

Powerlifting India
National Senior Women's Equipped Powerlifting Championship 2023
Kashipur, Uttarakhand - 08-08-2023 to 13-08-2023
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	KAJAL	14-11-1997	MAH	9	45.90	0.223128	152.5	160.0	160.0	152.5 [6]	97.5	97.5	102.5	97.5 [1]	142.5	152.5	157.5	157.5 [2]	407.5	12	90.924660	11
2	ANEESHA M	07-12-2001	KER	3	46.50	0.220909	145.0	155.0	160.0	160.0 [5]	85.0	85.0	95.0	85.0 [2]	150.0	161.0	163.0	161.0 [1]	406.0	9	89.689054	13
3	ASHIMOL	27-05-1997	KER	2	46.52	0.220836	155.0	155.0	165.0	165.0 [3]	75.0	82.5	87.5	82.5 [3]	147.5	152.5	157.5	152.5 [4]	400.0	8	88.334400	18
4	REEMA KUMARI	06-04-1995	RSPB	1	44.76	0.227566	165.0	165.0	165.0	165.0 [2]	72.5	77.5	80.0	80.0 [4]	145.0	152.5	155.0	152.5 [3]	397.5	7	90.457485	12
5	PAYAL CHOUHAN	04-10-2000	RAJ	4	46.36	0.221420	155.0	160.0	167.5	160.0 [4]	75.0	80.0	82.5	80.0 [5]	135.0	142.5	152.5	142.5 [5]	382.5	6	84.693150	29
6	SITA	28-12-1997	HAR	11	46.60	0.220546	150.0	165.0	172.5	172.5 [1]	70.0	75.0	75.0	70.0 [7]	130.0	140.0	160.0	140.0 [6]	382.5	5	84.358845	31
7	SAKSHI	16-07-1998	U P	8	46.00	0.222753	145.0	115.0	122.5	122.5 [7]	55.0	60.0	65.0	65.0 [8]	115.0	120.0	122.5	122.5 [7]	310.0	4	69.053430	61
8	ROHIT ANJANA B	01-10-1999	GUJ	5	45.63	0.224152	120.0	120.0	130.0	120.0 [8]	65.0	70.0	75.0	70.0 [6]	115.0	115.0	115.0	115.0 [8]	305.0	3	68.366360	67
9	HEENA NAZ	15-05-1999	J&K	10	47.00	0.219117	140.0	110.0	120.0	120.0 [9]	50.0	55.0	60.0	60.0 [9]	100.0	100.0	105.0	100.0 [9]	280.0	2	61.352760	80
-	PUKHRAMBAM BIJAYA DEVI	13-02-1980	MAN	6	46.70	0.220186	X	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	MUSKAN SHARMA	11-01-2008	PUN	7	46.90	0.219471	80.0	80.0	80.0	-	37.5	37.5	37.5	-	80.0	90.0	95.0	90.0 [10]	-	-	-	-
52kg - Open																						
1	KOMAL	10-06-2000	HAR	26	52.00	0.203655	160.0	160.0	180.0	180.0 [3]	80.0	87.5	92.5	92.5 [3]	160.0	175.0	190.0	190.0 [1]	462.5	12	94.190438	2 <u>☹</u>
2	ANJALI	15-03-1991	RSPB	13	52.00	0.203655	170.0	177.5	180.0	180.0 [2]	105.0	110.0	110.0	105.0 [2]	170.0	175.0	177.5	175.0 [2]	460.0	9	93.681300	4
3	KAMINEE BOSTE	09-08-1999	MAH	21	50.22	0.208693	180.0	192.5	192.5	180.0 [1]	102.5	110.0	113.0	110.0 [1]	152.5	160.0	170.0	160.0 [5]	450.0	8	93.911850	3 <u>☹</u>
4	MOHANAPRIYA V	19-09-1998	T N	25	51.24	0.205750	155.0	165.0	172.5	172.5 [6]	70.0	80.0	85.0	85.0 [6]	150.0	165.0	170.0	165.0 [3]	422.5	7	86.929375	22
