

60th Punjab State Cross Country Championship 2025

RIMIT University, Mandi Gobindgarh

07-01-2026

07-12-2025 - 07-12-2025

7 December 2025

Event # 1 BOYS U-16 2Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	FATEHGARH SAHIB	58	5-14-19-20	22	30:57	3:52.17	7:44.34	1:13
2	AMRITSAR	68	6-18-21-23		32:11	4:01.43	8:02.87	1:49

OVERALL SCORE PLACE	BIB PLACE	NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	241	Roshan kumar			SBS NAGAR	1	3:14.43	6:28.85
2	2	232	Jaskirat singh			SANGRUR	1	3:15.14	6:30.28
3	3	123	Amaninder singh			BATHINDA	1	3:22.66	6:45.32
4	4	250	AMRESH KUMAR			FAZILKA	1	3:24.78	6:49.56
5	5	127	BHAVYA SHARMA			FATEHGARH SAHIB	1	3:28.29	6:56.58
6	6	112	Jasmeet Singh			AMRITSAR	1	3:31.54	7:03.07
7	7	168	Gurjot Singh			HOSHIARPUR	1	3:33.03	7:06.05
8	8	215	Priyanshu .			PATIALA	1	3:34.09	7:08.17
9	9	230	Anmol singh			SANGRUR	2	3:35.73	7:11.45
10	10	214	Daljeet Singh			PATIALA	2	3:36.05	7:12.09
11	11	122	Navdeep singh			BARNALA	1	3:44.66	7:29.32
12	12	231	Gurloveleen Singh			SANGRUR	3	3:45.51	7:31.02
13	13	151	SAGAR .			FEROZEPUR	1	3:46.13	7:32.25
14	14	130	Prakirat Singh			FATEHGARH SAHIB	2	3:52.55	7:45.09
15	15	150	HARMON .			FEROZEPUR	2	3:52.94	7:45.87
16	16	213	Amritpal Singh			PATIALA	3	4:00.25	8:00.50
17	17	140	AJAY KUMAR			FAZILKA	2	4:00.59	8:01.18
18	18	115	Ujwal .			AMRITSAR	2	4:02.47	8:04.93
19	19	260	YASH .			FATEHGARH SAHIB	3	4:02.60	8:05.19
20	20	129	Krishna .			FATEHGARH SAHIB	4	4:05.26	8:10.51
21	21	107	Alisha .			AMRITSAR	3	4:05.63	8:11.25
22	22	128	Dinesh yadav			FATEHGARH SAHIB	5	4:19.18	8:38.36
23	23	114	Sparsh .			AMRITSAR	4	4:26.11	8:52.22
24		139	Agam .			FAZILKA			DNF
25		199	Sahajpreet singh			MUKTSAR			DNF
26		183	Karnveer Singh			LUDHIANA			DNF
27		182	Gurfatehpreet singh			LUDHIANA			DNF
28		177	Manmeet Singh			KAPURTHALA			DNF
29		108	Danial Danial			AMRITSAR			DNF
30		239	Raunak .			SAS NAGAR			DNF
31		212	Aman .			PATIALA			DNF
32		110	Ekamjot singh			AMRITSAR			DNF
33		111	GURNOOR SINGH			AMRITSAR			DNF
34		113	Sainsh .			AMRITSAR			DNF
35		157	Mohdeep singh			GURDASPUR			DNF
36		109	Dilshanvir SING gill			AMRITSAR			DNF

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Event # 2 BOYS U-18 6Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	FATEHGARH SAHIB	53	3-12-16-22		1:31:57	3:52.17	22:59.27	4:24

