

Powerlifting India
Federation Cup Women's Equipped Powerlifting Championship 2022-23
Jammu, Jammu and Kashmir - 23-02-2023 to 26-02-2023
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total Points	IPF GL Points	Place	
47kg - Open																						
1	ASHIMOL	27-05-1997	KER	5	45.60	0.224267	150.0	160.0	160.0	150.0 [2]	75.0	75.0	82.5	82.5 [1]	145.0	152.5	157.5	152.5 [1]	385.0	12	86.342795	7
2	ALEENA JOSEPH	25-02-2001	KER	8	46.45	0.221091	145.0	145.0	157.5	157.5 [1]	65.0	65.0	70.0	65.0 [2]	120.0	130.0	137.5	130.0 [2]	352.5	9	77.934578	15
3	BHAGYA LAXMI VAISHANAV	23-04-2000	TEL	3	42.90	0.235491	110.0	110.0	110.0	110.0 [3]	42.5	45.0	X	42.5 [3]	110.0	117.5	120.0	117.5 [3]	270.0	8	63.582570	36
4	AKSHAYA P	16-08-2006	T N	2	42.50	0.237318	95.0	105.0	105.0	105.0 [4]	35.0	40.0	42.5	40.0 [4]	95.0	110.0	122.5	110.0 [4]	255.0	7	60.516090	44
5	MUKKADALA ANUSHA	07-12-2003	A P	7	47.00	0.219117	70.0	75.0	77.5	77.5 [6]	35.0	40.0	45.0	40.0 [6]	95.0	105.0	110.0	110.0 [5]	227.5	6	49.849118	54
6	POONKUZHALI L	06-11-2004	PUD	4	42.60	0.236857	95.0	95.0	95.0	95.0 [5]	30.0	32.5	32.5	30.0 [8]	90.0	97.5	97.5	90.0 [6]	215.0	5	50.924255	52
7	ROSHNI PACHOURI	27-11-2008	M P	1	41.24	0.243388	60.0	75.0	95.0	75.0 [7]	25.0	30.0	32.5	32.5 [7]	70.0	80.0	90.0	80.0 [7]	187.5	4	45.635250	57
8	LOVELY CHANDRABHUSHAN KESARI	11-10-1977	MAH	9	44.40	0.229030	50.0	50.0	55.0	55.0 [8]	37.5	40.0	42.5	40.0 [5]	60.0	70.0	75.0	75.0 [8]	170.0	3	38.935100	59
52kg - Open																						
1	JYOTI KANDHARE	19-10-1980	MAH	16	50.98	0.206485	120.0	120.0	125.0	120.0 [2]	77.5	80.0	80.0	77.5 [1]	125.0	130.0	135.0	135.0 [1]	332.5	12	68.656263	29
2	A JYOSHNA	30-01-2006	A P	12	52.00	0.203655	120.0	132.5	140.0	120.0 [3]	60.0	65.0	67.5	65.0 [2]	120.0	135.0	147.5	135.0 [2]	320.0	9	65.169600	33
3	AISHWARYA	05-03-2001	KAR	15	51.80	0.204198	110.0	117.5	122.5	122.5 [1]	42.5	47.5	50.0	47.5 [6]	120.0	125.0	132.5	132.5 [3]	302.5	8	61.769895	39
4	SARITA KUMARI	15-08-2001	M P	14	52.00	0.203655	100.0	115.0	115.0	115.0 [5]	52.5	57.5	60.0	57.5 [3]	115.0	125.0	132.5	125.0 [4]	297.5	7	60.587363	43
5	SHIKHA NISHAD	09-04-1999	CHT	11	49.84	0.209831	110.0	110.0	115.0	110.0 [6]	55.0	60.0	60.0	55.0 [4]	115.0	122.5	127.5	122.5 [5]	287.5	6	60.326413	45
6	NIRMALI BORAH	30-07-1997	ASA	10	49.60	0.210561	95.0	105.0	107.5	95.0 [7]	45.0	50.0	52.5	52.5 [5]	102.5	112.5	117.5	112.5 [6]	260.0	5	54.745860	51
