

Powerlifting India
National Junior Women Powerlifting Championship 2019
Alappuzha, Kerala - 17-06-2019 to 20-06-2019
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points
43kg - Junior																			
1	ALEENA JOSEPH	25-02-2001	KER	3	42.40	130.0	142.5	142.5	142.5 [1]	50.0	55.0	60.0	55.0 [1]	105.0	117.5	125.0	117.5 [1]	315.0	12
2	MINIMATHI M	25-07-2004	PUD	1	42.70	100.0	107.5	107.5	107.5 [3]	40.0	45.0	47.5	47.5 [3]	100.0	105.0	107.5	107.5 [3]	262.5	9
3	DIVYA JYOTHIFRANCIS	06-07-1996	KAR	2	43.00	100.0	110.0	110.0	110.0 [2]	45.0	52.5	52.5	52.5 [2]	100.0	120.0	120.0	100.0 [5]	262.5	8
4	ANAMIKA KALITA	26-06-1997	ASA	5	43.00	85.0	85.0	95.0	85.0 [5]	37.5	40.0	42.5	40.0 [5]	110.0	117.5	117.5	110.0 [2]	235.0	7
5	V BHAGYALAXMI	23-04-2000	TEL	6	41.00	85.0	95.0	95.0	85.0 [4]	35.0	37.5	40.0	37.5 [6]	95.0	102.5	107.5	102.5 [4]	225.0	6
6	K SREELAKSHMI	11-10-1996	A P	4	42.20	70.0	82.5	82.5	82.5 [6]	37.5	37.5	40.0	40.0 [4]	85.0	95.0	95.0	95.0 [6]	217.5	5
47kg - Junior																			
1	ANITTA JOSEPH	13-07-1997	KER	8	47.00	175.0	185.0	185.0	185.0 [1]	80.0	80.0	87.5	87.5 [1]	145.0	155.0	160.0	155.0 [1]	427.5	12
2	SUSHMITA DESHMUKH	09-11-1997	MAH	12	45.80	120.0	127.5	127.5	120.0 [5]	65.0	70.0	70.0	70.0 [2]	135.0	142.5	145.0	145.0 [2]	335.0	9
3	TEENA PAREEK	04-04-2002	RAJ	10	47.00	130.0	130.0	130.0	130.0 [3]	55.0	65.0	67.5	65.0 [3]	120.0	130.0	135.0	135.0 [4]	330.0	8
4	SITA	28-12-1997	HAR	9	46.20	130.0	140.0	145.0	140.0 [2]	45.0	50.0	50.0	45.0 [7]	130.0	137.5	142.5	137.5 [3]	322.5	7
5	MOHANAPRIYA V	19-09-1998	T N	11	46.70	115.0	125.0	125.0	125.0 [4]	40.0	47.5	47.5	47.5 [6]	125.0	132.5	137.5	132.5 [5]	305.0	6
6	CHHAYA	01-01-1999	DEL	18	47.00	110.0	112.5	122.5	112.5 [6]	50.0	60.0	60.0	60.0 [4]	105.0	120.0	120.0	105.0 [8]	277.5	5
7	ANJALI SANGLE	01-01-1996	GUJ	13	47.00	80.0	90.0	90.0	90.0 [9]	45.0	50.0	55.0	55.0 [5]	90.0	100.0	110.0	100.0 [9]	245.0	4
8	M SRIVANI	16-06-2000	TEL	15	46.60	85.0	85.0	85.0	85.0 [10]	30.0	32.5	35.0	32.5 [11]	105.0	112.5	117.5	117.5 [6]	235.0	3
9	SHIKHA NISHAD	09-04-1999	CHT	17	46.50	70.0	90.0	100.0	90.0 [8]	30.0	35.0	40.0	40.0 [8]	65.0	80.0	90.0	90.0 [10]	220.0	2
10	NIRMALI BORAH	30-07-1997	ASA	16	46.60	92.5	92.5	92.5	92.5 [7]	37.5	45.0	45.0	37.5 [9]	90.0	97.5	X	90.0 [11]	220.0	1
-	SUMANA	06-10-2000	KAR	14	47.00	90.0	92.5	92.5	-	35.0	35.0	37.5	35.0 [10]	110.0	117.5	117.5	110.0 [7]	-	-
52kg - Junior																			
1	SUMAN DEVI	20-06-1997	HAR	21	51.80	155.0	165.0	170.0	170.0 [1]	75.0	85.0	90.0	90.0 [1]	145.0	160.0	167.5	167.5 [1]	427.5	12
