

Powerlifting India
National Women's Equipped Bench Press Championship 2021
Madgaon, Goa - 16-11-2021 to 20-11-2021
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	BP1	BP2	BP3	Best	Points
43kg - Sub Junior										
1	HUMANSHI GURJAR	26-09-2003	RAJ	4	43.00	60.0	65.0	67.5	67.5	12
2	DEEPANA S R	15-06-2009	T N	6	43.00	35.0	40.0	40.0	40.0	9
3	TAPASYA MATE	26-02-2009	MAH	2	42.35	35.0	37.5	40.0	37.5	8
4	VIPASHA DADHICH	14-01-2004	RAJ	5	41.10	35.0	37.5	37.5	35.0	7
5	MANSI JAYARAM GHARAT	28-06-2003	MAH	1	41.45	35.0	37.5	37.5	35.0	6
6	SERAM SUNITA DEVI	01-03-2003	MAN	3	42.30	20.0	25.0	30.0	20.0	5
47kg - Sub Junior										
1	MAHI CHOUHAN	30-04-2004	RAJ	20	46.95	47.5	52.5	55.0	52.5	12
2	AISHWARYA KRISHNAN	01-01-2006	KER	19	46.15	20.0	22.5	22.5	20.0	9
52kg - Sub Junior										
1	SHIPRA	13-10-2003	RAJ	39	47.25	60.0	65.0	77.5	77.5	12
2	SIYA S SHETTY	19-09-2003	KAR	36	50.70	55.0	62.5	62.5	62.5	9
3	CHITYALA PRATHYUSHA	12-07-2003	TEL	41	50.20	30.0	42.5	47.5	42.5	8
4	SUJEN ALI	15-11-2004	RAJ	40	52.00	35.0	37.5	37.5	35.0	7
5	GOURI SHANKAR C S	23-09-2007	KER	37	48.10	25.0	35.0	35.0	25.0	6
57kg - Sub Junior										
1	SONALAKSHMI V	12-03-2005	T N	61	54.85	65.0	70.0	72.5	70.0	12
2	PRAGYA SHARMA	23-07-2005	RAJ	60	55.90	62.5	67.5	72.5	67.5	9
3	DHANASHREE MAHADIK	27-05-2003	MAH	57	56.50	65.0	70.0	72.5	65.0	8
4	TIYARA RANA	29-08-2003	M P	56	55.00	47.5	52.5	55.0	52.5	7
5	KRITY RAJ SINGH	17-08-2005	BIH	54	56.10	52.5	52.5	52.5	52.5	6
6	SAKSHI NARWARIYA	14-01-2005	M P	55	56.10	40.0	45.0	47.5	40.0	5
7	SIDDHI JADHAV	10-09-2006	MAH	58	56.00	35.0	40.0	40.0	35.0	4
8	ASHA KHURAIJAM	14-03-2005	MAN	59	56.00	20.0	20.0	25.0	25.0	3
63kg - Sub Junior										
1	ARCHITA SSHIRODKAR	10-02-2005	GOA	71	62.50	75.0	80.0	85.0	85.0	12
2	NANDANA K V	15-01-2003	KER	73	61.15	57.5	62.5	67.5	67.5	9
3	ABHINA JOY	25-02-2005	KER	72	58.50	57.5	62.5	65.0	57.5	8
4	MUSKAN JANGID	28-08-2003	RAJ	74	59.50	52.5	57.5	65.0	52.5	7
69kg - Sub Junior										
1	SK JULE	21-12-2003	W B	95	67.15	55.0	60.0	62.5	60.0	12
2	SANJANY V V	06-09-2007	T N	94	65.35	57.5	62.5	62.5	57.5	9
3	ALKA RAGHAV	30-04-2004	KER	89	67.00	47.5	52.5	60.0	52.5	8
4	ANJALI GHANGHAURIYA	03-05-2007	M P	90	66.85	40.0	45.0	50.0	50.0	7
5	SARIKA BHADKAMKAR	05-07-2003	MAH	91	68.10	35.0	35.0	35.0	35.0	6
6	MARIA SHARUNGBAM	29-09-2005	MAN	93	64.65	20.0	25.0	30.0	25.0	5
7	LAIRENMAYUM ALICE DEVI	14-08-2007	MAN	92	69.00	20.0	25.0	25.0	20.0	4
76kg - Sub Junior										