OVERALL SCORE		BIB	PLACE ON						
PLACE	PLACE	NUM	NAME	AGE	GRADE	TEAM	TEAM	AVG/KM	TIME
1	1	143	Sumit Kumar			FAZILKA	1	3:20.82	20:04.94
2	2	152	KARANJEET SINGH			FEROZEPUR	1	3:21.93	20:11.57
3	3	131	Gurpreet Singh			FATEHGARH SAHIB	1	3:23.33	20:19.97
4	4	169	Shivraj anand			HOSHIARPUR	1	3:29.42	20:56.52
5	5	141	Manpreet Singh			FAZILKA	2	3:30.95	21:05.71
6	6	184	Preet kumar			LUDHIANA	1	3:32.82	21:16.90
7	7	153	RAMANDEEP SINGH			FEROZEPUR	2	3:33.06	21:18.34
8	8	160	Ranjot singh			GURDASPUR	1	3:39.82	21:58.94
9	9	271	SUKHBIR SINGH			AMRITSAR	1	3:42.13	22:12.80
10	10	249	HARWINDER SINGH			HOSHIARPUR	2	3:44.52	22:27.12
11	11	235	Maninder singh			SANGRUR	1	3:47.25	22:43.49
12	12	132	Harkirat singh			FATEHGARH SAHIB	2	3:51.68	23:10.05
13	13	201	Nawab .			MUKTSAR	1	3:52.76	23:16.53
14	14	185	Sukhvir Singh			LUDHIANA	2	3:54.63	23:27.80
15	15	216	REHAAN .			PATIALA	1	3:54.69	23:28.14
16	16	247	CHANDRESH YADAV			FATEHGARH SAHIB	3	3:57.17	23:43.01
17	17	234	Harjinder singh			SANGRUR	2	3:59.11	23:54.64
18	18	118	Rajwinder singh			AMRITSAR	2	4:00.35	24:02.12
19	19	236	Manjot Singh			SANGRUR	3	4:00.58	24:03.46
20	20	202	RANISH SAROCH			PATHANKOT	1	4:01.70	24:10.22
21	21	124	Harjot Singh			BATHINDA	1	4:03.62	24:21.73
22	22	134	Vidant .			FATEHGARH SAHIB	4	4:07.34	24:44.04
23	23	245	Randeep singh			TARN TARAN	1	4:07.39	24:44.33
24	24	159	Gurshranpreet singh			GURDASPUR	2	4:14.86	25:29.14
25		117	Gurkirpal singh			AMRITSAR			DNF
26		116	AJIT SINGH			AMRITSAR			DNF
27		133	Sahil yadav			FATEHGARH SAHIB			DNF
28		233	Armanpreet singh			SANGRUR			DNF
29		135	Vikram kumar			FATEHGARH SAHIB			DNF
30		263	PARAMJOT SINGH			PATIALA			DNF
31		200	Karanjeet Singh.			MUKTSAR			DNF
32		158	Amandeep Amandeep			GURDASPUR			DNF
33		253	SUKHVIR SINGH			HOSHIARPUR			DNF

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Event # 3 BOYS U-20 8Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	PATIALA	37	2-6-12-17	21	2:01:24	3:47.64	30:21.09	3:53
2	PATHANKOT	62	9-13-18-22		2:12:14	4:07.93	33:03.47	6:31

OVERALL SCORE PLACE	PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	272	JASHANPREET SINGH			AMRITSAR	1	3:18.97	26:31.75
2	2	219	Dilver Singh			PATIALA	1	3:32.87	28:22.96
3	3	175	Sahil Gill			JALANDHAR	1	3:34.60	28:36.77
4	4	144	Gurmeet Singh			FAZILKA	1	3:36.85	28:54.80
5	5	174	Gurwinder singh			JALANDHAR	2	3:39.32	29:14.58
6	6	221	Sandeep Singh			PATIALA	2	3:40.63	29:25.02
7	7	138	Sonu kumar			FATEHGARH SAHIB	1	3:41.40	29:31.16
8	8	119	Jashandeep singh			AMRITSAR	2	3:47.56	30:20.51
9	9	208	VICKY KUMAR			PATHANKOT	1	3:49.58	30:36.64
10	10	237	Mannat .			SANGRUR	1	3:49.98	30:39.84
11	11	273	ABHISHEK KUMAR RAI			FATEHGARH SAHIB	2	3:53.96	31:11.68
12	12	220	Manpreet Singh.			PATIALA	3	3:54.98	31:19.86
13	13	204	PANKAJ KUMAR RAMO			PATHANKOT	2	3:55.85	31:26.81
14	14	176	Yugraj Singh			JALANDHAR	3	3:57.24	31:37.89
15	15	254	LAKHWINDER SINGH			MANSA	1	3:57.69	31:41.52
16	16	238	Sahibjeet Singh			SANGRUR	2	3:59.52	31:56.18
17	17	218	Angadveer .			PATIALA	4	4:02.06	32:16.50
18	18	205	RAHUL KUMAR			PATHANKOT	3	4:07.76	33:02.10
19	19	137	Harshit kumar			FATEHGARH SAHIB	3	4:12.58	33:40.60
20	20	142	Souravpreet singh			FAZILKA	2	4:16.22	34:09.77
21	21	217	Abhiraj Singh			PATIALA	5	4:25.46	35:23.64
22	22	203	ANMOL MALPOTRA			PATHANKOT	4	4:38.54	37:08.31
23	23	155	PRINCE .			FEROZEPUR	1	5:02.15	40:17.18
24		206	SARAVJEET SINGH			PATHANKOT			DNF
25		136	Amit verma			FATEHGARH SAHIB			DNF
26		154	GULAB SINGH			FEROZEPUR			DNF
27		246	Palwinder singh			TARN TARAN			DNF

