

**SENIOR NATIONAL TRIATHLOIN CHAMPIONSHIP (M&W) 2020  
23RD FEBRUARY 2020, CHENNAI**

**RESULTS - MEN**

**Certificates Issued: Certificate of Merit (first 6 positions) and the Certificate of Participation issued to all the players participated in the event.**

| POSITION | BIB | NAME                 | 1st Run  | 1st Run Pos | T1       | Cycling  | Cycling Pos | T2       | 2nd Run  | 2nd Run Pos | TOTAL TIME |
|----------|-----|----------------------|----------|-------------|----------|----------|-------------|----------|----------|-------------|------------|
| 1        | 18  | Adarsh Muralidharan  | 00:17:56 | 12          | 00:00:29 | 01:05:57 | 13          | 00:00:32 | 00:33:06 | 9           | 01:58:01   |
| 2        | 12  | Bishworjit Saikhom   | 00:18:50 | 15          | 00:00:27 | 01:05:14 | 11          | 00:00:26 | 00:33:43 | 11          | 01:58:42   |
| 3        | 20  | Mali Raghunath       | 00:19:49 | 19          | 00:00:27 | 01:05:36 | 12          | 00:00:23 | 00:36:58 | 13          | 02:03:15   |
| 4        | 55  | Mahesh Lourembam     | 00:20:19 | 23          | 00:00:31 | 01:05:01 | 9           | 00:00:26 | 00:37:16 | 14          | 02:03:36   |
| 5        | 25  | Shashi Kiran         | 00:18:51 | 16          | 00:00:35 | 01:06:28 | 15          | 00:00:28 | 00:41:06 | 19          | 02:07:30   |
| 6        | 41  | Mihir Deo            | 00:20:09 | 20          | 00:00:52 | 01:09:26 | 20          | 00:00:36 | 00:40:21 | 17          | 02:11:26   |
| 7        | 21  | Manish Dhull         | 00:20:27 | 25          | 00:00:39 | 01:09:24 | 19          | 00:00:46 | 00:41:11 | 20          | 02:12:29   |
| 8        | 52  | Sankalp Thorat       | 00:20:09 | 21          | 00:00:50 | 01:09:29 | 21          | 00:00:41 | 00:42:05 | 22          | 02:13:16   |
| 9        | 23  | Ashok Kumar          | 00:18:46 | 13          | 00:00:30 | 01:14:04 | 25          | 00:00:27 | 00:43:28 | 24          | 02:17:17   |
| 10       | 29  | Shekar Ch            | 00:20:24 | 24          | 00:01:15 | 01:17:06 | 28          | 00:01:10 | 00:41:28 | 21          | 02:21:25   |
| 11       | 37  | Dwaraka Dhis Verma   | 00:19:18 | 17          | 00:00:30 | 01:20:38 | 36          | 00:00:31 | 00:40:40 | 18          | 02:21:40   |
| 12       | 36  | Rakesh Kumar         | 00:20:53 | 27          | 00:00:41 | 01:20:23 | 35          | 00:00:42 | 00:40:10 | 15          | 02:22:51   |
| 13       | 38  | Jalaj Arora          | 00:21:41 | 31          | 00:00:39 | 01:08:05 | 17          | 00:00:31 | 00:52:27 | 33          | 02:23:25   |
| 14       | 47  | Vinod R              | 00:20:13 | 22          | 00:00:40 | 01:19:01 | 33          | 00:00:39 | 00:44:45 | 25          | 02:25:20   |
| 15       | 31  | Viren Shete          | 00:21:18 | 29          | 00:00:32 | 01:15:09 | 26          | 00:00:31 | 00:48:20 | 29          | 02:25:52   |
| 16       | 48  | Keerthi Kumar G R    | 00:21:04 | 28          | 00:01:07 | 01:16:34 | 27          | 00:01:09 | 00:51:45 | 32          | 02:31:40   |
| 17       | 27  | Shashi Bhushan Singh | 00:19:45 | 18          | 00:00:36 | 01:21:52 | 38          | 00:00:30 | 00:49:07 | 30          | 02:31:52   |
| 18       | 54  | Nilesh Zawar         | 00:23:13 | 37          | 00:01:05 | 01:19:58 | 34          | 00:01:31 | 00:46:11 | 26          | 02:32:00   |
| 19       | 45  | Prasanto Tudu        | 00:22:31 | 34          | 00:01:32 | 01:20:50 | 37          | 00:01:24 | 00:48:09 | 28          | 02:34:28   |
| 20       | 43  | Meet Sarang          | 00:21:45 | 33          | 00:00:32 | 01:18:17 | 32          | 00:00:28 | 00:53:40 | 34          | 02:34:43   |

