

Powerlifting India
National Women's Equipped Powerlifting Championship 2023
Rajam, Andhra Pradesh - 12-07-2023 to 16-07-2023
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 - Master 1																						
1	SHIKHA GARHEWAL	21-11-1983	M P	1	46.50	0.220909	105.0	110.0	115.0	110.0 [1]	60.0	65.0	70.0	70.0 [1]	105.0	105.0	115.0	105.0 [1]	285.0	12	62.959065	8
52kg - Master 1																						
1	SHEETAL TAMHANE	25-05-1980	MAH	4	51.28	0.205637	95.0	95.0	95.0	95.0 [1]	50.0	57.5	60.0	57.5 [1]	90.0	100.0	110.0	110.0 [1]	262.5	12	53.979713	12
2	ARCHANA KALE	13-12-1979	MAH	3	51.23	0.205778	75.0	85.0	85.0	75.0 [2]	32.5	37.5	37.5	32.5 [2]	95.0	102.5	105.0	105.0 [2]	212.5	9	43.727825	18
57kg - Master 1																						
1	DR. SHARVARI INAMDAR	21-02-1983	MAH	10	54.45	0.197424	130.0	140.0	147.5	147.5 [1]	65.0	82.5	87.5	87.5 [1]	150.0	165.0	172.5	172.5 [1]	407.5	12	80.450280	1 <u>☺</u>
2	RAJASHRI PELNEKAR	06-03-1981	MAH	8	56.17	0.193474	135.0	135.0	150.0	135.0 [2]	45.0	52.5	55.0	55.0 [3]	130.0	145.0	150.0	145.0 [2]	335.0	9	64.813790	5
3	ASHWINI DESAI	12-11-1982	GOA	6	56.62	0.192493	90.0	110.0	120.0	110.0 [3]	40.0	42.5	45.0	40.0 [4]	100.0	112.5	122.5	122.5 [3]	272.5	8	52.454343	13
4	ANITA RATHI	04-04-1982	RAJ	9	56.56	0.192622	95.0	95.0	100.0	100.0 [4]	52.5	60.0	60.0	60.0 [2]	90.0	100.0	112.5	100.0 [4]	260.0	7	50.081720	15
5	BHULAKSHMI S	04-06-1978	KAR	7	56.62	0.192493	75.0	85.0	90.0	85.0 [5]	35.0	37.5	40.0	37.5 [5]	80.0	95.0	105.0	95.0 [5]	217.5	6	41.867228	20
63kg - Master 1																						
1	MEENA SHARMA	01-01-1974	M P	14	61.40	0.183225	147.5	157.5	165.0	157.5 [1]	85.0	95.0	95.0	85.0 [1]	140.0	145.0	147.5	145.0 [1]	387.5	12	70.999688	2 <u>☺</u>
2	ANUPAMA ROY VAIKUNTAPU	15-06-1977	TEL	13	61.92	0.182331	60.0	60.0	62.5	62.5 [2]	30.0	35.0	40.0	40.0 [2]	60.0	70.0	80.0	80.0 [2]	182.5	9	33.275408	24
69kg - Master 1																						
1	LAKHI RAJKHOWA	16-05-1976	ASA	19	67.24	0.174218	145.0	152.5	160.0	160.0 [1]	60.0	65.0	72.5	65.0 [3]	140.0	157.5	165.0	165.0 [1]	390.0	12	67.945020	4
2	B AMUDHA SUGANTHI	01-03-1982	T N	21	65.28	0.177002	140.0	140.0	150.0	150.0 [2]	75.0	82.5	87.5	87.5 [1]	140.0	150.0	160.0	150.0 [2]	387.5	9	68.588275	3 <u>☺</u>
3	SALMA SHAIKH	29-07-1978	MAH	22	68.62	0.172386	120.0	130.0	140.0	130.0 [3]	67.5	75.0	82.5	75.0 [2]	130.0	150.0	162.5	150.0 [3]	355.0	8	61.197030	9
