

**Powerlifting India**  
**National Men's Classic 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
<b>59kg - Open</b>										
1	RAJU SHARMA	17-02-1993	HAR	5	59.00	112.5	<del>122.5</del>	122.5	122.5	12
2	BISWAJIT DEY	18-01-1991	W B	17	58.75	112.5	117.5	120.0	120.0	9
3	SHUBHAM GAUNS	15-08-1978	GOA	4	58.05	100.0	110.0	115.0	115.0	8
4	AJAY SAINI	04-03-1995	RAJ	14	58.45	115.0	<del>120.0</del>	<del>120.0</del>	115.0	7
5	POP SINGH	17-04-1994	M P	10	57.25	110.0	<del>115.0</del>	<del>115.0</del>	110.0	6
6	P SRAVAN KUMAR	03-09-1996	TEL	16	58.90	95.0	102.5	105.0	105.0	5
7	CH RAMESH	02-09-1996	A P	1	58.50	100.0	<del>102.5</del>	X	100.0	4
8	ASWIN C	16-02-1994	KER	9	59.00	95.0	<del>100.0</del>	X	95.0	3
9	PRASANJIT DAS	14-08-1996	ASA	2	58.60	87.5	92.5	<del>95.0</del>	92.5	2
10	GOVIND SINGH RATHORE	07-04-1989	RAJ	15	59.00	90.0	<del>95.0</del>	<del>95.0</del>	90.0	1
11	ABIN P YOOSUF	21-01-1995	KER	8	53.75	82.5	<del>87.5</del>	<del>87.5</del>	82.5	1
	RAPHIL HIAL	04-09-1992	ODI	13	56.95	<del>90.0</del>	<del>90.0</del>	<del>92.5</del>	-	-
	SAWAN KUMAR	02-05-1995	J&K	6	58.60	<del>115.0</del>	<del>115.0</del>	X	-	-
<b>66kg - Open</b>										
1	GURPREET WALIA	13-07-1994	PUN	33	65.60	135.0	142.5	147.5	147.5	12
2	SATYAJEET SINGH	05-02-1994	J&K	25	63.40	<del>145.0</del>	145.0	<del>150.0</del>	145.0	9
3	SHAIENDRA PRATAP SINGH	08-12-1998	M P	27	65.20	125.0	130.0	<del>132.5</del>	130.0	8
4	PANNEERSELVAM S	13-08-1991	PUD	32	65.60	120.0	130.0	<del>135.0</del>	130.0	7
5	SIDDHANT HUMNE	04-05-1991	CHT	20	63.25	115.0	125.0	<del>130.0</del>	125.0	6
6	BHUPESH	09-01-1997	HAR	23	65.60	120.0	<del>125.0</del>	<del>132.5</del>	120.0	5
7	SUNIL NAGORI	01-01-1986	RAJ	34	64.30	100.0	115.0	<del>135.0</del>	115.0	4
8	SHAKEEL RAJPUT	15-03-1984	GUJ	22	64.70	<del>105.0</del>	110.0	115.0	115.0	3
9	RAJKUMAR P	05-07-1992	T N	36	65.90	105.0	110.0	112.5	112.5	2
10	IBRAR AHAMAD	07-07-1994	BIH	19	63.40	107.5	110.0	<del>115.0</del>	110.0	1
11	PRITAM MANDAL	20-03-1994	MAH	28	64.90	110.0	<del>117.5</del>	<del>117.5</del>	110.0	1
12	RAMESH RUGI	10-04-1992	GOA	21	66.00	110.0	<del>120.0</del>	<del>120.0</del>	110.0	1
13	G BHARATH YADAV	26-12-1999	TEL	37	60.60	90.0	105.0	<del>110.0</del>	105.0	1
14	MERAJ AHMED	22-11-1994	ASA	18	64.25	<del>100.0</del>	<del>105.0</del>	105.0	105.0	1
15	VIJAY CHANWARIA	20-09-1992	RAJ	35	64.95	105.0	<del>115.0</del>	<del>120.0</del>	105.0	1
16	TYNGSHAIN KUPAR MAWLONG	12-01-1989	MEG	30	63.75	90.0	100.0	<del>107.5</del>	100.0	1
17	HILARIUS KHARBIKHIEW	14-12-1986	MEG	29	65.60	85.0	90.0	<del>100.0</del>	90.0	1
<b>74kg - Open</b>										
1	MD.HARIS TAUSIF	24-06-1994	BIH	39	72.90	147.5	150.0	155.0	155.0	12
2	BHAVIN PAWAR	27-11-1992	GUJ	46	71.15	145.0	152.5	<del>155.0</del>	152.5	9