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Event # 4 MENS OPEN 10Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	JALANDHAR	12	1-2-3-6	8-9	2:05:03	3:07.57	31:15.65	3:43

OVERALL SCORE		BIB						PLACE ON	
PLACE	PLACE	NUM	NAME	AGE	GRADE	TEAM	TEAM	AVG/KM	TIME
1	1	171	Simran Singh			JALANDHAR	1	2:55.32	29:13.17
2	2	259	SUKHWINDER SINGH			JALANDHAR	2	3:08.62	31:26.16
3	3	258	RINKU .			JALANDHAR	3	3:08.71	31:27.10
4	4	167	Lakshdeep Singh			HOSHIARPUR	1	3:11.61	31:56.07
5	5	227	Arshdeep Singh.			SANGRUR	1	3:13.92	32:19.14
6	6	173	Tarun kumar			JALANDHAR	4	3:17.62	32:56.17
7	7	106	Sachin Kumar			AMRITSAR	1	3:20.11	33:21.03
8	8	170	Gagandeep .			JALANDHAR	5	3:20.89	33:28.81
9	9	257	URWINDER SINGH			JALANDHAR	6	3:24.62	34:06.11
10	10	192	harwinder singh			MALERKOTLA	1	3:24.92	34:09.17
11		251	SHUBHAM .			JALANDHAR	7	3:27.76	34:37.57
12	11	228	JAGJEET SINGH			SANGRUR	2	3:35.18	35:51.71
13	12	196	Arshdeep singh			MUKTSAR	1	3:37.37	36:13.62
14	13	207	SHOBIT KUMAR RAMOI			PATHANKOT	1	3:48.57	38:05.61
15	14	229	VIJENDER KUMAR			SANGRUR	3	4:03.97	40:39.61
16		172	Simranjit Singh			JALANDHAR	8	4:18.16	43:01.51
17		198	satnam singh			MUKTSAR			DNF
18		197	GURPREET SINGH.			MUKTSAR			DNF
19		242	Gurpreet singh..			TARN TARAN			DNF
20		243	Jaskarn singh			TARN TARAN			DNF
21		244	Vishaldeep singh			TARN TARAN			DNF

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Event # 5 GIRLS U-16 2Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT	
NO SCORES									
OVERALL SCORE PLACE	PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	265	GURASEES KAUR			AMRITSAR	1	3:51.35	7:42.69
2	2	163	Lashmi .			HOSHIARPUR	1	3:55.34	7:50.68
3	3	194	Tamanna Devi			MUKTSAR	1	3:57.95	7:55.89
4	4	162	Ananya sharma			HOSHIARPUR	2	4:01.41	8:02.81
5	5	264	HARGUNPREET KAUR			AMRITSAR	2	4:11.90	8:23.80
6	6	145	HARISUMMERPREET KA			FEROZEPUR	1	4:16.58	8:33.15
7	7	209	Aarohi .			PATIALA	1	4:16.87	8:33.73
8	8	146	JASPREET KAUR			FEROZEPUR	2	4:17.74	8:35.48
9	9	267	DEEPIKA .			HOSHIARPUR	3	4:24.25	8:48.49
10	10	210	Avni Malik			PATIALA	2	4:24.37	8:48.73
11	11	120	Beerbal kaur			BARNALA	1	4:32.07	9:04.13
12	12	193	Parmjeet kaur			MUKTSAR	2	4:36.58	9:13.16
13	13	147	NANCY KAUR			FEROZEPUR	3	4:58.00	9:55.99
14	14	186	ALISHA ..			MALERKOTLA	1	5:05.30	10:10.59
15	15	222	Arshpreet kaur			SANGRUR	1	5:07.09	10:14.17
16	16	126	Mahi Kour			FATEHGARH SAHIB	1	5:08.32	10:16.64
999		190	RAJVEER KAUR			MALERKOTLA			DNF
999		179	Simrandeep kaur			LUDHIANA			DNF
999		187	ALISHA MALIK			MALERKOTLA			DNF
999		189	Mehak .			MALERKOTLA			DNF
999		191	Simranjit kaur			MALERKOTLA			DNF
999		262	AGAMJOT SINGH			AMRITSAR			DNF
999		188	JASHANPREET KAUR			MALERKOTLA			DNF