|    |    |                         |          |    |          |          |    |          |          |    |          |
|----|----|-------------------------|----------|----|----------|----------|----|----------|----------|----|----------|
| 21 | 28 | Nilanjan Dutta          | 00:21:44 | 32 | 00:00:35 | 01:17:34 | 31 | 00:00:32 | 00:54:43 | 36 | 02:35:10 |
| 22 | 26 | Ishan Nakra             | 00:21:25 | 30 | 00:00:39 | 01:13:10 | 24 | 00:00:29 | 01:01:57 | 38 | 02:37:42 |
| 23 | 30 | Krishna Chaitanya       | 00:24:48 | 39 | 00:00:55 | 01:25:03 | 39 | 00:01:07 | 00:47:17 | 27 | 02:39:13 |
| 24 | 42 | Sudhir Khude            | 00:22:50 | 35 | 00:00:51 | 01:17:17 | 30 | 00:01:19 | 00:59:55 | 37 | 02:42:13 |
| 25 | 50 | Harshit Yadav           | 00:23:41 | 38 | 00:00:44 | 01:26:21 | 40 | 00:00:36 | 00:50:50 | 31 | 02:42:14 |
| 26 | 40 | Atharva Ambarkar        | 00:24:57 | 40 | 00:00:57 | 01:11:22 | 23 | 00:02:26 | 01:07:19 | 39 | 02:47:03 |
| 27 | 34 | Sagar Kashyap           | 00:23:04 | 36 | 00:00:56 | 01:17:13 | 29 | 00:01:02 | 01:23:05 | 40 | 03:05:21 |
|    | 15 | Sushil Singh Elangbam   | 00:19:20 | -1 | 00:00:38 | 01:10:34 | -1 | 00:00:39 | 00:00:00 | -1 | DNF      |
|    | 22 | Th Loyangamba           | 00:21:00 | -1 | 00:00:58 | 00:00:00 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 32 | Sai Kumar K             | 00:28:14 | -1 | 00:00:34 | 00:00:00 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 33 | Mohan Gogoi             | 00:23:17 | -1 | 00:00:41 | 01:29:58 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 35 | Narayan Pratap Singh    | 00:30:26 | -1 | 00:00:44 | 01:52:36 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 39 | Chatrapati Aryan Tandon | 00:21:27 | -1 | 00:00:48 | 01:13:52 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 44 | Bikash Soren            | 00:20:29 | -1 | 00:00:36 | 01:14:59 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 46 | Sunil Kumar Yadav       | 00:24:43 | -1 | 00:00:42 | 01:18:36 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 49 | Ram Naresh Kol          | 00:27:52 | -1 | 00:00:41 | 01:38:00 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 51 | Nandan Kumar Barman     | 00:29:11 | -1 | 00:00:41 | 01:53:55 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 53 | Raj Kumar Pawar         | 00:18:55 | -1 | 00:00:36 | 00:00:00 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 56 | Kathigarupan S          | 00:21:26 | -1 | 00:01:39 | 01:07:26 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 57 | Kiran Ghosh             | 00:29:12 | -1 | 00:00:48 | 01:55:12 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 58 | Tejendra Das            | 00:27:06 | -1 | 00:00:43 | 01:17:35 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 59 | Abhishek Kumar Singh    | 00:22:20 | -1 | 00:00:40 | 01:55:08 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 60 | Sudeep Kumar Gihar      | 00:24:23 | -1 | 00:00:48 | 01:34:19 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 61 | Debasis Halder          | 00:23:46 | -1 | 00:00:43 | 01:32:03 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 62 | Ashish Kumar Gupta      | 00:22:03 | -1 | 00:00:51 | 01:36:17 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |
|    | 64 | Unknown                 | 00:22:58 | -1 | 00:00:41 | 01:20:42 | -1 | 00:00:00 | 00:00:00 | -1 | DNF      |