-	P PRAVALLIKA	10-01-2007	A P	13	50.10	0.209050	105.0	115.0	120.0	115.0 [4]	52.5	52.5	52.5	-	110.0	120.0	120.0	110.0 [7]	-	-	-	-
57kg - Open																						
1	SONAL SAWANT	01-10-1998	MAH	18	56.70	0.192320	172.5	182.5	182.5	182.5 [3]	120.0	127.5	127.5	120.0 [1]	165.0	172.5	172.5	165.0 [4]	467.5	12	89.909600	4
2	SHAIK SADIYA ALMAS	27-10-2002	A P	25	56.80	0.192106	180.0	180.0	195.0	195.0 [1]	70.0	75.0	77.5	77.5 [8]	160.0	170.0	182.5	182.5 [1]	455.0	9	87.408230	5
3	HARINIPRIYA D	08-01-2004	T N	21	56.50	0.192752	177.5	187.5	192.5	192.5 [2]	80.0	87.5	87.5	87.5 [5]	162.5	172.5	182.5	172.5 [2]	452.5	8	87.220280	6
4	SEJAL MAKWANA	01-10-2001	MAH	22	57.00	0.191680	170.0	177.5	182.5	177.5 [6]	95.0	100.0	102.5	102.5 [2]	157.5	162.5	167.5	162.5 [5]	442.5	7	84.818400	8
5	KRITI KUMARI	11-07-1998	KER	19	56.50	0.192752	170.0	180.0	182.5	180.0 [4]	90.0	97.5	100.0	100.0 [3]	145.0	155.0	155.0	145.0 [6]	425.0	6	81.919600	10
6	JWALA JOSE L	17-01-2000	KER	26	56.50	0.192752	150.0	165.0	177.5	177.5 [5]	80.0	87.5	87.5	80.0 [6]	145.0	155.0	X	145.0 [7]	402.5	5	77.582680	16
7	AMITA DEVI	26-04-1986	J&K	17	56.20	0.193408	150.0	160.0	170.0	170.0 [8]	90.0	100.0	100.0	90.0 [4]	130.0	140.0	140.0	130.0 [9]	390.0	4	75.429120	20
8	RIYA KALYANE	23-03-2004	M P	24	55.20	0.195661	130.0	130.0	150.0	130.0 [10]	70.0	75.0	77.5	77.5 [7]	130.0	140.0	145.0	140.0 [8]	347.5	3	67.992198	31
9	C H PRATHYUSHA	13-01-2002	TEL	23	54.70	0.196829	115.0	125.0	135.0	135.0 [9]	50.0	60.0	60.0	60.0 [9]	115.0	125.0	132.5	125.0 [10]	320.0	2	62.985280	37
10	MONIYA	30-10-1980	UTK	27	55.80	0.194296	75.0	82.5	90.0	90.0 [11]	45.0	45.0	X	45.0 [10]	112.5	120.0	X	120.0 [11]	255.0	1	49.545480	55
-	SUMAN DEVI	15-04-1996	HAR	20	56.30	0.193188	162.5	172.5	177.5	172.5 [7]	90.0	90.0	90.0	-	157.5	167.5	175.0	167.5 [3]	-	-	-	-
63kg - Open																						
1	SAMRUDDHI DEOLEKAR	25-05-2001	MAH	29	62.70	0.181026	195.0	207.5	215.0	207.5 [1]	87.5	95.0	100.0	100.0 [1]	180.0	192.5	197.5	192.5 [1]	500.0	12	90.513000	3 <u>III</u>
2	NANDANA K V	15-01-2003	KER	34	62.50	0.181356	155.0	172.5	180.0	180.0 [3]	75.0	82.5	87.5	87.5 [2]	170.0	170.0	180.0	180.0 [2]	447.5	9	81.156810	12
3	SANDEEP KAUR	17-04-1991	PUN	28	61.90	0.182365	175.0	187.5	195.0	187.5 [2]	77.5	82.5	82.5	77.5 [5]	170.0	180.0	180.0	170.0 [3]	435.0	8	79.328775	14
