

Powerlifting India
National Senior Women's Equipped Powerlifting Championship 2020-21
Coimbatore, Tamil Nadu - 17-02-2021 to 21-02-2021
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total Points	
47kg - Open																			
1	REEMA KUMARI	06-04-1995	RSPB	6	44.90	160.0	170.0	180.0	180.0 [1]	75.0	80.0	80.0	75.0 [2]	145.0	155.0	164.0	155.0 [1]	410.0	12
2	ANEESHA M	07-12-2001	KER	9	45.90	130.0	145.0	150.0	145.0 [3]	80.0	85.0	87.5	85.0 [1]	130.0	140.0	152.5	152.5 [2]	382.5	9
3	NEHA AMAR BHOSALE	12-07-1992	WB	5	46.95	135.0	147.5	152.5	135.0 [5]	65.0	70.0	75.0	70.0 [3]	140.0	152.5	162.5	152.5 [3]	357.5	8
4	RASIKA CHANDRAKANT AVERA	16-12-2000	MAH	11	45.75	135.0	145.0	152.5	152.5 [2]	60.0	67.5	67.5	60.0 [5]	115.0	125.0	125.0	115.0 [8]	327.5	7
5	ANURADHA KUMAWAT	05-07-1997	RAJ	10	46.80	125.0	132.5	140.0	140.0 [4]	62.5	65.0	65.0	62.5 [4]	125.0	130.0	130.0	125.0 [7]	327.5	6
6	SUMANA	06-10-2000	KAR	7	47.00	115.0	122.5	127.5	127.5 [6]	50.0	52.5	55.0	52.5 [9]	125.0	137.5	140.0	140.0 [4]	320.0	5
7	TABSSUM GOHIL	23-07-1996	GUJ	8	46.85	110.0	117.5	122.5	122.5 [8]	55.0	60.0	60.0	60.0 [6]	120.0	130.0	135.0	130.0 [5]	312.5	4
8	MOHANAPRIYA V	19-09-1998	TN	1	46.45	110.0	117.5	122.5	122.5 [7]	40.0	47.5	52.5	47.5 [10]	110.0	120.0	127.5	127.5 [6]	297.5	3
9	POOJA NAYAK	17-10-1992	CCSCSB	2	45.15	100.0	100.0	115.0	100.0 [9]	52.5	55.0	60.0	55.0 [7]	90.0	100.0	110.0	100.0 [10]	255.0	2
10	V BHAGYA LAXMI	23-04-2000	TEL	4	40.75	90.0	90.0	100.0	90.0 [10]	37.5	40.0	42.5	40.0 [11]	105.0	110.0	117.5	110.0 [9]	240.0	1
11	MANISHA SHARMA	01-08-1994	UP	102	46.50	70.0	80.0	80.0	80.0 [11]	55.0	60.0	60.0	55.0 [8]	70.0	70.0	90.0	70.0 [11]	205.0	1
-	CHANDNI RAMTEKE	17-10-1991	CHT	3	45.75	80.0	80.0	80.0	-	X	X	X	-	X	X	X	-	-	-
52kg - Open																			
1	KAJOL GAURAV	29-12-1995	RSPB	19	50.75	155.0	165.0	172.5	172.5 [1]	87.5	92.5	95.0	92.5 [1]	150.0	157.5	162.5	162.5 [1]	427.5	12
2	ANJU RAJU M K	21-05-1996	RSPB	18	50.75	150.0	165.0	170.0	170.0 [2]	75.0	82.5	87.5	82.5 [2]	150.0	150.0	160.0	160.0 [2]	412.5	9
3	R POORNA	18-12-1998	AP	16	51.80	150.0	162.5	175.0	162.5 [3]	60.0	70.0	77.5	70.0 [6]	150.0	160.0	165.0	160.0 [3]	392.5	8
4	BHAGYALEKSHMI S	10-03-2000	KER	21	49.60	135.0	140.0	150.0	140.0 [4]	62.5	70.0	72.5	72.5 [4]	125.0	135.0	137.5	135.0 [4]	347.5	7
5	MINOTI DEHINGIA	20-10-1990	ASA	12	50.95	130.0	140.0	140.0	130.0 [5]	65.0	70.0	72.5	70.0 [5]	125.0	132.5	132.5	125.0 [5]	325.0	6
6	DEEKSHA SHARMA	20-12-1991	UP	101	52.00	90.0	120.0	125.0	90.0 [7]	70.0	75.0	82.5	75.0 [3]	80.0	90.0	110.0	90.0 [8]	255.0	5
