

**Powerlifting India**  
**East India Men's Equipped Powerlifting Championship 2023**  
**Nalanda, Bihar - 29-10-2023 to 01-11-2023**  
**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
<b>59kg - Open</b>																						
1	AYUSH GUPTA	30-01-2005	JHA	2	58.87	0.145841	220.0	230.0	<del>240.0</del>	230.0 [1]	130.0	140.0	145.0	145.0 [1]	<del>180.0</del>	180.0	190.0	190.0 [2]	565.0	12	82.400165	2 <u>W</u>
2	KARAN KUMAR	24-11-2002	JHA	1	58.90	0.145783	190.0	197.5	<del>202.5</del>	197.5 [2]	110.0	<del>117.5</del>	<del>117.5</del>	110.0 [2]	207.5	<del>220.0</del>	220.0	220.0 [1]	527.5	9	76.900533	7
3	SYED NAZIM AFRID	23-11-2000	ASA	3	58.20	0.147149	<del>190.0</del>	190.0	<del>197.5</del>	190.0 [3]	<del>90.0</del>	90.0	97.5	97.5 [3]	180.0	<del>190.0</del>	<del>197.5</del>	180.0 [3]	467.5	8	68.792158	14
<b>66kg - Open</b>																						
1	ABHISHEK KUMAR SINGH	09-11-2000	JHA	6	65.58	0.134556	215.0	225.0	<del>240.0</del>	225.0 [1]	<del>140.0</del>	140.0	<del>145.0</del>	140.0 [1]	210.0	<del>222.5</del>	<del>222.5</del>	210.0 [1]	575.0	12	77.369700	4
2	AJAY KUMAR	05-01-1991	BIH	5	65.99	0.133959	190.0	215.0	<del>225.0</del>	215.0 [2]	110.0	<del>117.5</del>	<del>117.5</del>	110.0 [2]	200.0	<del>225.0</del>	<del>252.5</del>	200.0 [2]	525.0	9	70.328475	13
3	ABHIMANYU CHATTERJEE	01-12-2010	JHA	4	65.60	0.134527	130.0	140.0	<del>160.0</del>	140.0 [3]	60.0	80.0	<del>85.0</del>	80.0 [3]	140.0	150.0	162.5	162.5 [3]	382.5	8	51.456578	19
<b>74kg - Open</b>																						
1	MANISH KUMAR	17-04-1998	BIH	7	73.80	0.124145	225.0	242.5	255.0	255.0 [1]	135.0	150.0	155.0	155.0 [1]	<del>210.0</del>	210.0	220.0	220.0 [1]	630.0	12	78.211350	3 <u>W</u>
2	ALTAB KHAN	25-09-2000	W B	8	74.00	0.123927	215.0	235.0	250.0	250.0 [3]	130.0	150.0	155.0	155.0 [2]	205.0	212.5	217.5	217.5 [2]	622.5	9	77.144558	5
3	KISHAN KUMAR	03-01-2002	JHA	9	74.00	0.123927	240.0	250.0	<del>257.5</del>	250.0 [2]	140.0	145.0	150.0	150.0 [3]	200.0	212.5	217.5	217.5 [3]	617.5	8	76.524923	8
<b>83kg - Open</b>																						
1	CHANDAN KUMAR SINGH	03-05-1998	BIH	10	80.30	0.117763	270.0	285.0	295.0	295.0 [1]	<del>160.0</del>	160.0	X	160.0 [1]	250.0	265.0	<del>280.0</del>	265.0 [1]	720.0	12	84.789360	1 <u>W</u>
2	PRATYOT PANNA BORUAH	18-12-1998	ASA	12	80.85	0.117282	220.0	250.0	285.0	285.0 [2]	115.0	125.0	135.0	135.0 [2]	230.0	237.5	<del>280.0</del>	237.5 [2]	657.5	9	77.112915	6
3	PAWAN KHATI	11-08-1982	W B	11	77.15	0.120687	<del>140.0</del>	140.0	150.0	150.0 [3]	100.0	<del>107.5</del>	<del>107.5</del>	100.0 [3]	150.0	160.0	X	160.0 [3]	410.0	8	49.481670	20
<b>93kg - Open</b>																						
1	RANA HARSHVEER	01-01-1994	JHA	1	84.18	0.114536	260.0	<del>270.0</del>	<del>270.0</del>	260.0 [1]	140.0	155.0	<del>160.0</del>	155.0 [2]	230.0	<del>240.0</del>	X	230.0 [1]	645.0	12	73.875720	10
2	ADARSH RAJ	14-08-1995	BIH	13	88.60	0.111292	<del>245.0</del>	245.0	255.0	255.0 [2]	142.5	152.5	157.5	157.5 [1]	230.0	<del>237.5</del>	<del>257.5</del>	230.0 [2]	642.5	9	71.505110	11
<b>105kg - Open</b>																						
1	NITISH KUMAR	02-10-1993	BIH	17	94.40	0.107613	250.0	<del>270.0</del>	X	250.0 [1]	130.0	137.5	142.5	142.5 [2]	200.0	230.0	<del>260.0</del>	230.0 [1]	622.5	12	66.989093	16
2	NISHANT KUMAR	02-03-1982	BIH	16	94.20	0.107731	200.0	230.0	<del>245.0</del>	230.0 [2]	155.0	<del>165.0</del>	<del>165.0</del>	155.0 [1]	185.0	195.0	<del>205.0</del>	195.0 [2]	580.0	9	62.483980	18
<b>120kg - Open</b>																						
1	SIDDHARTH SAIKIA	20-04-1993	ASA	19	113.70	0.098744	305.0	<del>320.0</del>	<del>320.0</del>	305.0 [1]	180.0	185.0	X	185.0 [1]	<del>260.0</del>	<del>260.0</del>	260.0	260.0 [2]	750.0	12	74.058000	9
2	RAHUL KUMAR	03-04-2005	JHA	20	109.70	0.100248	240.0	<del>255.0</del>	<del>255.0</del>	240.0 [3]	150.0	165.0	175.0	175.0 [2]	230.0	250.0	260.0	260.0 [1]	675.0	9	67.667400	15
3	BHUPENDRA PRATAP SINGH	15-12-1983	BIH	18	105.20	0.102125	265.0	<del>285.0</del>	285.0	285.0 [2]	<del>135.0</del>	135.0	<del>145.0</del>	135.0 [3]	<del>230.0</del>	230.0	<del>255.0</del>	230.0 [3]	650.0	8	66.381250	17
<b>120+Kg - Open</b>																						
1	VIKASH KUMAR	27-07-1992	BIH	21	120.80	0.096400	290.0	<del>305.0</del>	310.0	310.0 [1]	<del>180.0</del>	180.0	<del>200.0</del>	180.0 [1]	230.0	250.0	X	250.0 [1]	740.0	12	71.336000	12