5	ELAKKIYA K	18-04-1999	T N	23	51.50	0.205024	157.5	167.5	175.0	175.0 [4]	80.0	85.0	87.5	87.5 [5]	155.0	165.0	165.0	155.0 [8]	417.5	6	85.597520	26
6	SUSHMITA DESHMUKH	09-11-1997	MAH	20	50.12	0.208990	162.5	172.5	172.5	172.5 [5]	80.0	87.5	87.5	80.0 [8]	160.0	167.5	167.5	160.0 [4]	412.5	5	86.208375	24
7	ANJU RAJU M K	21-05-1996	A&N	16	51.58	0.204802	150.0	165.0	175.0	165.0 [7]	80.0	90.0	90.0	90.0 [4]	140.0	155.0	170.0	155.0 [9]	410.0	4	83.968820	35
8	R POORNA	18-12-1998	A P	18	51.38	0.205358	150.0	150.0	165.0	150.0 [9]	75.0	82.5	85.0	82.5 [7]	150.0	160.0	170.0	160.0 [6]	392.5	3	80.603015	39
9	ANSHU VERMA	07-12-1994	RAJ	15	51.12	0.206088	150.0	160.0	165.0	150.0 [8]	70.0	75.0	75.0	70.0 [11]	147.5	155.0	165.0	155.0 [7]	375.0	2	77.283000	45
10	SAKSHI KOUL	28-02-1998	J&K	22	51.16	0.205975	130.0	145.0	145.0	145.0 [10]	70.0	77.5	80.0	77.5 [9]	120.0	135.0	140.0	135.0 [10]	357.5	1	73.636063	54
11	JOMOL S	07-03-2003	KER	14	51.30	0.205581	130.0	142.5	142.5	142.5 [11]	60.0	60.0	70.0	70.0 [12]	95.0	115.0	122.5	122.5 [12]	335.0	1	68.869635	64
12	SHIKHA NISHAD	09-04-1999	CHT	24	52.00	0.203655	125.0	135.0	135.0	125.0 [12]	65.0	75.0	75.0	75.0 [10]	125.0	135.0	142.5	135.0 [11]	335.0	1	68.224425	68
13	SHIVANI RAUT	15-01-1996	M P	19	51.26	0.205693	105.0	112.5	120.0	120.0 [13]	60.0	65.0	67.5	65.0 [13]	105.0	110.0	X	105.0 [13]	290.0	1	59.650970	81
-	PRABHJOT KAUR	10-02-2007	PUN	17	50.54	0.207753	85.0	85.0	85.0	-	40.0	X	X	-	X	X	X	-	-	-	-	-
57kg - Open																						
1	J RAMALAKSHMI	02-07-1989	RSPB	27	56.30	0.193188	165.0	172.5	177.5	177.5 [8]	115.0	125.0	125.0	125.0 [1]	160.0	170.0	177.5	177.5 [3]	480.0	12	92.730240	5
2	SONAL SAVANT	01-10-1998	T N	36	56.50	0.192752	167.5	175.0	180.0	180.0 [6]	112.5	120.0	125.0	120.0 [2]	155.0	160.0	165.0	165.0 [8]	465.0	9	89.629680	14
3	MAMTA RAJAK	10-04-1999	CHT	39	56.24	0.193320	175.0	187.5	195.0	187.5 [3]	90.0	97.5	97.5	90.0 [9]	177.5	185.0	202.5	185.0 [1]	462.5	8	89.410500	15
4	SUMAN DEVI	15-04-1996	HAR	45	56.20	0.193408	160.0	175.0	182.5	182.5 [4]	85.0	92.5	97.5	97.5 [5]	160.0	172.5	177.5	177.5 [2]	457.5	7	88.484160	16
5	NEHA AMAR BHOSALE	07-12-1992	UTK	37	56.30	0.193188	172.5	182.5	192.5	192.5 [1]	82.5	90.0	95.0	95.0 [7]	160.0	170.0	177.5	170.0 [6]	457.5	6	88.383510	17
6	POOJA M A	15-02-2000	T N	44	55.60	0.194747	170.0	182.5	187.5	187.5 [2]	85.0	90.0	92.5	90.0 [8]	162.5	175.0	187.5	175.0 [4]	452.5	5	88.123018	19

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