7	SIMRAN RANI	15-11-2001	PUN	20	51.00	90.0	90.0	105.0	90.0 [6]	35.0	35.0	40.0	35.0 [8]	90.0	100.0	120.0	120.0 [6]	245.0	4
8	CHANDRAVATI VARMA	02-10-1993	TEL	17	50.50	70.0	77.5	80.0	80.0 [8]	35.0	40.0	40.0	35.0 [7]	100.0	107.5	107.5	107.5 [7]	222.5	3
-	ELAKKIYA K	18-04-1999	TN	13	51.70	122.5	122.5	122.5	-	X	X	X	-	X	X	X	-	-	-
57kg - Open																			
1	J RAMALAKSHMI	02-07-1989	RSPB	32	54.90	155.0	167.5	175.0	175.0 [3]	105.0	115.0	120.0	115.0 [1]	160.0	167.5	172.5	167.5 [3]	457.5	12
2	RIYA GUPTA	22-02-1999	UP	103	55.20	170.0	177.5	177.5	170.0 [4]	95.0	100.0	105.0	95.0 [4]	170.0	185.0	192.5	192.5 [1]	457.5	9
3	MAMTA DEVI	24-04-2001	HAR	27	56.70	170.0	180.0	187.5	180.0 [1]	70.0	77.5	77.5	77.5 [9]	150.0	162.5	172.5	172.5 [2]	430.0	8
4	HARINIPRIYA D	08-01-2004	TN	24	55.20	160.0	170.0	177.5	177.5 [2]	70.0	80.0	85.0	80.0 [8]	145.0	160.0	165.0	165.0 [4]	422.5	7
5	SONAL SAWANT	01-10-1998	MAH	39	53.60	152.5	152.5	165.0	165.0 [5]	97.5	105.0	107.5	105.0 [2]	145.0	150.0	152.5	150.0 [6]	420.0	6
6	MARRI BHAGYA LAKSHMI	04-03-1993	WB	31	55.00	130.0	140.0	150.0	150.0 [8]	55.0	70.0	80.0	80.0 [7]	140.0	155.0	155.0	155.0 [5]	385.0	5
7	SK SADIYA ALMAS	27-10-2002	AP	26	55.40	155.0	162.5	170.0	162.5 [6]	70.0	70.0	72.5	70.0 [11]	135.0	150.0	172.5	150.0 [7]	382.5	4
8	JWALA JOSE L	17-01-2000	KER	37	55.50	130.0	142.5	152.5	152.5 [7]	60.0	70.0	72.5	72.5 [10]	140.0	140.0	145.0	140.0 [8]	365.0	3
9	M VIJAYA LAKSHMI	25-07-2000	AP	28	56.50	130.0	130.0	140.0	130.0 [9]	70.0	70.0	70.0	70.0 [12]	125.0	135.0	140.0	135.0 [10]	335.0	2

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total Points	
10	BIJLEE BAG	13-08-1995	CHT	23	57.00	120.0	435.0	440.0	120.0 [12]	80.0	90.0	95.0	95.0 [5]	120.0	430.0	X	120.0 [13]	335.0	1
11	AKSHATA KHARVI	09-03-1996	KAR	105	56.80	115.0	130.0	435.0	130.0 [10]	62.5	67.5	70.0	70.0 [13]	120.0	427.5	127.5	127.5 [12]	327.5	1
12	A ASHIGA	02-12-2004	PUD	30	55.90	110.0	425.0	432.5	110.0 [13]	42.5	50.0	52.5	50.0 [15]	120.0	130.0	135.0	135.0 [9]	295.0	1
13	SUKMIT LEPCHA	26-04-1994	SIK	38	56.20	75.0	90.0	100.0	100.0 [14]	45.0	52.5	52.5	45.0 [16]	400.0	100.0	405.0	100.0 [15]	245.0	1
-	SARGAM CHOUHAN	15-06-1997	MP	22	56.50	425.0	425.0	125.0	125.0 [11]	82.5	87.5	87.5	82.5 [6]	435.0	435.0	435.0	-	-	-
-	SUDHA KUMARI	06-01-1979	CCSCSB	25	57.00	475.0	487.5	487.5	-	95.0	102.5	105.0	105.0 [3]	X	X	X	-	-	-
-	SHUBHANGI BANTE	01-12-2003	VID	36	53.90	75.0	90.0	90.0	75.0 [17]	42.5	42.5	42.5	-	90.0	400.0	400.0	90.0 [17]	-	-
-	V PAVITHRA	26-09-2003	TEL	29	54.60	90.0	95.0	97.5	95.0 [15]	42.5	42.5	42.5	-	100.0	107.5	445.0	107.5 [14]	-	-