1	DISHA DISHA	03-02-2006	KAR	110	73.00	65.0	70.0	72.5	72.5	12
2	PAYAL S R	13-09-2005	T N	113	68.00	50.0	60.0	65.0	60.0	9
3	MEGHA	08-02-2003	HAR	109	73.60	40.0	50.0	52.5	50.0	8
4	MUSKAN S SAYYED	01-03-2005	MAH	112	71.60	40.0	42.5	47.5	42.5	7
5	AISWARYA K M	03-05-2003	KER	111	75.80	30.0	40.0	40.0	30.0	6
84kg - Sub Junior										
1	VAISHNAVI BHADOURIA	31-07-2005	M P	140	79.70	32.5	35.0	37.5	37.5	12
2	ANUSHKA P SHIRODKAR	19-06-2006	GOA	138	78.60	25.0	30.0	35.0	30.0	9
84+Kg - Sub Junior										
1	RESHIEAL R M	07-12-2005	KAR	125	102.10	70.0	80.0	90.0	90.0	12
2	JENNIFER FARTADO	01-01-2004	MAH	126	95.30	60.0	67.5	77.5	77.5	9
3	KALIKA NARENDRA NAGVEKAR.	01-11-2004	MAH	127	104.50	60.0	70.0	72.5	72.5	8

Place	Name	DOB	Team	Lot	Bd. Wt.	BP1	BP2	BP3	Best	Points
4	SAI SAADHANA S	20-03-2006	T N	128	95.40	42.5	42.5	45.0	42.5	7
5	PANCHAMI PANCHAMI	25-02-2004	KAR	124	98.30	42.5	42.5	50.0	42.5	6
47kg - Junior										
1	KIRAN BAI GURJAR	15-05-2000	RAJ	11	47.00	60.0	65.0	67.5	67.5	12
2	RAVEENA	15-08-2002	DEL	8	47.00	55.0	62.5	62.5	55.0	9
3	RAMYA S	06-02-2000	T N	12	47.00	50.0	55.0	55.0	55.0	8
4	SAKSHI RAIKAR	06-01-1998	GOA	10	43.78	30.0	30.0	32.5	32.5	7
52kg - Junior										
1	KRITI KUMARI	11-07-1998	KER	24	51.20	77.5	82.5	87.5	87.5	12
2	SAYMA	23-04-2001	DEL	22	48.90	77.5	82.5	90.0	82.5	9
3	SHUBHANGI PATIL	03-03-2001	MAH	27	50.10	75.0	80.0	82.5	75.0	8
4	SAKSHI KOUL	28-02-1998	J&K	23	51.20	60.0	60.0	67.5	67.5	7
5	HIMANSHI	14-01-1998	DEL	21	47.50	65.0	72.5	75.0	65.0	6
6	YEERINA DEBNATH	19-02-1999	W B	29	52.00	65.0	72.5	75.0	65.0	5
7	VAISHALI BORASI	08-11-1998	M P	25	51.00	50.0	55.0	60.0	60.0	4
8	POOJA M A	15-02-2000	T N	28	51.05	42.5	50.0	60.0	50.0	3
57kg - Junior										
1	SONAL SAWANT	01-10-1998	MAH	44	55.20	115.0	117.5	120.0	117.5	12
2	PAYAL PHULWANI	28-02-2002	RAJ	45	57.00	75.0	85.0	95.0	95.0	9
3	HARSHITHA K L	12-10-2000	KAR	42	56.20	90.0	90.0	92.5	90.0	8
4	SEJAL MAKWANA	01-10-2001	MAH	43	56.70	75.0	82.5	90.0	82.5	7
5	LOGAPRIYA S	07-04-2000	T N	47	52.10	67.5	72.5	77.5	72.5	6
6	INDHUMATHI K	01-03-2001	T N	46	54.70	45.0	50.0	52.5	50.0	5
63kg - Junior										
1	NIKETA	11-02-2002	DEL	62	61.00	80.0	80.0	90.0	90.0	12
2	KAVITHA K	19-07-2000	T N	64	59.15	55.0	60.0	62.5	60.0	9
3	MONIKA KUMARI	16-06-2001	RAJ	63	59.30	55.0	55.0	55.0	55.0	8
69kg - Junior										
1	VENIZEIA A CARLO	07-02-2000	KAR	76	67.35	102.5	107.5	112.5	107.5	12
2	PRIYA M	01-06-2000	T N	81	64.75	75.0	75.0	77.5	77.5	9