**Best Lifter - Open**

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	CHANDAN KUMAR SINGH	BIH	83kg	80.30	0.117763	720.0	84.789360
2	AYUSH GUPTA	JHA	59kg	58.87	0.145841	565.0	82.400165

<b>Best Lifter - Open</b>							
<b>Place</b>	<b>Name</b>	<b>Team</b>	<b>Wt.Cat.</b>	<b>Bd.Wt.</b>	<b>Coeff.</b>	<b>Total</b>	<b>IPF GL Points</b>
<b>3</b>	<b>MANISH KUMAR</b>	<b>BIH</b>	<b>74kg</b>	<b>73.80</b>	<b>0.124145</b>	<b>630.0</b>	<b>78.211350</b>

<b>Team Championship - Open</b>				
<b>Place</b>	<b>Team</b>	<b>Points</b>	<b>Best Points</b>	<b>IPF GL Points</b>
<b>1</b>	<b>BIHAR</b>	<b>57</b>	<b>12+12+12+12+9</b>	<b>372.830913</b>
<b>2</b>	<b>JHARKHAND</b>	<b>54</b>	<b>12+12+12+9+9</b>	<b>378.213518</b>
<b>3</b>	<b>ASSAM</b>	<b>29</b>	<b>12+9+8</b>	<b>219.963073</b>
<b>4</b>	<b>WEST BENGAL</b>	<b>17</b>	<b>9+8</b>	<b>126.626228</b>

Abbreviations:

ASA = Assam    BIH = Bihar    JHA = Jharkhand    W B = West Bengal