-	ANJULA NAGLE	20-08-1995	VID	33	55.50	70.0	90.0	400.0	90.0 [16]	42.5	42.5	42.5	-	90.0	92.5	95.0	95.0 [16]	-	-
-	POOJA SINGH	04-04-1990	GUJ	34	56.00	440.0	440.0	440.0	-	50.0	55.0	57.5	57.5 [14]	120.0	130.0	435.0	130.0 [11]	-	-
63kg - Open																			
1	PRIYA M	12-07-1996	TN	41	62.20	165.0	175.0	195.0	195.0 [4]	107.5	110.0	112.5	112.5 [2]	167.5	182.5	187.5	187.5 [1]	495.0	12
2	ANNU	08-08-1997	DEL	45	62.50	185.0	197.5	205.0	205.0 [2]	100.0	102.5	107.5	107.5 [3]	160.0	175.0	177.5	177.5 [4]	490.0	9
3	POONAM	20-08-1990	RSPB	48	61.80	190.0	200.0	205.0	205.0 [1]	110.0	117.5	120.0	120.0 [1]	150.0	162.5	470.0	162.5 [5]	487.5	8
4	MANJU RANI	27-12-1999	HAR	44	60.50	185.0	X	X	185.0 [5]	90.0	95.0	400.0	90.0 [7]	480.0	180.0	490.0	180.0 [3]	455.0	7
5	SALONI MORE	26-06-2000	MAH	55	61.45	160.0	175.0	195.0	195.0 [3]	70.0	77.5	80.0	80.0 [8]	150.0	160.0	467.5	160.0 [6]	435.0	6
6	MANJUSHA S	22-03-1982	KER	53	62.45	475.0	175.0	485.0	175.0 [6]	95.0	105.0	440.0	105.0 [4]	140.0	150.0	457.5	150.0 [8]	430.0	5
7	AISHWARYA K	21-12-1992	KAR	50	63.00	140.0	150.0	455.0	150.0 [8]	87.5	95.0	400.0	95.0 [5]	170.0	175.0	185.0	185.0 [2]	430.0	4
8	PRIYA GANPAT KANDALKAR	16-12-1984	MAH	98	62.00	145.0	152.5	462.5	152.5 [7]	85.0	92.5	97.5	92.5 [6]	135.0	145.0	450.0	145.0 [9]	390.0	3
9	NAVYA PRASAD	14-11-2001	KER	54	61.80	140.0	450.0	462.5	140.0 [10]	60.0	72.5	77.5	72.5 [10]	122.5	135.0	442.5	135.0 [10]	347.5	2
10	BHASWATI CHAKRABORTY	09-07-1993	ASA	40	62.10	125.0	130.0	142.5	142.5 [9]	70.0	77.5	82.5	77.5 [9]	125.0	445.0	445.0	125.0 [11]	345.0	1
11	C.H AKHILA	01-04-2005	TEL	46	61.50	110.0	117.5	122.5	122.5 [11]	45.0	47.5	47.5	45.0 [15]	115.0	122.5	430.0	122.5 [12]	290.0	1
12	SIMA DUTTA CHATTERJEE	31-12-1977	WB	47	61.30	440.0	440.0	110.0	110.0 [12]	60.0	65.0	65.0	60.0 [11]	112.5	117.5	422.5	117.5 [13]	287.5	1
13	SHALINI RANI	05-04-1995	PUN	52	61.00	95.0	405.0	107.5	107.5 [13]	45.0	50.0	50.0	45.0 [14]	90.0	100.0	107.5	107.5 [15]	260.0	1
14	MALIKA TANEJA	18-10-1987	CCSCSB	43	61.45	95.0	100.0	405.0	100.0 [14]	45.0	47.5	47.5	47.5 [13]	90.0	100.0	110.0	110.0 [14]	257.5	1
-	RITU KUMARI	18-08-1996	TEL	104	61.25	X	X	X	-	X	X	X	-	X	X	X	-	-	-
-	VIDYA SHIRAS	17-06-1979	CCSCSB	42	61.90	445.0	445.0	455.0	-	55.0	60.0	62.5	60.0 [12]	140.0	150.0	X	150.0 [7]	-	-
72kg - Open																			
1	I REKHA	19-09-1988	TEL	62	69.55	220.0	240.0	245.0	240.0 [1]	90.0	97.5	402.5	97.5 [5]	200.0	212.5	217.5	217.5 [1]	555.0	12