7	SEEYA METILDA BAIJU	09-07-2002	KER	28	55.24	0.195569	160.0	180.0	190.0	180.0 [5]	80.0	90.0	95.0	95.0 [6]	160.0	172.5	182.5	172.5 [5]	447.5	4	87.517128	20
8	SEJAL MAKWANA	01-10-2001	MAH	43	56.52	0.192709	170.0	177.5	182.5	177.5 [9]	95.0	100.0	102.5	102.5 [3]	157.5	162.5	162.5	157.5 [9]	437.5	3	84.310188	32
9	NIVEDITA KHARKAR	27-05-2002	MAH	42	56.80	0.192106	170.0	180.0	187.5	180.0 [7]	92.5	100.0	100.0	100.0 [4]	157.5	167.5	167.5	157.5 [10]	437.5	2	84.046375	33
10	NEHA RANI	19-04-2003	BIH	33	57.00	0.191680	175.0	187.5	192.5	175.0 [10]	80.0	87.5	90.0	90.0 [10]	162.5	170.0	177.5	170.0 [7]	435.0	1	83.380800	37
11	MAHI CHOUHAN	30-04-2004	RAJ	30	55.52	0.194929	145.0	145.0	160.0	160.0 [11]	65.0	75.0	80.0	80.0 [13]	135.0	145.0	150.0	150.0 [12]	390.0	1	76.022310	48
12	RIYA KALYANE	23-03-2004	M P	41	55.96	0.193939	150.0	150.0	160.0	150.0 [13]	80.0	82.5	85.0	82.5 [11]	140.0	150.0	155.0	150.0 [13]	382.5	1	74.181668	53
13	SONU ASHARAM SAROTE	11-01-1992	VID	35	57.00	0.191680	125.0	125.0	150.0	150.0 [14]	65.0	65.0	75.0	75.0 [14]	130.0	150.0	165.0	150.0 [14]	375.0	1	71.880000	57
14	MARRI BHAGYA LAKSHMI	04-03-1993	W B	38	54.66	0.196924	135.0	145.0	150.0	150.0 [12]	60.0	70.0	75.0	70.0 [15]	120.0	130.0	130.0	120.0 [15]	340.0	1	66.954160	72
-	RANJEETA	15-06-1984	UTK	34	55.32	0.195385	90.0	95.0	95.0	-	42.5	42.5	42.5	42.5 [16]	95.0	100.0	105.0	105.0 [16]	-	-	-	-
-	RESHMA SACHANI	26-06-1996	RAJ	31	56.26	0.193276	145.0	155.0	155.0	-	82.5	90.0	95.0	82.5 [12]	145.0	155.0	162.5	155.0 [11]	-	-	-	-
63kg - Open																						
1	SAMRUDDHI DEOLEKAR	25-05-2001	RSPB	46	62.40	0.181522	180.0	195.0	205.0	205.0 [1]	95.0	95.0	100.0	100.0 [2]	175.0	190.0	196.0	196.0 [1]	501.0	12	90.942522	10
2	SANTOSHI MAJHI	12-01-1982	CHT	60	61.20	0.183575	185.0	195.0	205.0	195.0 [2]	82.5	87.5	92.5	87.5 [6]	170.0	175.0	177.5	177.5 [2]	460.0	9	84.444500	30
3	MEENU	26-08-2003	HAR	50	61.98	0.182229	165.0	175.0	180.0	180.0 [3]	85.0	95.0	100.0	100.0 [1]	145.0	155.0	160.0	160.0 [6]	440.0	8	80.180760	40
4	JYOTI SINGH	01-01-1997	U P	54	59.42	0.186825	155.0	162.5	170.0	170.0 [5]	85.0	90.0	90.0	90.0 [4]	152.5	162.5	175.0	162.5 [5]	422.5	7	78.933563	42
5	ALEENA JAVED	04-05-1996	DEL	56	62.46	0.181422	165.0	175.0	185.0	175.0 [4]	67.5	72.5	77.5	77.5 [11]	167.5	177.5	180.0	167.5 [4]	420.0	6	76.197240	47
6	KRISHNA	01-03-1995	HAR	62	62.98	0.180567	155.0	162.5	162.5	155.0 [7]	77.5	85.0	92.5	85.0 [7]	165.0	175.0	180.0	175.0 [3]	415.0	5	74.935305	51