4	PRIYA KALYANE	23-03-2004	M P	33	59.00	0.187629	160.0	175.0	175.0	160.0 [4]	75.0	80.0	80.0	80.0 [4]	150.0	160.0	X	160.0 [5]	400.0	7	75.051600	21

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points	IPF GL Points	Place
5	LAKHI RAJKHOWA	16-05-1976	ASA	35	62.20	0.181857	430.0	140.0	150.0	150.0 [6]	55.0	67.5	67.5	67.5 [6]	145.0	147.5	162.5	162.5 [4]	380.0	6	69.105660	28
6	MEENA SHARMA	01-01-1974	M P	36	61.40	0.183225	137.5	150.0	460.0	150.0 [5]	85.0	90.0	90.0	85.0 [3]	130.0	137.5	442.5	137.5 [8]	372.5	5	68.251313	30
7	C.H AKHILA	01-04-2005	TEL	31	63.00	0.180535	130.0	137.5	142.5	142.5 [7]	55.0	60.0	65.0	65.0 [7]	132.5	140.0	445.0	140.0 [7]	347.5	4	62.735913	38
8	S LAKSHMI	20-08-2006	A P	30	62.10	0.182026	135.0	455.0	455.0	135.0 [8]	57.5	62.5	62.5	57.5 [8]	125.0	135.0	142.5	142.5 [6]	335.0	3	60.978710	41
9	PRACHI SONI	12-12-2001	RAJ	32	59.50	0.186673	115.0	125.0	130.0	130.0 [9]	55.0	60.0	60.0	55.0 [9]	120.0	435.0	435.0	120.0 [9]	305.0	2	56.935265	50
10	DIMPLE KASANA	15-07-1967	DEL	37	62.20	0.181857	100.0	120.0	X	120.0 [10]	42.5	47.5	X	47.5 [10]	90.0	110.0	X	110.0 [10]	277.5	1	50.465318	53
69kg - Open																						
1	AKSHAYA SHEDGE	13-05-1995	MAH	39	68.00	0.173197	195.0	205.0	212.5	212.5 [1]	105.0	112.5	117.5	117.5 [1]	180.0	195.0	205.0	205.0 [1]	535.0	12	92.660395	2 <u>🏆</u>
2	V LAVANYA	04-06-1996	TEL	40	68.80	0.172154	150.0	170.0	492.5	170.0 [3]	90.0	110.0	445.0	110.0 [2]	150.0	167.5	472.5	167.5 [2]	447.5	9	77.038915	17
3	SALMA SHAIKH	29-07-1978	MAH	44	68.60	0.172412	120.0	430.0	130.0	130.0 [5]	67.5	72.5	75.0	75.0 [4]	127.5	140.0	150.0	150.0 [3]	355.0	8	61.206260	40
4	SIMA DUTTA CHATTERJEE	31-12-1977	W B	45	68.50	0.172541	130.0	137.5	442.5	137.5 [4]	70.0	75.0	80.0	80.0 [3]	122.5	130.0	440.0	130.0 [5]	347.5	7	59.957998	47
5	B AMUDHA SUGANTHI	01-03-1982	T N	46	63.80	0.179257	125.0	435.0	435.0	125.0 [6]	65.0	72.5	72.5	72.5 [5]	130.0	135.0	142.5	142.5 [4]	340.0	6	60.947380	42
-	PARCHURU KUMARI	02-06-1995	A P	38	68.70	0.172283	440.0	440.0	440.0	-	40.0	X	X	-	X	X	X	-	-	-	-	-
-	VISHNUPRIYA MURUKESAN	15-09-1996	KER	41	69.00	0.171899	180.0	490.0	190.0	190.0 [2]	85.0	85.0	85.0	-	X	X	X	-	-	-	-	-
76kg - Open																						
1	SEERA CHANDRA KALA	12-08-1992	A P	50	74.80	0.165279	180.0	195.0	205.0	205.0 [1]	100.0	105.0	110.0	110.0 [1]	180.0	495.0	495.0	180.0 [2]	495.0	12	81.813105	11
