



73rd Glenmark Senior National Aquatic Championships 2019
BHOPAL, 31/8 - 4/9/2019



Event 1
31/08/2019

Men, 400m Freestyle

Open
Results Final

NMR	3:54.93	Sajan Prakash		TRIVANDRUM	21/09/2018		
Points: FINA 2019							
Rank	YB		Time Pts	100m	200m	300m	400m
1.	90	DELHI	3:56.95 801	58.11	1:00.23	59.57	59.04
		50m:	150m:	250m:	350m:		
		100m: 58.11	200m: 1:58.34	300m: 2:57.91	400m: 3:56.95		
2.		SSCB	4:01.92 752			1:02.00	1:00.56
		50m:	150m:	250m:	350m:		
		100m:	200m: 1:59.36	300m: 3:01.36	400m: 4:01.92		
3.		MAHARASHTRA	4:04.71 727				1:00.47
		50m:	150m:	250m:	350m:		
		100m:	200m:	300m: 3:04.24	400m: 4:04.71		
4.	90	DELHI	4:07.44 703	58.70	1:02.64	1:03.76	1:02.34
		50m:	150m:	250m:	350m:		
		100m: 58.70	200m: 2:01.34	300m: 3:05.10	400m: 4:07.44		
5.		UTTAR PRADESH	4:09.34 687	1:00.54	1:03.75	1:04.16	1:00.89
		50m:	150m:	250m:	350m:		
		100m: 1:00.54	200m: 2:04.29	300m: 3:08.45	400m: 4:09.34		
6.		KAR	4:09.54 685	59.92	1:04.41	1:04.33	1:00.88
		50m:	150m:	250m:	350m:		
		100m: 59.92	200m: 2:04.33	300m: 3:08.66	400m: 4:09.54		
7.		R.S.P.B	4:11.74 668	1:00.34	1:03.03	1:04.25	1:04.12
		50m:	150m:	250m:	350m:		
		100m: 1:00.34	200m: 2:03.37	300m: 3:07.62	400m: 4:11.74		
8.		SSCB	4:13.00 658	1:00.48	1:04.27	1:05.08	1:03.17
		50m:	150m:	250m:	350m:		
		100m: 1:00.48	200m: 2:04.75	300m: 3:09.83	400m: 4:13.00		

Event 2
31/08/2019

Women, 400m Freestyle

Open
Results Final

NMR	4:25.76	RICHA MISHRA	POL	RANCHI	17/11/2011		
Points: FINA 2019							
Rank	YB		Time Pts	100m	200m	300m	400m
1.	97	HARYANA	4:27.31 692	1:04.11	1:08.66	1:09.12	1:05.42
		50m:	150m:	250m:	350m:		
		100m: 1:04.11	200m: 2:12.77	300m: 3:21.89	400m: 4:27.31		
2.	02	ASSAM	4:30.55 667	1:05.77	1:08.69	1:09.21	1:06.88
		50m:	150m:	250m:	350m:		
		100m: 1:05.77	200m: 2:14.46	300m: 3:23.67	400m: 4:30.55		
3.		KAR	4:30.80 665	1:04.73	1:08.77	1:09.49	1:07.81
		50m:	150m:	250m:	350m:		
		100m: 1:04.73	200m: 2:13.50	300m: 3:22.99	400m: 4:30.80		
4.	01	TAMILNADU	4:37.18 620	1:05.46	1:10.18	1:11.09	1:10.45
		50m:	150m:	250m:	350m:		
		100m: 1:05.46	200m: 2:15.64	300m: 3:26.73	400m: 4:37.18		
5.	90	DELHI	4:37.54 618	1:06.40	1:10.15	1:11.66	1:09.33
		50m:	150m:	250m:	350m:		
		100m: 1:06.40	200m: 2:16.55	300m: 3:28.21	400m: 4:37.54		
6.	05	TAMILNADU	4:39.96 602	1:05.83	1:10.24	1:12.27	1:11.62
		50m:	150m:	250m:	350m:		
		100m: 1:05.83	200m: 2:16.07	300m: 3:28.34	400m: 4:39.96		
7.		MAHARASHTRA	4:45.87 565	1:07.03	1:12.54	1:13.76	1:12.54
		50m:	150m:	250m:	350m:		
		100m: 1:07.03	200m: 2:19.57	300m: 3:33.33	400m: 4:45.87		



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Event 2, Women, 400m Freestyle, Final, Open

Rank	YB	Time	Pts	100m	200m	300m	400m		
8.	Kanya Nayyar	04	M.P.	4:47.12	558	1:07.46	1:13.16	1:13.29	1:13.21
	50m:		150m:	250m:		350m:			
	100m:	1:07.46	200m:	300m:	3:33.91	400m:	4:47.12		

Event 3
31/08/2019

Men, 200m Medley

Open
Results Final

NMR	2:05.83	Sajan Prakash	TRIVANDRUM	19/09/2018
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Points: FINA 2019

Rank	YB	Time	Pts	100m	200m	
1.	Sajan Prakash	POLICE	2:05.89	742	56.70	1:09.19
2.	Shrihari Nataraj	KAR	2:06.46	732	58.97	1:07.49
3.	Siva S	KAR	2:06.69	728	58.72	1:07.97
4.	Sanu Debnath	R.S.P.B	2:09.13	688		
5.	ARVIND MANI	SSCB	2:12.15	641	59.65	1:12.50
6.	JAYANT M	SSCB	2:12.49	637	1:02.10	1:10.39
7.	Sethu Manickavel T	07 TAMILNADU	2:17.91	564	1:02.69	1:15.22
8.	Nanak Moolchandani	00 M.P.	2:20.87	529	1:02.96	1:17.91