7	PRIYA KALYANE	23-03-2004	M P	59	57.70	0.190220	150.0	162.5	170.0	162.5 [6]	80.0	87.5	90.0	80.0 [8]	150.0	160.0	160.0	150.0 [7]	392.5	4	74.661350	52
8	RANI KUMARI	06-04-1994	JHA	58	63.00	0.180535	145.0	155.0	165.0	155.0 [8]	77.5	85.0	90.0	90.0 [5]	127.5	137.5	147.5	137.5 [11]	382.5	3	69.054638	60
9	NILANJANA MAJUMDER	23-04-1986	W B	61	61.74	0.182638	145.0	150.0	157.5	150.0 [10]	62.5	70.0	77.5	77.5 [10]	130.0	142.5	142.5	142.5 [9]	370.0	2	67.576060	69
10	GURSIMRAN KAUR	15-07-1996	PUN	52	62.72	0.180993	140.0	152.5	160.0	152.5 [9]	67.5	70.0	75.0	75.0 [13]	122.5	135.0	142.5	135.0 [13]	362.5	1	65.609963	73
11	SONIA RANI	02-11-1996	PUN	53	57.10	0.191468	135.0	137.5	147.5	147.5 [11]	65.0	72.5	77.5	77.5 [9]	125.0	135.0	142.5	135.0 [12]	360.0	1	68.928480	62
12	ANITA MISHRA	05-07-1986	RAJ	48	59.24	0.187168	120.0	130.0	145.0	130.0 [12]	72.5	75.0	75.0	75.0 [12]	125.0	140.0	142.5	140.0 [10]	345.0	1	64.572960	74
13	HARDEEP KAUR	01-01-1992	CHN	57	61.76	0.182604	95.0	100.0	105.0	105.0 [13]	45.0	50.0	55.0	55.0 [14]	110.0	120.0	125.0	120.0 [14]	280.0	1	51.129120	85
-	THOKCHOM SANJEETA	01-01-1982	MAN	51	60.90	0.184105	110.0	110.0	110.0	-	50.0	X	X	-	X	X	X	-	-	-	-	-
-	SAKSHI MOR	19-08-1999	DEL	55	62.10	0.182026	167.5	167.5	167.5	-	87.5	92.5	95.0	92.5 [3]	147.5	155.0	155.0	147.5 [8]	-	-	-	-
69kg - Open																						
1	AKSHAYA SHEDGE	13-05-1995	MAH	77	67.80	0.173463	215.0	222.5	222.5	222.5 [1]	110.0	110.0	112.5	112.5 [2]	190.0	210.0	210.0	190.0 [1]	525.0	12	91.068075	9
2	REKHA ACHARYA	06-07-1987	RSPB	63	66.78	0.174852	195.0	205.0	212.5	212.5 [3]	110.0	115.0	115.0	110.0 [4]	165.0	172.5	177.5	172.5 [4]	495.0	9	86.551740	23
3	SANDEEP KAUR	17-04-1991	PUN	70	67.80	0.173463	185.0	205.0	215.0	215.0 [2]	85.0	92.5	95.0	92.5 [8]	170.0	185.0	195.0	185.0 [2]	492.5	8	85.430528	27
4	JASWINDER KOUR	06-07-1997	UTK	75	63.50	0.179731	185.0	192.5	197.5	197.5 [4]	90.0	90.0	97.5	90.0 [9]	180.0	190.0	192.5	180.0 [3]	467.5	7	84.024243	34
5	KAJAL	02-07-2003	HAR	81	67.90	0.173330	182.5	195.0	202.5	195.0 [5]	90.0	100.0	107.5	100.0 [6]	172.5	185.0	187.5	172.5 [5]	467.5	6	81.031775	38
6	NEELAM SHREYAM	03-06-1994	M P	76	68.08	0.173091	190.0	200.0	200.0	190.0 [6]	90.0	105.0	105.0	105.0 [5]	160.0	175.0	175.0	160.0 [6]	455.0	5	78.756405	43
7	V LAVANYA	04-06-1996	TEL	64	69.00	0.171899	180.0	180.0	180.0	180.0 [7]	95.0	105.0	112.5	112.5 [3]	160.0	160.0	160.0	160.0 [7]	452.5	4	77.784298	44