4	CHITRA NAIDU	21-06-1975	M P	20	68.36	0.172724	110.0	120.0	127.5	120.0 [4]	55.0	62.5	62.5	62.5 [4]	115.0	120.0	120.0	120.0 [4]	302.5	7	52.249010	14
76kg - Master 1																						
1	ALIFIYA VAGH	25-12-1976	KAR	30	74.07	0.166035	130.0	140.0	147.5	147.5 [1]	60.0	70.0	72.5	72.5 [1]	150.0	160.0	X	160.0 [1]	380.0	12	63.093300	7
2	RUPA BANERJEE	24-08-1977	W B	32	74.70	0.165381	125.0	132.5	137.5	137.5 [2]	60.0	60.0	62.5	62.5 [2]	140.0	150.0	150.0	150.0 [2]	350.0	9	57.883350	10
3	MARRY ANN SHANTHI J	20-09-1981	T N	31	69.29	0.171532	70.0	85.0	92.5	70.0 [4]	30.0	35.0	40.0	35.0 [4]	95.0	110.0	117.5	117.5 [4]	222.5	8	38.165870	23
-	SAPNA KHATRI	03-09-1981	M P	29	71.96	0.168339	120.0	130.0	135.0	120.0 [3]	60.0	60.0	60.0	-	120.0	X	X	-	-	-	-	
-	AARTI VAIBHAV EKAD PATIL	08-01-1978	MAH	33	74.56	0.165525	90.0	90.0	90.0	-	35.0	35.0	37.5	37.5 [3]	105.0	117.5	122.5	122.5 [3]	-	-	-	
84kg - Master 1																						
1	KIRAN TYAGI	11-07-1980	MAH	39	81.91	0.158867	140.0	152.5	160.0	152.5 [1]	72.5	77.5	82.5	82.5 [1]	140.0	152.5	165.0	165.0 [1]	400.0	12	63.546800	6
2	AMUTHA S	05-06-1977	T N	37	80.44	0.160065	120.0	140.0	150.0	150.0 [2]	50.0	50.0	65.0	65.0 [2]	110.0	125.0	132.5	132.5 [3]	347.5	9	55.622588	11
3	DEEPTI BHATTACHARJEE	25-09-1981	TEL	38	82.67	0.158272	85.0	100.0	110.0	110.0 [3]	45.0	50.0	52.5	50.0 [4]	140.0	150.0	155.0	150.0 [2]	310.0	8	49.064320	17
-	MANISHA MUKESH GIRAP	30-12-1981	GOA	36	79.60	0.160777	70.0	70.0	70.0	-	50.0	55.0	60.0	55.0 [3]	80.0	90.0	100.0	90.0 [4]	-	-	-	
84+Kg - Master 1																						
1	VAISHALI TANDEL	20-10-1982	MAH	44	91.03	0.152629	110.0	127.5	135.0	135.0 [1]	47.5	52.5	57.5	57.5 [2]	110.0	125.0	135.0	135.0 [1]	327.5	12	49.985998	16
2	LATHA G NATARAJ	20-06-1978	KAR	42	86.37	0.155581	100.0	107.5	115.0	107.5 [4]	40.0	50.0	52.5	50.0 [4]	110.0	120.0	125.0	120.0 [2]	277.5	9	43.173728	19
3	MUTHUKUMARI THAVASIMUTHU	26-02-1983	T N	41	98.92	0.148530	100.0	110.0	110.0	110.0 [3]	55.0	60.0	62.5	60.0 [1]	105.0	110.0	110.0	105.0 [3]	275.0	8	40.845750	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
4	PADMINI SHARMA	26-03-1978	CHT	43	103.45	0.146589	95.0	105.0	120.0	120.0 [2]	50.0	55.0	57.5	55.0 [3]	400.0	100.0	405.0	100.0 [4]	275.0	7	40.311975	22