2	PRIYA DARSHINI	25-09-1997	RSPB	64	70.05	190.0	202.5	212.5	212.5 [2]	105.0	115.0	120.0	120.0 [1]	175.0	182.5	187.5	187.5 [3]	520.0	9
3	AKSHAYA SHEDGE	13-05-1995	MAH	72	67.75	187.5	200.0	210.0	210.0 [3]	90.0	92.5	97.5	97.5 [4]	172.5	485.0	185.0	185.0 [4]	492.5	8
4	SANA MALAGI	03-04-1994	KAR	67	71.30	190.0	200.0	207.5	207.5 [4]	95.0	100.0	405.0	100.0 [3]	472.5	180.0	185.0	185.0 [5]	492.5	7
5	S DWARAKA	13-03-2001	AP	61	70.10	160.0	175.0	187.5	187.5 [6]	70.0	85.0	92.5	85.0 [9]	170.0	182.5	190.0	190.0 [2]	462.5	6
6	TANIYA MARU	12-08-1998	RAJ	99	68.65	160.0	475.0	175.0	175.0 [7]	80.0	92.5	97.5	92.5 [7]	130.0	137.5	155.0	155.0 [7]	422.5	5
7	KADHEEJA BEGAM	14-08-1991	TN	57	69.90	460.0	160.0	470.0	160.0 [10]	85.0	90.0	95.0	95.0 [6]	160.0	165.0	X	165.0 [6]	420.0	4
8	AJEESHA A	31-10-2000	KER	69	70.90	450.0	160.0	175.0	175.0 [8]	75.0	82.5	87.5	87.5 [8]	132.5	147.5	152.5	152.5 [8]	415.0	3
9	BINA VERMA	02-11-1999	ASA	56	67.30	160.0	475.0	475.0	160.0 [9]	80.0	85.0	85.0	80.0 [10]	135.0	145.0	450.0	145.0 [10]	385.0	2
10	SAKSHI POONIA	11-07-1996	UP	100	69.00	132.5	145.0	152.5	152.5 [11]	57.5	65.0	65.0	57.5 [11]	125.0	140.0	447.5	140.0 [11]	350.0	1

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total Points	
11	RAKHI WANKHEDE	12-08-1995	VID	49	68.70	110.0	120.0	430.0	120.0 [13]	47.5	50.0	50.0	50.0 [13]	130.0	140.0	150.0	150.0 [9]	320.0	1
12	ANJU SINGH	15-06-1977	CHT	58	70.95	125.0	435.0	450.0	125.0 [12]	50.0	60.0	60.0	50.0 [14]	125.0	135.0	440.0	135.0 [12]	310.0	1
13	NANDWANI SALONIDEVI	15-09-1990	GUJ	66	70.70	400.0	400.0	100.0	100.0 [14]	50.0	57.5	62.5	57.5 [12]	100.0	110.0	117.5	117.5 [13]	275.0	1
-	SEEMA PRADHAN	14-09-1976	SIK	71	65.70	400.0	400.0	400.0	-	47.5	47.5	47.5	-	X	X	X	-	-	-
-	S CHANDRAKALA	08-12-1992	AP	59	70.30	180.0	190.0	200.0	200.0 [5]	90.0	100.0	105.0	105.0 [2]	485.0	485.0	485.0	-	-	-
-	BITHIKA MONDAL	09-12-1992	WB	63	70.55	485.0	485.0	485.0	-	X	X	X	-	X	X	X	-	-	-
-	RASHMI	15-10-1998	HAR	60	71.70	X	X	X	-	X	X	X	-	X	X	X	-	-	-
84kg - Open																			
1	ZEBA AKHTIYAR	09-10-1993	RSPB	80	83.90	220.0	235.0	245.0	245.0 [1]	142.5	150.0	152.5	152.5 [1]	150.0	165.0	175.0	175.0 [4]	572.5	12
2	SUMANPREET KAUR	24-09-1997	PUN	83	83.50	210.0	222.5	225.0	210.0 [2]	115.0	125.0	432.5	125.0 [3]	180.0	195.0	203.0	203.0 [1]	538.0	9
3	VUMMUALLA MALLIKA YADAV	14-10-1994	TEL	78	79.90	185.0	195.0	205.0	195.0 [4]	82.5	92.5	102.0	102.0 [4]	180.0	190.0	495.0	190.0 [2]	487.0	8
4	PRATHEEKSHA G NAIK	31-05-2000	KAR	82	83.00	485.0	495.0	205.0	205.0 [3]	82.5	90.0	95.0	95.0 [5]	460.0	465.0	165.0	165.0 [6]	465.0	7