3	TUTU MANDAL	25-05-1999	ASA	75	64.80	70.0	70.0	77.5	77.5	8
4	CELESTINA ANTOINETTE REBELLO	23-06-2000	KER	77	66.50	62.5	72.5	82.5	72.5	7
5	HRITVIKA SARDESAI	31-03-2000	MAH	78	68.40	60.0	65.0	70.0	65.0	6
6	TAKHELLAMBAM DIPARANI DEVI	01-03-2000	MAN	80	64.54	20.0	25.0	30.0	25.0	5
76kg - Junior										
1	JANHVI SAVARDEKAR	19-09-2001	MAH	98	75.60	115.0	115.0	122.5	115.0	12
2	MENAKA V	18-04-2000	T N	99	75.00	95.0	95.0	100.0	100.0	9
3	SWATI SAHU	15-08-1998	U P	100	76.00	75.0	82.5	85.0	85.0	8
4	ANUSHKA SARODE	02-03-2002	MAH	97	75.55	50.0	55.0	60.0	55.0	7
84kg - Junior										
1	SHALINI S	29-03-2002	T N	130	84.30	75.0	80.0	85.0	85.0	12
84+Kg - Junior										
1	MEGHA NAYAK	18-03-2000	M P	117	107.20	115.0	122.5	130.0	130.0	12
2	PRATHIKSHA	11-09-1998	KAR	116	105.80	115.0	120.0	127.5	127.5	9
3	DEEPTHIKA J P	07-06-2002	KAR	115	84.50	105.0	115.0	117.5	117.5	8
4	MOUMITA GHOSH	12-03-2002	W B	118	99.80	75.0	75.0	85.0	85.0	7
5	KHUSHI KUMARI DEY	04-07-2002	JHA	114	84.50	80.0	82.5	85.0	80.0	6
47kg - Master 1										
1	RITUKANA BHOWMICK	29-10-1981	W B	13	45.70	30.0	32.5	35.0	35.0	12
52kg - Master 1										
1	SUVARNA SHINDE	05-10-1976	MAH	32	52.00	57.5	65.0	70.0	70.0	12
2	SUJATHA M	01-01-1980	KER	31	47.90	25.0	30.0	35.0	35.0	9
3	DR. SHIKHA BANSAL	11-09-1977	CCSCSB	30	51.20	30.0	35.0	40.0	35.0	8
57kg - Master 1										
1	NEETU CHOUHAN	19-07-1975	RAJ	49	56.40	40.0	40.0	40.0	40.0	12
2	ATOM SOMIBALA DEVI	02-02-1972	MAN	48	62.45	20.0	25.0	30.0	30.0	9

Place	Name	DOB	Team	Lot	Bd. Wt.	BP1	BP2	BP3	Best	Points
63kg - Master 1										
1	MEENA SHARMA	01-01-1974	M P	65	57.75	60.0	67.5	72.5	72.5	12
2	SIMA DUTTA CHATTERJEE	31-12-1977	W B	66	62.80	62.5	67.5	75.0	67.5	9
69kg - Master 1										
1	ARATHI ARUN	13-03-1975	T N	84	65.15	75.0	82.5	90.0	82.5	12
2	DEEPA K S	23-02-1978	KAR	82	69.00	55.0	62.5	0.0	62.5	9
3	SALMA SHAIKH	29-07-1978	MAH	83	67.15	50.0	55.0	55.0	50.0	8
76kg - Master 1										
1	RUBY DAS	19-07-1972	MAH	103	71.30	65.0	72.5	77.5	77.5	12
2	RAJSHREE WAGHCHAURE	17-02-1974	MAH	102	72.30	60.0	65.0	75.0	75.0	9
3	RUPA BANERJEE	24-08-1977	W B	105	73.80	47.5	50.0	52.5	52.5	8
4	SUNITHA VIOLET MENDONCA	13-04-1977	KAR	101	76.00	40.0	45.0	55.0	45.0	7
5	SHALINI MAHECHA	30-10-1980	RAJ	104	72.30	30.0	35.0	42.5	42.5	6
84kg - Master 1										
1	ROHINI GOHRI	01-04-1977	DEL	132	81.80	80.0	87.5	92.5	92.5	12
2	MANISHA GUPTA	07-06-1979	DEL	131	81.00	77.5	82.5	92.5	77.5	9
3	JYOTI BHADKAR	20-10-1977	MAH	133	78.90	52.5	52.5	60.0	60.0	8