8	PRIYA M	01-06-2000	T N	78	68.00	0.173197	175.0	185.0	185.0	175.0 [8]	90.0	95.0	97.5	95.0 [7]	145.0	155.0	162.5	155.0 [8]	425.0	3	73.608725	55
9	RIA SAHA	17-12-1996	W B	79	68.00	0.173197	152.5	165.0	175.0	175.0 [9]	65.0	72.5	72.5	72.5 [11]	142.5	152.5	152.5	142.5 [10]	390.0	2	67.546830	70
10	SONIA YADAV	08-05-1987	DEL	74	66.50	0.175244	140.0	140.0	155.0	140.0 [11]	80.0	85.0	85.0	80.0 [10]	140.0	150.0	150.0	140.0 [11]	360.0	1	63.087840	76
11	MEHAK	28-03-2008	PUN	69	69.00	0.171899	150.0	150.0	160.0	160.0 [10]	50.0	52.5	60.0	50.0 [15]	110.0	130.0	145.0	130.0 [12]	340.0	1	58.445660	82
12	RUPALI SHEE	12-10-1997	W B	80	68.80	0.172154	115.0	122.5	132.5	132.5 [12]	52.5	57.5	60.0	60.0 [13]	110.0	120.0	127.5	120.0 [13]	312.5	1	53.798125	83

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
13	ISHALI THAKUR	01-01-2004	U P	72	67.06	0.174465	440.0	115.0	120.0	120.0 [13]	50.0	57.5	60.0	60.0 [12]	110.0	115.0	425.0	115.0 [15]	295.0	1	51.467175	84
-	ELANGBAM BABINA CHANU	01-02-1982	MAN	68	64.38	0.178357	X	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	SAVITA SINGH	22-09-1986	U P	71	67.04	0.174493	405.0	405.0	405.0	-	47.5	50.0	52.5	50.0 [14]	115.0	420.0	425.0	115.0 [14]	-	-	-	-
-	ANJALI S	08-08-2002	KER	65	68.18	0.172959	485.0	492.5	492.5	-	105.0	117.5	425.0	117.5 [1]	135.0	147.5	155.0	155.0 [9]	-	-	-	-
76kg - Open																						
1	SEERA CHANDRA KALA	12-08-1992	A P	93	74.10	0.166003	245.0	220.0	227.5	227.5 [2]	117.5	122.5	130.0	130.0 [1]	185.0	192.5	497.5	192.5 [1]	550.0	12	91.301650	8
2	JANHVI SAVARDEKAR	19-09-2001	MAH	96	75.80	0.164276	242.5	212.5	220.0	220.0 [3]	117.5	125.0	430.0	125.0 [3]	175.0	182.5	187.5	187.5 [4]	532.5	9	87.476970	21
3	RAMYA PANDIAN	04-03-1996	ASA	89	75.90	0.164177	210.0	247.5	247.5	210.0 [4]	105.0	112.5	120.0	120.0 [4]	175.0	192.5	295.0	192.5 [2]	522.5	8	85.782483	25
4	SANTOSH KOUR	02-08-1995	UTK	92	73.68	0.166447	180.0	192.5	200.0	192.5 [7]	85.0	95.0	102.5	102.5 [5]	470.0	170.0	182.5	182.5 [5]	477.5	7	79.478443	41
5	NEHA MISHRA	27-07-1999	M P	94	76.00	0.164079	185.0	197.5	205.0	197.5 [6]	100.0	405.0	405.0	100.0 [6]	160.0	172.5	480.0	172.5 [8]	470.0	6	77.117130	46
6	MANISHA	15-10-1993	HAR	97	74.34	0.165753	475.0	175.0	490.0	175.0 [8]	85.0	85.0	90.0	85.0 [7]	172.5	182.5	485.0	182.5 [6]	442.5	5	73.345703	56
7	PRIYANKA DUTTA	01-12-1992	ASA	95	75.44	0.164633	470.0	470.0	170.0	170.0 [9]	80.0	80.0	85.0	80.0 [9]	160.0	172.5	485.0	172.5 [7]	422.5	4	69.557443	59