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Event # 6 GIRLS U-18 4Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	HOSHIARPUR	18	1-3-6-8	12-13	1:08:13	4:15.80	17:03.21	2:57

OVERALL SCORE PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	164	Balpreet Kaur			HOSHIARPUR	1	3:50.97	15:23.88
2	2	224	Ramanjeet kaur			SANGRUR	1	4:00.29	16:01.16
3	3	165	Dimple kumari			HOSHIARPUR	2	4:07.06	16:28.25
4	4	104	Raavi Bajwa			AMRITSAR	1	4:10.65	16:42.58
5	5	103	Prabhdeep kaur			AMRITSAR	2	4:17.08	17:08.31
6	6	268	RAMANDEEP KAUR			HOSHIARPUR	3	4:29.83	17:59.33
7	7	211	Shivani .			PATIALA	1	4:34.58	18:18.32
8	8	248	TANVEER KAUR			HOSHIARPUR	4	4:35.34	18:21.37
9	9	121	Jassi Kaur			BARNALA	1	4:41.11	18:44.45
10	10	256	KOMAL .			PATIALA	2	4:45.48	19:01.92
11	11	149	KARAMJEET KAUR			FEROZEPUR	1	4:45.78	19:03.10
12	12	266	TANIYA .			HOSHIARPUR	5	4:51.60	19:26.40
13	13	252	SHABNAM KUMARI			HOSHIARPUR	6	4:56.13	19:44.53
14	14	180	Jasmeen kaur			LUDHIANA	1	4:56.31	19:45.22
15	15	195	Prabjot kaur			MUKTSAR	1	5:21.41	21:25.62
16	16	181	Simran kaur			LUDHIANA	2	5:33.80	22:15.18
17	17	148	HARLEEN KAUR			FEROZEPUR	2	5:36.21	22:24.84
18		223	Komal Komal			SANGRUR			DNF
19		178	Kiran .			LUDHIANA			DNF
20		102	Komalpreet kaur			AMRITSAR			DNF

Event # 7 GIRLS U-20 6Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
NO SCORES								

OVERALL SCORE PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	156	Muskan .			GURDASPUR	1	4:03.71	24:22.27
2	2	226	Arshdeep kaur			SANGRUR	1	4:18.70	25:52.21
3	3	240	Inderjot Kaur			SBS NAGAR	1	4:19.81	25:58.88
4	4	166	Simran .			HOSHIARPUR	1	4:32.70	27:16.17
5	5	255	KOMALPREET KAUR			AMRITSAR	1	4:32.88	27:17.28
6	6	270	SUMANPREET KAUR			SANGRUR	2	4:49.22	28:55.29
7	7	225	Anmolpreet kaur			SANGRUR	3	5:09.61	30:57.65
999		105	Komal Kaur			AMRITSAR			DNF

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Event # 8 WOMENS OPEN 10Km Run CROSS COUN

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
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NO SCORES

OVERALL SCORE		BIB					PLACE ON		
PLACE	PLACE	NUM	NAME	AGE	GRADE	TEAM	TEAM	AVG/KM	TIME
1	1	274	jyoti .			LUDHIANA	1	3:37.35	36:13.48
2	2	125	Veerpal kaur			FARIDKOT	1	3:46.19	37:41.90
3	3	161	Pooja .			HOSHIARPUR	1	3:48.23	38:02.26
4	4	269	HARPREET KAUR			AMRITSAR	1	4:19.60	43:15.93
5	5	261	MUSKAN .			PATIALA	1	4:26.07	44:20.68
6	6	101	Kulwinder kaur			AMRITSAR	2	4:27.32	44:33.13