84+Kg - Master 1										
1	MANISHA MUKESH GIRAP	30-12-1981	GOA	120	84.10	30.0	40.0	50.0	50.0	12
2	ARUNA V BORKER	25-10-1976	GOA	119	84.80	30.0	32.5	35.0	32.5	9
47kg - Master 2										
1	SERAM MADHUMATI DEVI	01-02-1963	MAN	15	47.00	20.0	20.0	20.0	20.0	12
	MUTUM IIBEMPISHAK DEVI	01-01-1965	MAN	14	39.40	20.0	20.0	X	-	-
52kg - Master 2										
1	NICEY K L	07-04-1968	KER	34	50.00	27.5	30.0	35.0	35.0	12
2	REGINA LUCINDA DOURADO	04-05-1967	GOA	33	51.00	35.0	40.0	40.0	35.0	9
57kg - Master 2										
1	RAJKUMARI LATASANA DEVI	20-03-1967	MAN	52	54.90	20.0	25.0	27.5	27.5	12
2	LAIBI OINAM	01-04-1969	MAN	51	57.00	20.0	22.5	22.5	20.0	9
63kg - Master 2										
1	DR. DIMPLE KASANA	15-07-1967	CCSCSB	67	61.70	35.0	40.0	45.0	45.0	12
2	Y MALASANA DEVI	15-04-1964	MAN	68	59.95	20.0	20.0	25.0	20.0	9
69kg - Master 2										
1	SREEJA SAJEEVAN	29-01-1968	KER	85	68.65	30.0	35.0	37.5	37.5	12
76kg - Master 2										
1	RAKHI SARMA	31-12-1971	ASA	106	70.10	60.0	65.0	67.5	67.5	12
84kg - Master 2										
1	NENA AHEIBAM	01-10-1965	MAN	135	84.00	20.0	35.0	40.0	40.0	12
84+Kg - Master 2										
1	LAVINA IRENE PERIERA	20-10-1971	KAR	121	95.10	40.0	42.5	50.0	50.0	12
2	SAGOLSHAM ROMITA DEVI	01-09-1970	MAN	122	87.15	20.0	20.0	30.0	30.0	9
47kg - Master 3										
1	IROM INDRANI DEVI	14-08-1957	MAN	16	47.00	20.0	25.0	27.5	25.0	12
52kg - Master 3										
1	TELEM PRAMODINI DEVI	01-01-1961	MAN	35	52.00	20.0	25.0	25.0	25.0	12
57kg - Master 3										
1	TAKHENCHANGBAM IBEMHAL DEVI	10-07-1957	MAN	53	52.10	20.0	25.0	25.0	20.0	12
63kg - Master 3										
1	WAIKHOM JAMUNA DEVI	19-03-1960	MAN	69	62.85	20.0	25.0	30.0	25.0	12
69kg - Master 3										
1	REENI THARAKAN	08-03-1960	KER	86	69.00	25.0	25.0	25.0	25.0	12
84kg - Master 3										
1	SALAM LENA DEVI	01-01-1960	MAN	137	83.00	20.0	25.0	37.5	37.5	12
2	LAIRENLAKPAM MODHUBALA DEVI	04-07-1955	MAN	136	78.00	20.0	25.0	30.0	30.0	9
84+Kg - Master 3										
1	HUIREM IBEMPISHAK DEVI	01-03-1965	MAN	123	85.00	20.0	20.0	25.0	20.0	12

Place	Name	DOB	Team	Lot	Bd. Wt.	BP1	BP2	BP3	Best	Points
63kg - Master 4										
1	TH SUBADANI DEVI	01-02-1951	MAN	70	61.60	20.0	20.0	20.0	20.0	12
69kg - Master 4										
1	KH CHINGKHULEIMA DEVI	01-02-1948	MAN	87	63.60	20.0	25.0	30.0	25.0	12
2	L. MOIRANGLEIMA DEVI	18-02-1949	MAN	88	63.70	20.0	25.0	30.0	25.0	9
76kg - Master 4										
1	TH KUNJARANI DEVI	21-03-1940	MAN	108	70.00	20.0	20.0	25.0	25.0	12