3	DIBAKAR GOCHHAYAT	15-06-1996	ODI	58	73.75	142.5	150.0	<del>157.5</del>	150.0	8
4	VIKAS DAMARE	26-07-1991	MAH	52	73.50	147.5	<del>152.5</del>	<del>152.5</del>	147.5	7
5	UTTAM KUMAR SINGH	04-07-1996	JHA	50	73.00	135.0	145.0	<del>152.5</del>	145.0	6
6	VARINDER SINGH	22-05-1995	PUN	60	72.40	137.5	142.5	<del>152.5</del>	142.5	5
7	KAMALAKANNAN R	04-10-1985	T N	62	73.70	130.0	140.0	<del>152.5</del>	140.0	4
8	VIVEK KUMAR GUPTA	12-05-1995	BIH	40	73.70	127.5	132.5	137.5	137.5	3
9	ANASTHASIUS RYNDONGSNGI	10-04-1998	MEG	55	66.75	127.5	<del>135.0</del>	135.0	135.0	2
10	YOGESH KUMAR SAIN	25-05-1985	RAJ	61	72.50	125.0	135.0	<del>150.0</del>	135.0	1
11	BIKASH GOGOI	29-10-1996	ASA	38	73.75	125.0	132.5	<del>135.0</del>	132.5	1
12	ASLAM KHAN	18-02-1986	M P	51	73.35	130.0	<del>135.0</del>	<del>135.0</del>	130.0	1
13	BISWAJEET JENA	15-06-1995	ODI	57	74.00	130.0	<del>140.0</del>	<del>140.0</del>	130.0	1
14	NARENDER	02-10-1986	CCSCSB	41	72.80	122.5	<del>130.0</del>	<del>135.0</del>	122.5	1
15	KAMALAPRIYAN S	27-06-1995	PUD	59	73.40	120.0	<del>127.5</del>	<del>127.5</del>	120.0	1
16	BISHNU ROUTH	30-06-1996	W B	64	73.50	115.0	<del>117.5</del>	<del>120.0</del>	115.0	1
17	BALJINDER SINGH	08-09-1995	CHN	42	68.00	90.0	97.5	100.0	100.0	1
18	D FRANKIE H NONGRUM	15-10-1976	MEG	56	73.20	<del>95.0</del>	95.0	<del>97.5</del>	95.0	1

Place	Name	DOB	Team	Lot	Bd. Wt.	BP1	BP2	BP3	Best	Points
19	GURKERIT SINGH	14-07-1995	CHN	43	72.00	85.0	<del>92.5</del>	92.5	85.0	1
20	PANGAMBAM UTTAMKUMAR SINGH	02-03-1979	MAN	54	70.45	50.0	<del>55.0</del>	60.0	60.0	1
21	AKHAM SIMPLEJIT SINGH	10-02-1996	MAN	53	68.25	50.0	<del>55.0</del>	<del>57.5</del>	50.0	1
	MOHD SHAHNAWAZ	23-08-1987	TEL	63	70.40	<del>115.0</del>	<del>115.0</del>	<del>115.0</del>	-	-
	AZIM ASLAM	27-08-1993	J&K	49	73.60	<del>130.0</del>	<del>140.0</del>	<del>150.0</del>	-	-
	PUNIT	03-06-1990	HAR	48	74.00	<del>130.0</del>	<del>130.0</del>	<del>130.0</del>	-	-
<b>83kg - Open</b>										
1	PANKAJ CHIB	10-06-1994	J&K	77	83.00	160.0	173.0	176.0	176.0	12
2	AMIT SHARMA	10-01-1991	HAR	76	81.50	157.5	167.5	175.0	175.0	9
3	BRANDON P BARRETTO	22-01-1990	GOA	74	79.25	155.0	165.0	<del>172.5</del>	165.0	8
4	ASHISH RAJPUT	21-11-1993	DEL	72	81.10	150.0	160.0	<del>172.5</del>	160.0	7
5	PUSHPENDRA KUMAR	24-09-1997	U P	85	80.70	155.0	157.5	<del>162.5</del>	157.5	6
6	MOHD SHARIK	22-01-1992	DEL	73	82.00	<del>140.0</del>	150.0	<del>172.5</del>	150.0	5
7	AKASH KUMAR SINGH	10-07-1997	GUJ	75	77.75	125.0	132.5	142.5	142.5	4
8	DIJU GOGOI	10-12-1994	ASA	66	76.45	137.5	<del>147.5</del>	<del>147.5</del>	137.5	3
9	SHAIK NAEER	01-01-1988	A P	65	82.70	135.0	<del>140.0</del>	<del>140.0</del>	135.0	2
10	AADESH KUMAR	06-10-1990	U P	84	83.00	<del>135.0</del>	135.0	<del>137.5</del>	135.0	1
11	WANGKHEIMAYUM CHITARANJAN SINGH	25-04-1995	MAN	82	75.90	120.0	127.5	<del>135.0</del>	127.5	1