Event 4
31/08/2019

Women, 200m Medley

Open
Results Final

NMR	2:23.62	RICHA MISHRA	POL	JAIPUR	23/10/2010
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Points: FINA 2019

Rank	YB	Time	Pts	100m	200m
1.	Richa Mishra	POLICE	2:24.70	662	
2.	KENISHA GUPTA	MAHARASHTRA	2:25.31	653	
3.	APEKSHA FERNANDES	MAHARASHTRA	2:26.53	637	
4.	Shrungi Bandekar	03 GOA	2:26.85	633	
5.	Soubhitya Mondal	BENGAL	2:30.44	589	
6.	Meenakshi V K R	06 TAMILNADU	2:31.59	575	
7.	Firdoush Kayamkhani	RAJASTHAN	2:33.44	555	
8.	Astha Choudhury	04 ASSAM	2:34.17	547	

Event 5
31/08/2019

Men, 50m Breaststroke

Open
Results Final

NMR	27.89	Sandeep Sejwal	TRIVANDRUM	19/09/2018
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Rank	YB	Time		
1.	Likith S P	KAR	28.54	-
2.	Ansh Arora	UTTAR PRADESH	29.38	-
3.	Danush S	00 TAMILNADU	29.57	-
4.	SHWEJAL MANKAR	MAHARASHTRA	29.60	-
5.	VAISHNAV HEGDE B	SSCB	29.65	-
6.	ASHISH TOKAS	SSCB	29.81	-
7.	Harnimrat Singh Bhinder	96 PUNJAB	29.88	-
8.	Suneesh. S	KERALA	30.49	-



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Event 6
31/08/2019

Women, 50m Breaststroke

Open
Results Final

NMR 33.81 A V Jayaveena TRIVANDRUM 19/09/2018

Rank		YB		Time	
1.	Jayaveena A V	08	TAMILNADU	33.86	-
2.	Chahat Arora	97	PUNJAB	34.01	-
3.	Annie Jain	02	M.P.	34.30	-
4.	Saloni Dalal		KAR	35.24	-
5.	KAREENA SHANKTA		MAHARASHTRA	35.32	-
6.	Arushi Manjunath		KAR	35.38	-
7.	SHARON SHAJU		MAHARASHTRA	35.76	-
8.	Shriya Ishwar Prasad	06	TAMILNADU	36.11	-

Event 7
31/08/2019

Men, 4 x 200m Freestyle

Open
Results

NMR 7:45.24 R.S.P.B RLY RANCHI 27/09/2016

Rank				Time	
1.	KAR 1 Siva S Avinash Mani Tanish George Mathew Shrihari Nataraj		KAR	7:46.04	-
				1:55.46	
				1:58.43	
				1:29.54	
				2:22.61	
2.	SSCB 1 ANAND AS KUNTAL GIRI JAYANT M VINAY SAHARAN		SSCB	7:49.31	-
				1:54.39	
				1:57.62	
				1:31.42	
				2:25.88	
3.	R.S.P.B 1 Sanu Debnath Soumyajit Saha Anoop Augustine Saurabh Sangvekar		R.S.P.B	7:53.52	-
				1:58.53	
4.	POLICE 1 Mandar Anandrao Divase Munish Kumar Aman Ghai Sajan Prakash		POLICE	8:19.53	-
				2:05.96	
				2:07.68	
5.	BENGAL 3 Rajdip Roy Army Pal Pratyay Bhattacharya Kunal Basak		BENGAL	8:20.32	-
				2:03.92	
				2:06.58	
				2:06.84	
				2:02.98	
6.	MAHARASHTRA 1 GOURAV CHAVAN RISHABH CHAUBEY AARYAN BHOSALE AARON FERNANDES		MAHARASHTRA	8:24.45	-
				2:09.81	
				2:06.64	
				2:03.42	
				2:04.58	
7.	KERALA 1 Arjun Anesh K Akash. S Arun. M Amal. A		KERALA	8:46.12	-
				2:04.90	
				2:15.50	



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Event 8
31/08/2019

Mixed, 4 x 50m Medley

Open
Results Final

NMR 1:51.06 R S P B R S P B BHOPAL 11/10/2017

Rank					Time	
1.	KAR 1 NMR Shrihari Nataraj Likith S P			KAR Suvana C Baskar Deeksha Ramesh	1:50.65	-
2.	MAHARASHTRA 1 JYOTSNA PANSARE SHWEJAL MANKAR			MAHARASHTRA VIRDHAWAL KHADE KENISHA GUPTA	1:52.82	-
3.	R.S.P.B 1 Soumyajit Saha Viraj Prabhu			R.S.P.B Avantika Chavan Aditi Dhumatkar	1:54.00	-
4.	GUJARAT 1 Maana Patel Oum Saxena	00		GUJARAT Anshul Kothari Niva Sharma	1:55.67	-
5.	TAMILNADU 1 Sethu Manickavel T Danush S	07 00		TAMILNADU Meenakshi V K R Jayaveena A V	1:57.23	-
6.	DELHI 1 Siddhant Sejwal Aditya Dubey	90 90		DELHI Pallavi Sejwal Bhavya Sachdeva	2:00.50	-
7.	BENGAL 3 Soubrity Mondal Shristi Basu			BENGAL Kunal Basak Srinjan Pal	2:01.71	-
8.	KERALA 1 Aaron J Thomas Suneesh. S			KERALA Liyana Fathima Umer Greeshma.P	2:01.90	-