2	ANEESHA M	07-12-2001	KER	19	49.30	125.0	150.0	157.5	150.0 [3]	72.5	82.5	85.0	85.0 [2]	140.0	150.0	160.0	160.0 [2]	395.0	9
3	R POORNA	18-12-1998	A P	20	52.00	150.0	152.5	165.0	152.5 [2]	60.0	65.0	70.0	70.0 [4]	150.0	150.0	160.0	160.0 [3]	382.5	8
4	BHAGYALEKSHMI S	10-03-2000	KER	23	51.50	135.0	150.0	155.0	135.0 [5]	60.0	65.0	70.0	70.0 [3]	125.0	125.0	135.0	135.0 [4]	340.0	7
5	RAMYA S	06-02-2000	T N	27	50.70	125.0	132.5	137.5	132.5 [6]	47.5	52.5	55.0	52.5 [6]	125.0	130.0	X	125.0 [8]	310.0	6
6	PALAK AGGARWAL	30-07-1998	PUN	25	51.90	110.0	120.0	127.5	127.5 [7]	47.5	52.5	55.0	55.0 [5]	110.0	120.0	127.5	127.5 [7]	310.0	5
7	NISHA DHURVE	08-03-1997	M P	24	52.00	100.0	115.0	125.0	125.0 [8]	45.0	52.5	55.0	52.5 [7]	130.0	130.0	137.5	130.0 [6]	307.5	4
8	A ASHIGA	02-12-2004	PUD	26	49.30	95.0	105.0	115.0	105.0 [9]	30.0	35.0	37.5	37.5 [8]	90.0	105.0	112.5	112.5 [9]	255.0	3
-	LOGAPRIYA S	07-04-2000	T N	22	52.00	145.0	145.0	150.0	150.0 [4]	70.0	70.0	70.0	-	125.0	125.0	135.0	135.0 [5]	-	-
57kg - Junior																			
1	SONAL SAWANT	01-10-1998	MAH	30	55.00	175.0	182.5	197.5	182.5 [1]	105.0	105.0	112.5	105.0 [1]	145.0	150.0	162.5	150.0 [3]	437.5	12
2	SUMAN DEVI	15-04-1996	HAR	32	56.50	155.0	175.0	175.0	175.0 [2]	80.0	80.0	87.5	87.5 [2]	120.0	130.0	135.0	135.0 [4]	397.5	9

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points
3	HARINIPRIYA D	08-01-2004	T N	34	56.10	155.0	165.0	472.5	165.0 [4]	65.0	72.5	75.0	75.0 [3]	145.0	452.5	152.5	152.5 [2]	392.5	8
4	PARVEEN KAUR	13-08-1996	PUN	35	56.30	135.0	150.0	160.0	160.0 [5]	55.0	62.5	65.0	62.5 [5]	145.0	160.0	472.5	160.0 [1]	382.5	7
5	SK SADIYA ALMAS	27-10-2002	A P	31	56.50	160.0	162.5	170.0	170.0 [3]	60.0	65.0	65.0	60.0 [6]	130.0	445.0	445.0	130.0 [5]	360.0	6
6	SARGAM CHOUHAN	15-06-1997	M P	36	57.00	120.0	435.0	435.0	120.0 [6]	72.5	77.5	77.5	72.5 [4]	125.0	430.0	430.0	125.0 [6]	317.5	5
7	DIYA	10-03-1997	DEL	93	55.30	85.0	90.0	400.0	90.0 [7]	40.0	45.0	47.5	40.0 [7]	90.0	100.0	405.0	100.0 [7]	230.0	4
63kg - Junior																			
1	MANJU RANI	27-12-1999	HAR	42	62.70	160.0	175.0	180.0	180.0 [3]	85.0	87.5	92.5	92.5 [1]	160.0	165.0	170.0	170.0 [1]	442.5	12
2	SAMPADA NAGVEKAR	10-01-1998	MAH	41	62.20	170.0	480.0	180.0	180.0 [2]	80.0	87.5	87.5	80.0 [4]	147.5	157.5	460.0	157.5 [3]	417.5	9
3	LUCKY AHMED	07-11-1996	ASA	43	63.00	460.0	170.0	175.0	175.0 [4]	80.0	87.5	87.5	87.5 [2]	140.0	147.5	452.5	147.5 [5]	410.0	8
4	NAGASHREE	12-03-2000	KAR	44	62.60	155.0	465.0	165.0	165.0 [5]	65.0	70.0	72.5	70.0 [5]	155.0	165.0	470.0	165.0 [2]	400.0	7