8	JIVAN LATA	15-01-2000	PUN	86	74.72	0.165361	160.0	475.0	475.0	160.0 [11]	70.0	75.0	80.0	80.0 [8]	140.0	155.0	165.0	165.0 [9]	405.0	3	66.971205	71
9	MAMTA	10-09-2001	UTK	91	74.66	0.165422	152.5	165.0	485.0	165.0 [10]	57.5	65.0	80.0	65.0 [11]	132.5	142.5	160.0	160.0 [10]	390.0	2	64.514580	75
10	E SHRUTHI	16-06-2004	TEL	83	74.78	0.165299	440.0	140.0	150.0	150.0 [12]	62.5	70.0	75.0	70.0 [10]	140.0	152.5	157.5	157.5 [11]	377.5	1	62.400373	78
11	KIRAN DUBEY	27-12-1988	U P	87	71.68	0.168659	100.0	112.5	122.5	122.5 [13]	47.5	47.5	50.0	47.5 [12]	100.0	407.5	407.5	100.0 [12]	270.0	1	45.537930	87
-	SAKSHI POONIA	11-07-1996	U P	88	71.40	0.168982	190.0	205.0	245.0	205.0 [5]	400.0	400.0	400.0	-	170.0	182.5	187.5	187.5 [3]	-	-	-	-
-	RASHMI YASIN	15-10-1998	RSPB	82	75.78	0.164295	220.0	232.5	242.5	242.5 [1]	120.0	125.0	130.0	130.0 [2]	490.0	490.0	490.0	-	-	-	-	-
84kg - Open																						
1	ABHIRAMI M V	13-02-2000	W B	102	83.54	0.157609	237.5	250.0	260.0	260.0 [1]	120.0	125.0	127.5	127.5 [3]	180.0	190.0	195.0	195.0 [1]	582.5	12	91.807243	6
2	ZEBA AKHTIYAR	09-10-1993	RSPB	98	83.10	0.157942	225.0	232.5	237.5	237.5 [2]	150.0	157.5	165.0	165.0 [1]	157.5	170.0	177.5	177.5 [2]	580.0	9	91.606360	7
3	SHOVITA	29-08-1997	DEL	103	82.86	0.158125	225.0	235.0	235.0	225.0 [3]	145.0	155.0	462.5	155.0 [2]	160.0	480.0	492.5	160.0 [4]	540.0	8	85.387500	28
4	AMSAVALLI SARAVANAN	18-06-2001	T N	107	82.22	0.158623	185.0	497.5	197.5	197.5 [4]	75.0	82.5	82.5	75.0 [6]	160.0	170.0	175.0	175.0 [3]	447.5	7	70.983793	58
5	PRIYA DHAKAD	05-12-1995	UTK	105	82.50	0.158404	477.5	490.0	190.0	190.0 [5]	77.5	85.0	92.5	92.5 [4]	137.5	150.0	465.0	150.0 [6]	432.5	6	68.509730	66
6	SNEHA SHARMA	10-11-1999	UTK	104	82.56	0.158357	175.0	485.0	487.5	175.0 [6]	67.5	70.0	82.5	70.0 [7]	142.5	152.5	462.5	152.5 [5]	397.5	5	62.946908	77
7	YASHIKA SHARMA	18-02-2001	M P	106	84.00	0.157266	160.0	172.5	482.5	172.5 [7]	70.0	77.5	77.5	77.5 [5]	130.0	445.0	145.0	145.0 [7]	395.0	4	62.120070	79
8	SONAM	19-11-2007	PUN	100	79.40	0.160949	120.0	140.0	460.0	140.0 [8]	45.0	50.0	50.0	45.0 [8]	110.0	125.0	445.0	125.0 [8]	310.0	3	49.894190	86
84+Kg - Open																						
1	SONALI GITE	31-03-1990	RSPB	109	105.00	0.145983	250.0	280.0	290.0	280.0 [1]	155.0	162.5	167.5	167.5 [1]	180.0	200.0	240.0	200.0 [1]	647.5	12	94.523993	1 <u>W</u>
2	SHARMILA DE	17-10-1990	W B	116	115.22	0.142606	242.5	255.0	X	242.5 [2]	140.0	150.0	X	150.0 [3]	180.0	192.5	292.5	192.5 [2]	585.0	9	83.424510	36
