | | SHEETAL RANI | | |
| | | SAHIL | | |
| | | RITU RANI | | |
| 9 | PUN B | GURWINDER SINGH | 01:55.4 | 9th |
| | | SANDEEP KAUR | | |
| | | HARWINDER SINGH | | |
| | | MANDEEP KAUR | | |
| 10 | RAJ | DHARMPAL SINGH | 01:56.4 | 10th |
| | | GEETA BAGARIYA | | |
| | | MUKESH KUMAR | | |
| | | ANITA CHOUDHARY | | |