5	HRITVIKA SARDESAI	31-03-2000	MAH	46	63.00	145.0	152.5	157.5	157.5 [6]	60.0	65.0	70.0	65.0 [6]	140.0	452.5	452.5	140.0 [6]	362.5	6
6	GURSIMRAN KAUR	18-07-1996	PUN	48	63.00	120.0	432.5	140.0	140.0 [8]	55.0	60.0	65.0	60.0 [7]	110.0	422.5	122.5	122.5 [8]	322.5	5
7	VALARMATHI D	05-07-1999	T N	49	62.70	125.0	127.5	132.5	132.5 [9]	55.0	55.0	67.5	55.0 [8]	130.0	440.0	440.0	130.0 [7]	317.5	4
8	YOGITA PAL	21-03-2000	U P	50	62.20	440.0	110.0	420.0	110.0 [11]	40.0	50.0	52.5	52.5 [9]	100.0	120.0	430.0	120.0 [9]	282.5	3
9	N SUPRIYA	25-05-2001	TEL	51	62.30	405.0	105.0	115.0	115.0 [10]	35.0	40.0	42.5	40.0 [10]	405.0	105.0	112.5	112.5 [10]	267.5	2
-	ANNU	08-08-1997	DEL	92	58.80	185.0	200.0	207.5	200.0 [1]	70.0	85.0	95.0	85.0 [3]	485.0	485.0	485.0	-	-	-
-	MAHESWARI V	11-04-2003	PUD	52	61.80	65.0	65.0	65.0	-	X	X	X	-	X	X	X	-	-	-
-	ANJALI SHARMA	25-05-1999	RAJ	45	62.90	145.0	155.0	465.0	155.0 [7]	407.5	407.5	407.5	-	135.0	147.5	457.5	147.5 [4]	-	-
72kg - Junior																			
1	PRIYA M	12-07-1996	T N	56	64.40	175.0	200.0	205.0	200.0 [3]	90.0	105.0	X	105.0 [1]	160.0	167.5	472.5	167.5 [3]	472.5	12
2	NANDANA R	07-11-2001	KER	55	68.70	185.0	200.0	205.0	205.0 [2]	400.0	400.0	100.0	100.0 [2]	135.0	150.0	157.5	157.5 [5]	462.5	9
3	RESHMA DEVI	10-03-2000	HAR	54	64.40	170.0	192.5	205.0	205.0 [1]	60.0	67.5	X	67.5 [9]	175.0	182.5	492.5	182.5 [1]	455.0	8
4	ASWATHI C	02-10-1999	KER	59	72.00	172.5	182.5	190.0	190.0 [4]	70.0	77.5	85.0	85.0 [3]	145.0	152.5	460.0	152.5 [8]	427.5	7
5	JYOTI	20-12-1997	HAR	61	67.40	155.0	170.0	185.0	185.0 [5]	75.0	75.0	80.0	80.0 [4]	145.0	155.0	462.5	155.0 [6]	420.0	6
6	RITU	05-02-2000	RAJ	60	69.65	155.0	165.0	472.5	165.0 [6]	55.0	65.0	65.0	65.0 [10]	165.0	180.0	485.0	180.0 [2]	410.0	5
7	RUBY	03-06-1998	PUN	62	70.10	160.0	470.0	480.0	160.0 [7]	80.0	85.0	85.0	80.0 [5]	140.0	155.0	460.0	155.0 [7]	395.0	4
8	PRATHEEKSHA GNAIK	31-05-2000	KAR	58	72.00	450.0	450.0	150.0	150.0 [10]	65.0	65.0	72.5	72.5 [7]	160.0	465.0	X	160.0 [4]	382.5	3
9	PRAJKTA TAMBE	26-01-1999	MAH	53	71.30	445.0	145.0	160.0	160.0 [9]	60.0	70.0	82.5	70.0 [8]	120.0	430.0	X	120.0 [13]	350.0	2
10	VISHNU PRIYAV	15-04-2000	PUD	100	71.30	460.0	160.0	475.0	160.0 [8]	45.0	50.0	55.0	50.0 [12]	130.0	X	X	130.0 [12]	340.0	1
11	RESHMA R	02-10-1997	T N	63	70.40	125.0	130.0	135.0	135.0 [11]	55.0	60.0	60.0	60.0 [11]	130.0	140.0	445.0	140.0 [9]	335.0	1
12	KINJAL SAPARA	14-06-1999	GUJ	67	68.00	75.0	75.0	85.0	75.0 [13]	45.0	50.0	50.0	45.0 [13]	110.0	420.0	420.0	110.0 [14]	230.0	1
-	KOMALA E	03-05-2003	PUD	66	68.90	90.0	110.0	425.0	110.0 [12]	40.0	40.0	40.0	-	120.0	130.0	435.0	130.0 [11]	-	-