12	RAMANDEEP SINGH	19-02-1985	CHN	71	82.90	120.0	127.5	<del>130.0</del>	127.5	1
13	ADARSH RAJ	14-08-1995	BIH	68	81.65	112.5	117.5	<del>120.0</del>	117.5	1
14	EVERSON THANGKHIEW	03-04-1972	MEG	83	77.80	110.0	<del>115.0</del>	115.0	115.0	1
15	JASWINDER SINGH	11-01-1986	CHN	70	83.00	<del>75.0</del>	<del>80.0</del>	80.0	80.0	1
<b>93kg - Open</b>										
1	BANWARI GURJAR	25-11-1999	M P	99	88.50	177.5	<del>187.5</del>	187.5	187.5	12
2	RANJEET SINGH CHOUDHARI	01-06-1989	M P	100	88.50	180.0	185.0	<del>190.0</del>	185.0	9
3	MAYUR SHINDE	25-05-1995	MAH	101	90.10	177.5	<del>185.0</del>	<del>185.0</del>	177.5	8
4	PARDEEP KUMAR	15-07-1986	DEL	89	87.07	160.0	<del>170.0</del>	170.0	170.0	7
5	AMANDEEP BASSAN	23-09-1996	J&K	94	91.95	160.0	167.5	<del>172.5</del>	167.5	6
6	KARTHIKEYAN S	13-04-1981	T N	106	89.05	150.0	157.5	162.5	162.5	5
7	CHAND SINGH	13-02-1989	PUN	104	89.25	150.0	155.0	157.5	157.5	4
8	JASBEER SINGH	12-01-1991	DEL	88	90.55	150.0	157.5	<del>165.0</del>	157.5	3
9	IQBAL	05-02-1991	RAJ	105	87.50	155.0	<del>160.0</del>	<del>170.0</del>	155.0	2
10	KARTHIK	08-11-1993	TEL	107	88.40	150.0	<del>160.0</del>	<del>160.0</del>	150.0	1
11	SANDEEP KUMAR	15-08-1991	HAR	93	90.00	150.0	<del>177.5</del>	<del>177.5</del>	150.0	1
12	KRISHNA KUMAR SHARMA	05-04-1984	ASA	87	88.75	140.0	147.5	<del>155.0</del>	147.5	1
13	YASWANT SINGH	22-02-1986	JHA	96	88.80	130.0	145.0	<del>152.5</del>	145.0	1
14	DARRELL JOSEPH MATHEW	08-11-1991	KER	98	89.25	135.0	145.0	<del>157.5</del>	145.0	1
15	ASLAM	30-01-1991	PUN	103	86.05	142.5	<del>147.5</del>	<del>150.0</del>	142.5	1
16	RISHAV SARAF	29-11-1995	J&K	95	84.20	120.0	125.0	130.0	130.0	1
17	NARRA ARUNKUMAR	09-04-1986	A P	86	89.95	115.0	122.5	130.0	130.0	1
18	SYED SHAKEEL QUADRI	08-08-1982	TEL	108	89.40	110.0	<del>117.5</del>	<del>117.5</del>	110.0	1
19	TH PRAMESHOR SINGH	01-04-1977	MAN	102	91.15	60.0	<del>75.0</del>	<del>80.0</del>	60.0	1
	SATYENDRA NATH SHARMA	25-06-1982	U P	110	88.50	<del>140.0</del>	<del>140.0</del>	<del>140.0</del>	-	-
<b>105kg - Open</b>										
1	BUDDHADEV SINHA	10-04-1989	M P	123	100.10	175.0	185.0	190.0	190.0	12
2	SHOEB SHAH	06-10-1985	MAH	124	103.85	175.0	185.0	<del>220.0</del>	185.0	9
3	SURYAKANTA PRADHAN	24-12-1992	ODI	125	100.05	175.0	<del>185.0</del>	<del>185.0</del>	175.0	8
4	RAJAT RAWAT	26-08-1995	U P	131	95.65	155.0	165.0	172.5	172.5	7
5	VIJAY KANCHAN	24-07-1968	KAR	120	105.00	165.0	172.5	<del>177.5</del>	172.5	6
6	CHANDAN PANWAR	15-07-1990	RAJ	126	98.40	165.0	170.0	<del>175.0</del>	170.0	5
7	RAVI KUMAR	02-03-1994	HAR	119	100.65	150.0	160.0	<del>210.0</del>	160.0	4
8	DHYEY PATEL	25-12-2000	GUJ	118	102.90	135.0	142.5	147.5	147.5	3
9	M S YADAV	29-11-1994	GOA	117	103.02	140.0	145.0	<del>150.0</del>	145.0	2