Best Lifter - Master 1

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	DR. SHARVARI INAMDAR	MAH	57kg	54.45	0.197424	407.5	80.450280
2	MEENA SHARMA	M P	63kg	61.40	0.183225	387.5	70.999688
3	B AMUDHA SUGANTHI	T N	69kg	65.28	0.177002	387.5	68.588275

Team Championship - Master 1

Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	57	12+12+12+12+9	312.776581
2	TAMIL NADU	34	9+9+8+8	203.222483
3	MADHYA PRADESH	31	12+12+7	186.207763
4	KARNATAKA	27	12+9+6	148.134256
5	TELANGANA	17	9+8	82.339728
6	ASSAM	12	12	67.945020
7	WEST BENGAL	9	9	57.883350
8	GOA	8	8	52.454343
9	RAJASTHAN	7	7	50.081720
10	CHHATTISGARH	7	7	40.311975

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
52kg - Master 2																						
1	SNEHA KARNALE	15-08-1972	MAH	5	51.34	0.205469	50.0	50.0	60.0	50.0 [1]	22.5	30.0	32.5	30.0 [1]	50.0	70.0	75.0	75.0 [1]	155.0	12	31.847695	10
57kg - Master 2																						
1	RINKU DAS	09-08-1972	TRI	11	56.75	0.192213	60.0	70.0	80.0	80.0 [1]	35.0	40.0	45.0	45.0 [1]	70.0	80.0	90.0	80.0 [2]	205.0	12	39.403665	6
2	REGINA LUCINDA DOURADO	04-05-1967	GOA	12	53.82	0.198955	50.0	60.0	62.5	62.5 [2]	35.0	40.0	42.5	40.0 [2]	70.0	80.0	85.0	85.0 [1]	187.5	9	37.304063	7
63kg - Master 2																						
1	ANINDITA P DAS	31-10-1967	ASA	17	60.59	0.184660	140.0	140.0	145.0	140.0 [1]	60.0	65.0	67.5	67.5 [1]	130.0	140.0	145.0	140.0 [1]	347.5	12	64.169350	2 <u>👑</u>
2	INDIRA L	10-05-1967	KER	15	62.40	0.181522	100.0	100.0	112.5	112.5 [2]	40.0	40.0	40.0	40.0 [2]	100.0	110.0	125.0	125.0 [2]	277.5	9	50.372355	4
69kg - Master 2																						
1	GITANJALI DASTOOR	18-06-1971	MAH	25	68.63	0.172373	120.0	130.0	137.5	137.5 [1]	62.5	67.5	70.0	67.5 [1]	120.0	130.0	135.0	130.0 [1]	335.0	12	57.744955	3 <u>👑</u>
2	SHOBHA MATHUR	24-02-1972	RAJ	23	68.00	0.173197	90.0	105.0	115.0	105.0 [2]	40.0	45.0	50.0	45.0 [3]	100.0	120.0	125.0	125.0 [2]	275.0	9	47.629175	5
3	SANJU BAGHEL	10-08-1973	M P	24	65.46	0.176737	55.0	65.0	85.0	65.0 [3]	55.0	62.5	67.5	62.5 [2]	80.0	100.0	100.0	80.0 [3]	207.5	8	36.672928	8
76kg - Master 2																						
1	RUBY DAS	14-07-1972	MAH	34	71.91	0.168396	170.0	182.5	182.5	182.5 [1]	72.5	77.5	82.5	82.5 [1]	150.0	160.0	167.5	167.5 [1]	432.5	12	72.831270	1 <u>👑</u>
84kg - Master 2																						
1	SHEEJA PANACHI	02-05-1973	KER	40	82.86	0.158125	60.0	70.0	72.5	72.5 [1]	35.0	37.5	40.0	37.5 [1]	90.0	100.0	105.0	105.0 [1]	215.0	12	33.996875	9

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	RUBY DAS	MAH	76kg	71.91	0.168396	432.5	72.831270
2	ANINDITA P DAS	ASA	63kg	60.59	0.184660	347.5	64.169350
3	GITANJALI DASTOOR	MAH	69kg	68.63	0.172373	335.0	57.744955

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	36	12+12+12	162.423920
2	KERALA	21	12+9	84.369230
3	ASSAM	12	12	64.169350
4	TRIPURA	12	12	39.403665
5	RAJASTHAN	9	9	47.629175
6	GOA	9	9	37.304063
7	MADHYA PRADESH	8	8	36.672928

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
69kg - Master 3																						
1	REENI THARAKAN	08-03-1960	KER	26	67.55	0.173798	40.0	50.0	65.0	50.0 [2]	30.0	35.0	37.5	37.5 [2]	80.0	90.0	100.0	100.0 [1]	187.5	12	32.587125	1 <u>☞</u>
2	DR. PURNA BHARDE	28-07-1958	MAH	27	63.89	0.179116	50.0	60.0	65.0	60.0 [1]	35.0	37.5	40.0	40.0 [1]	60.0	70.0	77.5	77.5 [2]	177.5	9	31.793090	2 <u>☞</u>

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	REENI THARAKAN	KER	69kg	67.55	0.173798	187.5	32.587125
2	DR. PURNA BHARDE	MAH	69kg	63.89	0.179116	177.5	31.793090

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	KERALA	12	12	32.587125
2	MAHARASHTRA	9	9	31.793090

Abbreviations:

ASA = Assam CHT = Chhattisgarh GOA = Goa KAR = Karnataka KER = Kerala M P = Madhya Pradesh MAH = Maharashtra RAJ = Rajasthan T N = Tamil Nadu TEL =
Telangana TRI = Tripura W B = West Bengal