-	JANHAVI SAWARDEKAR	19-09-2001	MAH	57	70.60	460.0	460.0	460.0	-	80.0	85.0	85.0	80.0 [6]	135.0	442.5	450.0	135.0 [10]	-	-
84kg - Junior																			
1	ABHIRAMI M V	13-02-2000	KER	80	82.65	212.5	240.0	260.0	240.0 [1]	92.5	100.0	105.0	105.0 [2]	162.5	175.0	182.5	182.5 [1]	527.5	12
2	PREETI	01-04-1998	HAR	83	78.65	170.0	190.0	240.0	190.0 [2]	80.0	87.5	90.0	90.0 [4]	180.0	205.0	205.0	180.0 [2]	460.0	9
3	ANUJA D SAWANT	06-08-1999	MAH	81	82.35	160.0	472.5	172.5	172.5 [4]	110.0	117.5	422.5	117.5 [1]	130.0	140.0	142.5	142.5 [4]	432.5	8
4	AJEESHA A	31-10-2000	KER	82	74.90	175.0	187.5	490.0	187.5 [3]	80.0	92.5	92.5	92.5 [3]	130.0	140.0	452.5	140.0 [5]	420.0	7

Place	Name	DOB	Team	Lot	Bd. Wt.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points
5	TANIYA MARU	12-08-1998	RAJ	85	76.50	140.0	155.0	165.0	165.0 [5]	75.0	82.5	87.5	87.5 [5]	120.0	135.0	440.0	135.0 [6]	387.5	6
6	RASHMI KAPOOR	11-11-1997	M P	87	84.00	125.0	435.0	140.0	140.0 [7]	47.5	55.0	60.0	55.0 [7]	135.0	145.0	452.5	145.0 [3]	340.0	5
7	JIVAN LATA	15-01-2000	PUN	88	73.05	130.0	135.0	140.0	140.0 [6]	70.0	75.0	75.0	70.0 [6]	120.0	435.0	435.0	120.0 [7]	330.0	4
8	PAVITHRA V	31-12-2001	PUD	89	84.00	85.0	85.0	95.0	95.0 [8]	35.0	37.5	40.0	37.5 [8]	95.0	407.5	107.5	107.5 [8]	240.0	3
9	INDHUMATHI K	08-01-2005	PUD	90	72.80	75.0	75.0	75.0	75.0 [9]	35.0	37.5	37.5	35.0 [9]	80.0	90.0	100.0	100.0 [9]	210.0	2
-	P REVATHI	13-10-2001	TEL	86	83.90	455.0	460.0	460.0	-	X	X	X	-	X	X	X	-	-	-
84+Kg - Junior																			
1	PRATIKSHA SALVI	11-07-1997	MAH	70	84.15	175.0	190.0	202.5	202.5 [1]	85.0	92.5	100.0	100.0 [1]	155.0	167.5	472.5	167.5 [1]	470.0	12
2	V PRASANTHI	01-05-1998	A P	69	101.25	470.0	180.0	200.0	180.0 [2]	65.0	72.5	82.5	82.5 [3]	135.0	150.0	462.5	150.0 [4]	412.5	9
3	ARSHANA VV	17-08-1999	KER	72	84.60	145.0	157.5	167.5	167.5 [4]	60.0	67.5	70.0	67.5 [4]	147.5	157.5	477.5	157.5 [2]	392.5	8
4	PRATHEEKSHA	11-09-1998	KAR	74	99.45	130.0	140.0	147.5	147.5 [6]	75.0	82.5	90.0	82.5 [2]	130.0	142.5	152.5	152.5 [3]	382.5	7
5	MEENA P	24-07-2000	T N	76	88.25	170.0	477.5	477.5	170.0 [3]	65.0	65.0	70.0	65.0 [5]	135.0	445.0	445.0	135.0 [5]	370.0	6
6	D BHAVIKA	02-02-2000	CHT	73	91.65	140.0	155.0	162.5	162.5 [5]	47.5	55.0	60.0	55.0 [6]	115.0	125.0	130.0	130.0 [6]	347.5	5
7	ALEKYA PRIYA G	17-04-1996	TEL	78	89.50	70.0	75.0	80.0	75.0 [7]	35.0	40.0	45.0	40.0 [7]	80.0	100.0	110.0	110.0 [7]	225.0	4

Abbreviations:

A P = Andhra Pradesh ASA = Assam CHT = Chhattisgarh DEL = Delhi GUJ = Gujarat HAR = Haryana 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