10	HARINDER SINGH	22-07-1987	CHN	115	96.75	125.0	132.5	142.5	142.5	1
11	ABHIJITH ASOKAN V	21-05-1994	KER	121	100.25	125.0	135.0	<del>140.0</del>	135.0	1
12	HARIPAL SINGH	15-08-1995	GOA	116	102.20	125.0	135.0	<del>142.5</del>	135.0	1

Place	Name	DOB	Team	Lot	Bd. Wt.	BP1	BP2	BP3	Best	Points
13	MOHD IMRAN	28-04-1994	TEL	129	95.60	115.0	<del>125.0</del>	125.0	125.0	1
14	ABODH KUMAR	16-04-1985	BIH	114	97.50	100.0	120.0	X	120.0	1
15	S PRANAY	15-06-1999	TEL	130	100.65	100.0	110.0	117.5	117.5	1
	ALLEN K J	29-11-2001	T N	128	95.40	<del>137.5</del>	<del>137.5</del>	<del>137.5</del>	-	-
	KATTI JYOTHI BABU	01-01-1983	A P	111	97.85	<del>90.0</del>	<del>100.0</del>	<del>100.0</del>	-	-
	BHIM RAJ GURUNG	15-05-1988	SIK	127	101.05	<del>130.0</del>	<del>130.0</del>	<del>130.0</del>	-	-
	BIJOY CHETIA	25-09-1990	ASA	112	103.05	<del>140.0</del>	<del>150.0</del>	<del>150.0</del>	-	-
<b>120kg - Open</b>										
1	JAGBIR SINGH BAHU	14-02-1992	J&K	150	118.65	192.5	200.0	<del>240.0</del>	200.0	12
2	ANOOP KUMAR	05-09-1985	KAR	151	118.40	150.0	170.0	195.0	195.0	9
3	RANAJIT PAUL	03-08-1997	W B	160	109.20	175.0	187.5	190.0	190.0	8
4	ANIKET KAMBLE	18-09-1996	MAH	155	112.20	<del>180.0</del>	190.0	<del>205.0</del>	190.0	7
5	SURAJ YADAV	01-11-1992	GOA	147	117.30	180.0	185.0	<del>190.0</del>	185.0	6
6	TS PRAKASH RAO	03-11-1984	CHT	144	119.40	<del>160.0</del>	<del>160.0</del>	170.0	170.0	5
7	AMIT KISHAN	14-02-1994	BIH	140	113.30	167.5	<del>175.0</del>	<del>177.5</del>	167.5	4
8	BABUJI R K	07-09-1992	KER	152	118.60	152.5	162.5	<del>167.5</del>	162.5	3
9	MAHESH	18-08-1992	HAR	148	106.45	150.0	160.0	<del>187.5</del>	160.0	2
10	HITESH	08-08-1993	DEL	146	108.90	155.0	<del>160.0</del>	160.0	160.0	1
11	CHETAN KAPOOR	19-07-1976	CCSCSB	142	115.75	160.0	<del>170.0</del>	X	160.0	1
12	MADHURJYA CHAMUAH	28-08-1997	ASA	139	118.45	150.0	160.0	<del>165.0</del>	160.0	1
13	AAKASH DUTT	12-11-1989	J&K	149	109.70	140.0	147.5	152.5	152.5	1
14	JEETENDRA KUMAR SINGH	15-04-1984	BIH	141	112.80	145.0	152.5	<del>157.5</del>	152.5	1
15	B SRAVAN	01-05-1998	TEL	158	111.20	125.0	140.0	<del>142.5</del>	140.0	1
16	MOHAMMED RAMEEZ N	01-08-1995	KER	153	107.30	105.0	115.0	<del>125.0</del>	115.0	1
17	RAJA E	19-11-1985	T N	157	120.00	100.0	110.0	<del>147.5</del>	110.0	1
18	DONALD RYMBAI	20-07-1984	MEG	156	110.70	<del>100.0</del>	<del>100.0</del>	100.0	100.0	1
<b>120+Kg - Open</b>										
1	LAL HRIATRENGA	09-05-1991	MIZ	136	137.60	190.0	200.0	<del>202.5</del>	200.0	12
2	SANTHALINGAM B	25-06-1976	T N	138	121.25	120.0	122.5	125.0	125.0	9
3	K PRASAD NAIK	17-08-1988	GOA	133	161.80	110.0	<del>122.5</del>	X	110.0	8
4	NIHAR NANAVATI	06-03-1991	GUJ	134	126.60	65.0	75.0	<del>82.5</del>	75.0	7
5	HARISH D	27-08-2000	T N	137	125.50	60.0	67.5	<del>70.0</del>	67.5	6