3	CHHAYA TANWAR	16-10-1995	DEL	114	114.36	0.142853	225.0	225.0	237.5	237.5 [3]	112.5	122.5	137.5	137.5 [4]	420.0	120.0	155.0	155.0 [5]	530.0	8	75.712090	50
4	D BHAVIKA	02-02-2000	CHT	113	92.30	0.151899	490.0	200.0	220.0	220.0 [4]	105.0	112.5	115.0	115.0 [6]	160.0	465.0	165.0	165.0 [4]	500.0	7	75.949500	49
5	SUSMITA DAS	21-08-1997	W B	118	112.20	0.143502	180.0	195.0	205.0	205.0 [6]	82.5	87.5	92.5	87.5 [7]	180.0	187.5	495.0	187.5 [3]	480.0	6	68.880960	63
6	MEGHA NAYAK	18-03-2000	M P	115	103.90	0.146410	190.0	200.0	205.0	205.0 [5]	122.5	430.0	130.0	130.0 [5]	135.0	445.0	460.0	135.0 [6]	470.0	5	68.812700	65
-	PRATHIKSHA	11-09-1998	KAR	111	106.68	0.145356	245.0	245.0	245.0	-	130.0	142.5	152.5	152.5 [2]	X	X	X	-	-	-	-	-

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SONALI GITE	RSPB	84+kg	105.00	0.145983	647.5	94.523993

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
2	KOMAL	HAR	52kg	52.00	0.203655	462.5	94.190438
3	KAMINEE BOSTE	MAH	52kg	50.22	0.208693	450.0	93.911850

Team Championship - Open					
Place	Team	Points	Best Points	IPF GL Points	
1	R S P B	54	12+12+12+9+9	463.484415	
2	MAHARASHTRA	46	12+12+9+8+5	449.589930	
3	HARYANA	38	12+8+7+6+5	428.245978	
4	TAMIL NADU	34	9+7+7+6+5	421.263386	
5	WEST BENGAL	31	12+9+6+2+2	379.235603	
6	UTTARAKHAND	31	7+7+6+6+5	383.342834	
7	CHHATTISGARH	25	9+8+7+1	318.028925	
8	MADHYA PRADESH	24	6+5+5+4+4	361.467655	
9	DELHI	23	8+8+6+1	300.384670	
10	KERALA	22	9+8+4+1	334.410217	
11	PUNJAB	16	8+3+3+1+1	336.834366	
12	ANDHRA PRADESH	15	12+3	171.904665	
13	UTTAR PRADESH	13	7+4+1+1	244.992098	
14	ASSAM	12	8+4	155.339926	
15	RAJASTHAN	10	6+2+1+1	302.571420	
16	TELANGANA	5	4+1	140.184671	
17	ANDAMAN AND NICOBAR	4	4	83.968820	
18	JHARKHAND	3	3	69.054638	
19	GUJARAT	3	3	68.366360	
20	JAMMU AND KASHMIR	3	2+1	134.988823	
21	BIHAR	1	1	83.380800	
22	VIDARBHA	1	1	71.880000	
23	CHANDIGARH	1	1	51.129120	
-	KARNATAKA	-	-	-	
-	MANIPUR	-	-	-	

Abbreviations:

A&N = Andaman and Nicobar A P = Andhra Pradesh ASA = Assam BIH = Bihar CHN = Chandigarh CHT = Chhattisgarh DEL = Delhi GUJ = Gujarat HAR = Haryana J&K = Jammu and Kashmir JHA = Jharkhand KAR = Karnataka KER = Kerala M P = Madhya Pradesh MAH = Maharashtra MAN = Manipur PUN = Punjab RSPB = R S P B RAJ = Rajasthan T N = Tamil Nadu TEL = Telangana U P = Uttar Pradesh UTK = Uttarakhand VID = Vidarbha W B = West Bengal