2	BITHIKA MONDAL	12-09-1992	W B	48	70.90	0.169567	170.0	192.5	202.5	202.5 [2]	85.0	92.5	95.0	92.5 [3]	167.5	175.0	X	175.0 [4]	470.0	9	79.696490	13
3	JANHVI SAVARDEKAR	19-09-2001	MAH	52	75.00	0.165075	140.0	160.0	180.0	180.0 [5]	70.0	90.0	110.0	110.0 [2]	430.0	135.0	170.0	170.0 [5]	460.0	8	75.934500	19
4	ALKA RAGHAV	30-04-2004	KER	54	73.60	0.166533	165.0	177.5	490.0	177.5 [6]	70.0	75.0	80.0	80.0 [5]	165.0	180.0	202.5	180.0 [1]	437.5	7	72.858188	23
5	SNEHA GHARAMI	27-03-2006	W B	51	75.60	0.164473	162.5	182.5	497.5	182.5 [4]	75.0	87.5	92.5	87.5 [4]	140.0	152.5	160.0	160.0 [6]	430.0	6	70.723390	26
6	PRIYANKA DUTTA	01-12-1992	ASA	47	75.90	0.164177	140.0	155.0	465.0	155.0 [7]	65.0	75.0	82.5	75.0 [6]	160.0	175.0	177.5	177.5 [3]	407.5	5	66.902128	32
7	ALIFIYA VAGH	25-12-1976	KAR	56	73.00	0.167181	120.0	137.5	147.5	147.5 [8]	60.0	65.0	65.0	65.0 [7]	125.0	147.5	467.5	147.5 [7]	360.0	4	60.185160	46
8	SAPNA KHATRI	03-09-1981	M P	57	74.90	0.165177	72.5	80.0	87.5	87.5 [9]	42.5	47.5	52.5	47.5 [8]	95.0	105.0	110.0	110.0 [8]	245.0	3	40.468365	58
9	AARTI VAIBHAV EKAD PATIL	08-01-1978	MAH	55	73.60	0.166533	65.0	75.0	90.0	75.0 [10]	27.5	30.0	35.0	30.0 [9]	85.0	95.0	102.5	102.5 [9]	207.5	2	34.555598	60
-	S DWARAKA	13-03-2001	A P	53	75.00	0.165075	200.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	NEHA MISHRA	27-07-1999	M P	49	75.70	0.164374	182.5	192.5	200.0	192.5 [3]	400.0	400.0	400.0	-	470.0	470.0	X	-	-	-	-	-
84kg - Open																						
1	SHOVITA	29-08-1997	DEL	59	84.00	0.157266	230.0	240.0	250.0	250.0 [1]	460.0	160.0	470.0	160.0 [1]	165.0	175.0	180.0	180.0 [2]	590.0	12	92.786940	1 <u>🏆</u>
2	PREETI	01-04-1998	HAR	60	83.50	0.157639	170.0	185.0	190.0	190.0 [4]	90.0	100.0	105.0	105.0 [3]	185.0	205.0	225.0	225.0 [1]	520.0	9	81.972280	9
3	PRATHEEKSHA G NAIK	31-05-2000	KAR	62	83.50	0.157639	185.0	192.5	200.0	192.5 [2]	95.0	105.0	107.5	107.5 [2]	165.0	472.5	475.0	165.0 [4]	465.0	8	73.302135	22
4	AMSAVALLI SARAVANAN	18-06-2001	T N	63	82.80	0.158172	170.0	182.5	190.0	190.0 [3]	70.0	77.5	82.5	77.5 [4]	160.0	167.5	172.5	172.5 [3]	440.0	7	69.595680	27
5	SHAIK SHABEENA	04-01-2005	A P	61	81.50	0.159195	160.0	172.5	480.0	172.5 [5]	60.0	67.5	72.5	67.5 [5]	150.0	160.0	472.5	160.0 [5]	400.0	6	63.678000	35
6	E SHRUTHI	16-06-2004	TEL	64	76.50	0.163595	130.0	135.0	140.0	140.0 [6]	55.0	65.0	70.0	65.0 [6]	140.0	155.0	460.0	155.0 [6]	360.0	5	58.894200	48