5	RESHMA R	02-08-1997	TN	74	82.50	180.0	490.0	495.0	180.0 [7]	82.5	90.0	92.5	92.5 [6]	180.0	190.0	495.0	190.0 [3]	462.5	6
6	ANUJA D SAWANT	06-08-1999	MAH	84	83.00	175.0	185.0	190.0	190.0 [6]	120.0	430.0	130.0	130.0 [2]	135.0	142.5	447.5	142.5 [7]	462.5	5
7	ISHA SING	13-12-1993	MP	73	80.20	185.0	195.0	200.0	195.0 [5]	62.5	67.5	70.0	70.0 [7]	155.0	165.0	485.0	165.0 [5]	430.0	4
8	ALIVIA HALDER	18-11-1996	WB	79	83.00	135.0	450.0	450.0	135.0 [9]	52.5	57.5	60.0	60.0 [8]	120.0	132.5	440.0	132.5 [9]	327.5	3
9	D APARNA	23-08-2001	AP	77	78.20	120.0	132.5	145.0	145.0 [8]	50.0	57.5	60.0	57.5 [9]	120.0	425.0	430.0	120.0 [10]	322.5	2
10	ASHA KUMARI	13-01-2004	HAR	76	78.00	110.0	120.0	435.0	120.0 [10]	50.0	55.0	60.0	55.0 [10]	125.0	135.0	440.0	135.0 [8]	310.0	1
11	LAXMI SINGH URWASHA	30-11-1991	CHT	75	74.40	100.0	405.0	405.0	100.0 [11]	45.0	45.0	X	45.0 [11]	100.0	115.0	425.0	115.0 [11]	260.0	1
-	YUMKHAM HEMA DEVI	01-03-1976	MAN	81	84.00	400.0	X	X	-	X	X	X	-	X	X	X	-	-	-
84+Kg - Open																			
1	SIMRANPREET KAUR	22-05-1996	RSPB	92	129.30	265.0	281.0	300.0	300.0 [1]	140.0	151.0	160.0	160.0 [1]	170.0	177.5	490.0	177.5 [4]	637.5	12
2	SHARMILA DE	17-10-1990	WB	91	115.30	240.0	252.5	260.0	260.0 [2]	135.0	140.0	145.0	145.0 [2]	155.0	165.0	470.0	165.0 [6]	570.0	9
3	PREETI	01-04-1998	HAR	89	84.90	220.0	232.5	232.5	232.5 [3]	82.5	90.0	95.0	90.0 [9]	210.0	248.0	248.0	210.0 [1]	532.5	8
4	PRATIKSHA PRADEEP SALVI	11-07-1997	MAH	97	84.30	200.0	200.0	220.0	200.0 [4]	100.0	440.0	440.0	100.0 [5]	170.0	177.5	487.5	177.5 [3]	477.5	7
5	VANDHANA SHAJI	30-05-1997	KER	95	93.90	170.0	200.0	220.0	200.0 [6]	70.0	85.0	95.0	95.0 [8]	150.0	172.5	X	172.5 [5]	467.5	6
6	PRATHIKSHA	11-09-1998	KAR	94	107.00	185.0	200.0	240.0	200.0 [7]	95.0	105.0	112.5	112.5 [3]	145.0	155.0	460.0	155.0 [7]	467.5	5
7	MENAKA V	18-04-2000	TN	87	85.00	185.0	195.0	200.0	200.0 [5]	95.0	95.0	400.0	95.0 [6]	140.0	452.5	452.5	140.0 [9]	435.0	4
8	ASHWINI M	22-07-1995	TN	85	93.50	455.0	470.0	170.0	170.0 [8]	82.5	95.0	402.5	95.0 [7]	135.0	142.5	447.5	142.5 [8]	407.5	3
9	D BHAVIKA	02-02-2000	CHT	86	94.40	140.0	160.0	480.0	160.0 [9]	60.0	75.0	82.5	75.0 [10]	120.0	132.5	X	132.5 [10]	367.5	2
-	TAKHELMAYUM LENA DEVI	01-01-1969	MAN	93	88.30	90.0	90.0	X	-	X	X	X	-	X	X	X	-	-	-
-	V SMRITHI	25-06-2001	TEL	90	94.70	420.0	425.0	425.0	-	X	X	X	-	X	X	X	-	-	-
-	D ANUSHA	13-04-1995	AP	88	110.40	242.5	257.5	270.0	270.0	127.5	137.5	142.5	142.5	172.5	187.5	495.0	187.5	TD	-
-	SHREYA BORDWEKAR	28-01-1998	MAH	96	125.90	245.0	220.0	220.0	-	105.0	427.5	X	105.0 [4]	185.0	195.0	202.5	202.5 [2]	-	-