|                        | 24  | Pradhap Murugan       | 00:00:00 | -1          | 00:00:00 | 00:00:00 | -1          | 00:00:00 | 00:00:00 | -1          | DNS        |
|------------------------|-----|-----------------------|----------|-------------|----------|----------|-------------|----------|----------|-------------|------------|
| <b>RESULTS - WOMEN</b> |     |                       |          |             |          |          |             |          |          |             |            |
| POSITION               | BIB | NAME                  | 1st Run  | 1st Run Pos | T1       | Cycling  | Cycling Pos | T2       | 2nd Run  | 2nd Run Pos | TOTAL TIME |
| 1                      | 83  | Sorojini Devi Thoudam | 00:22:12 | 9           | 00:00:44 | 01:16:44 | 10          | 00:00:35 | 00:41:04 | 9           | 02:21:20   |
| 2                      | 95  | Monika Mukheshbhai    | 00:22:12 | 10          | 00:00:32 | 01:16:57 | 11          | 00:00:35 | 00:42:39 | 10          | 02:22:56   |
| 3                      | 80  | Pragnya Mohan         | 00:22:50 | 12          | 00:00:30 | 01:16:20 | 9           | 00:00:32 | 00:44:26 | 12          | 02:24:41   |
| 4                      | 85  | Linthoingambi         | 00:23:01 | 13          | 00:00:45 | 01:21:38 | 12          | 00:00:33 | 00:44:12 | 11          | 02:30:11   |
| 5                      | 91  | Kshetrimayum Sonam    | 00:22:46 | 11          | 00:00:43 | 01:23:35 | 14          | 00:01:04 | 00:47:59 | 13          | 02:36:10   |
| 6                      | 98  | Anvita Nikam          | 00:23:30 | 14          | 00:00:34 | 01:23:02 | 13          | 00:00:32 | 00:49:24 | 14          | 02:37:05   |
| 7                      | 86  | Riddhi Kadam          | 00:25:25 | 16          | 00:00:38 | 01:25:49 | 17          | 00:00:28 | 00:49:45 | 15          | 02:42:06   |
| 8                      | 84  | Sony Gurung           | 00:23:35 | 15          | 00:00:37 | 01:27:40 | 18          | 00:00:41 | 00:52:09 | 17          | 02:44:44   |
| 9                      | 94  | Nicole Ann Parvi      | 00:27:54 | 18          | 00:00:49 | 01:24:03 | 15          | 00:01:14 | 00:52:00 | 16          | 02:46:02   |
| 10                     | 97  | Anuja Umesh Ugle      | 00:27:37 | 17          | 00:00:34 | 01:24:34 | 16          | 00:00:30 | 00:55:09 | 18          | 02:48:26   |
| -1                     | 87  | Nupur Deka            | 00:26:55 | -1          | 00:01:09 | 01:34:09 | -1          | 00:01:30 | 00:00:00 | -1          | DNF        |
| -1                     | 88  | Neha Baghel           | 00:30:25 | -1          | 00:00:48 | 01:37:58 | -1          | 00:00:32 | 00:00:00 | -1          | DNF        |
| -1                     | 89  | Aarti Patwa           | 00:32:06 | -1          | 00:00:37 | 01:31:19 | -1          | 00:00:00 | 00:00:00 | -1          | DNF        |
| -1                     | 90  | Punam Biswas          | 00:53:53 | -1          | 00:02:11 | 00:00:00 | -1          | 00:00:00 | 00:00:00 | -1          | DNF        |
| -1                     | 93  | Nisha Madgavkar       | 00:27:55 | -1          | 00:01:02 | 01:18:17 | -1          | 00:01:19 | 00:00:00 | -1          | DNF        |
| -1                     | 96  | Heera Silavat         | 00:33:47 | -1          | 00:00:49 | 01:54:47 | -1          | 00:00:46 | 00:00:00 | -1          | DNF        |
| -1                     | 99  | Vaishnavi Patil       | 00:27:11 | -1          | 00:00:36 | 01:32:22 | -1          | 00:00:36 | 00:00:00 | -1          | DNF        |
| -1                     | 100 | Jui Maishya Das       | 00:27:27 | -1          | 00:00:54 | 02:00:49 | -1          | 00:01:00 | 00:00:00 | -1          | DNF        |
| -1                     | 92  | Pragya Shokeen        | 00:00:00 | -1          | 00:00:00 | 00:00:00 | -1          | 00:00:00 | 00:00:00 | -1          | DNS        |