84+Kg - Open																						
1	ELAKEYA J	21-03-2000	T N	72	99.10	0.148448	210.0	220.0	227.5	220.0 [1]	440.0	115.0	120.0	120.0 [2]	160.0	170.0	177.5	177.5 [3]	517.5	12	76.821840	18
2	NISHANTHI PALANISAMY	06-05-2001	T N	71	115.40	0.142555	490.0	195.0	217.5	217.5 [2]	60.0	77.5	82.5	82.5 [5]	190.0	205.0	220.0	205.0 [1]	505.0	9	71.990275	24
3	VANSHIKA JAIN	21-02-2003	U P	69	92.80	0.151620	200.0	200.0	210.0	210.0 [3]	85.0	90.0	100.0	100.0 [3]	150.0	162.5	465.0	162.5 [4]	472.5	8	71.640450	25
4	ANJANA A V	29-07-1999	KER	65	112.20	0.143502	480.0	185.0	205.0	205.0 [4]	90.0	100.0	440.0	100.0 [4]	130.0	140.0	445.0	140.0 [6]	445.0	7	63.858390	34
5	NAGAM GNANA DIVYA	12-05-2005	A P	67	92.50	0.151787	460.0	460.0	160.0	160.0 [5]	60.0	70.0	75.0	70.0 [6]	140.0	150.0	455.0	150.0 [5]	380.0	6	57.679060	49

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total Points	IPF GL Points	Place	
6	VAISHALI TANDEL	20-10-1982	MAH	73	90.80	0.152765	110.0	120.0	130.0	130.0 [6]	47.5	55.0	57.5	55.0 [7]	105.0	120.0	130.0	120.0 [7]	305.0	5	46.593325	56
-	CHHAYA TANWAR	16-10-1995	DEL	66	112.00	0.143564	235.0	235.0	235.0	-	120.0	122.5	125.0	125.0 [1]	185.0	185.0	192.5	192.5 [2]	-	-	-	-

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SHOVITA	DEL	84kg	84.00	0.157266	590.0	92.786940
2	AKSHAYA SHEDGE	MAH	69kg	68.00	0.173197	535.0	92.660395
3	SAMRUDDHI DEOLEKAR	MAH	63kg	62.70	0.181026	500.0	90.513000

Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	56	12+12+12+12+8	417.673758
2	KERALA	44	12+9+9+7+7	382.150761
3	TAMIL NADU	43	12+9+8+7+7	366.144165
4	ANDHRA PRADESH	42	12+9+9+6+6	355.747995
5	TELANGANA	28	9+8+5+4+2	325.236878
6	MADHYA PRADESH	26	7+7+5+4+3	317.517724
7	WEST BENGAL	22	9+7+6	210.377878
8	KARNATAKA	20	8+8+4	195.257190
9	ASSAM	16	6+5+5	190.753648
10	DELHI	13	12+1	143.252258
11	HARYANA	9	9	81.972280
12	PUNJAB	8	8	79.328775
13	UTTAR PRADESH	8	8	71.640450
14	CHHATTISGARH	6	6	60.326413
15	PUDUCHERRY	5	5	50.924255
16	JAMMU AND KASHMIR	4	4	75.429120
17	RAJASTHAN	2	2	56.935265
18	UTTARAKHAND	1	1	49.545480

Abbreviations:

A P = Andhra Pradesh ASA = Assam CHT = Chhattisgarh DEL = Delhi HAR = Haryana J&K = Jammu and Kashmir KAR = Karnataka KER = Kerala M P = Madhya Pradesh
 MAH = Maharashtra PUD = Puducherry PUN = Punjab RAJ = Rajasthan T N = Tamil Nadu TEL = Telangana U P = Uttar Pradesh UTK = Uttarakhand W B = West Bengal