

**Powerlifting India**  
**National Masters Equipped Powerlifting Championship 2024**  
**Indore Madhya Pradesh - 21-07-2024 to 26-07-2024**  
**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>Women</b>																						
<b>Master 1 - 47kg</b>																					<b>Master 1 - 47kg</b>	
1	SHIKHA GARHEWAL	21-11-1983	M P	1	46.34	0.221493	107.5	<del>115.0</del>	<del>115.0</del>	107.5 [1]	65.0	70.0	<del>75.0</del>	70.0 [1]	107.5	115.0	117.5	117.5 [1]	295.0	12	65.340435	3 <u>🏆</u>
<b>Master 1 - 52kg</b>																					<b>Master 1 - 52kg</b>	
1	SHEETAL TAMHANE	25-05-1980	MAH	3	51.74	0.204362	120.0	125.0	130.0	130.0 [1]	50.0	57.5	60.0	60.0 [2]	110.0	120.0	122.5	122.5 [1]	312.5	12	63.863125	5
2	JYOTI KANDHARE	19-10-1980	MAH	4	51.10	0.206144	110.0	<del>120.0</del>	<del>120.0</del>	110.0 [2]	77.5	80.0	<del>82.5</del>	80.0 [1]	120.0	<del>130.0</del>	<del>130.0</del>	120.0 [2]	310.0	9	63.904640	4
<b>Master 1 - 57kg</b>																					<b>Master 1 - 57kg</b>	
1	DR. SHARVARI INAMDAR	21-02-1983	MAH	7	56.12	0.193584	140.0	147.5	152.5	152.5 [1]	65.0	82.5	<del>88.0</del>	82.5 [1]	145.0	165.0	175.0	175.0 [1]	410.0	12	79.369440	1 <u>🏆</u>
2	VARSHA SHELKE	13-07-1976	VID	8	56.50	0.192752	<del>90.0</del>	90.0	95.0	95.0 [2]	50.0	55.0	60.0	60.0 [2]	100.0	110.0	115.0	115.0 [2]	270.0	9	52.043040	13
3	PREETHA SATHYAN	30-01-1975	KER	6	56.12	0.193584	60.0	<del>70.0</del>	<del>75.0</del>	60.0 [3]	25.0	<del>32.5</del>	<del>35.0</del>	25.0 [3]	70.0	80.0	95.0	95.0 [3]	180.0	8	34.845120	28
<b>Master 1 - 63kg</b>																					<b>Master 1 - 63kg</b>	
1	RAJASHRI PELNEKAR	06-03-1981	MAH	14	60.90	0.184105	135.0	<del>142.5</del>	142.5	142.5 [1]	57.5	60.0	<del>62.5</del>	60.0 [3]	135.0	<del>142.5</del>	<del>142.5</del>	135.0 [2]	337.5	12	62.135438	6
2	SUNITA KAG	05-08-1982	M P	15	60.18	0.185406	110.0	117.5	125.0	125.0 [2]	57.5	60.0	65.0	65.0 [2]	117.5	122.5	125.0	125.0 [3]	315.0	9	58.402890	9
3	BABY SAHA	27-11-1982	ASA	13	60.42	0.184968	100.0	107.5	110.0	110.0 [3]	65.0	<del>67.5</del>	67.5	67.5 [1]	130.0	137.5	<del>140.0</del>	137.5 [1]	315.0	8	58.264920	10
4	GIRIJAVATHI MC	01-06-1979	KAR	12	62.16	0.181924	40.0	45.0	47.5	47.5 [4]	22.5	25.0	<del>27.5</del>	25.0 [4]	75.0	80.0	85.0	85.0 [4]	157.5	7	28.653030	29
<b>Master 1 - 69kg</b>																					<b>Master 1 - 69kg</b>	
1	B AMUDHA SUGANTHI	01-03-1982	T N	25	67.38	0.174028	135.0	145.0	155.0	155.0 [1]	80.0	85.0	90.0	90.0 [1]	140.0	152.5	157.5	157.5 [1]	402.5	12	70.046270	2 <u>🏆</u>
2	SALMA SHAIKH	29-07-1978	MAH	23	69.00	0.171899	120.0	130.0	137.5	137.5 [2]	70.0	<del>77.5</del>	77.5	77.5 [2]	135.0	145.0	<del>157.5</del>	145.0 [2]	360.0	9	61.883640	7
3	SUMITA BISWAS	08-01-1982	ASA	22	67.78	0.173489	85.0	92.5	95.0	95.0 [5]	65.0	70.0	<del>72.5</del>	70.0 [3]	120.0	122.5	<del>125.0</del>	122.5 [4]	287.5	8	49.878088	14
4	CHITRA NAIDU	21-06-1975	M P	24	69.00	0.171899	110.0	<del>120.0</del>	<del>120.0</del>	110.0 [4]	50.0	<del>60.0</del>	<del>60.0</del>	50.0 [4]	110.0	125.0	<del>127.5</del>	125.0 [3]	285.0	7	48.991215	15
5	MINA PAUL	01-01-1977	W B	26	64.58	0.178051	100.0	110.0	115.0	115.0 [3]	40.0	45.0	<del>47.5</del>	45.0 [5]	100.0	<del>112.5</del>	115.0	115.0 [5]	275.0	6	48.964025	16
<b>Master 1 - 76kg</b>																					<b>Master 1 - 76kg</b>	
1	REKHA SHARMA	01-03-1976	RAJ	35	73.40	0.166747	130.0	137.5	142.5	142.5 [1]	50.0	<del>65.0</del>	70.0	70.0 [1]	130.0	137.5	145.0	145.0 [1]	357.5	12	59.612053	8
2	RAJNI MALIK	15-10-1975	DEL	38	74.34	0.165753	110.0	120.0	<del>135.0</del>	120.0 [2]	55.0	62.5	<del>65.0</del>	62.5 [3]	105.0	110.0	<del>120.0</del>	110.0 [5]	292.5	9	48.482753	17
3	AARTI VAIBHAV EKAD PATIL	08-01-1978	MAH	36	74.14	0.165962	<del>95.0</del>	105.0	115.0	115.0 [4]	40.0	<del>45.0</del>	<del>45.0</del>	40.0 [6]	115.0	125.0	132.5	132.5 [2]	287.5	8	47.714075	20
4	MOUSUMI TAKRI	19-05-1981	ODI	34	72.74	0.167466	100.0	115.0	<del>125.0</del>	115.0 [3]	60.0	62.5	65.0	65.0 [2]	105.0	<del>110.0</del>	<del>112.5</del>	105.0 [6]	285.0	7	47.727810	19
5	DAYAMAYEE MITRA	01-03-1982	ASA	33	73.14	0.167028	105.0	110.0	<del>120.0</del>	110.0 [5]	50.0	52.5	55.0	55.0 [4]	<del>105.0</del>	110.0	<del>115.0</del>	110.0 [4]	275.0	6	45.932700	23
6	SAPNA KHATRI	03-09-1981	M P	37	75.34	0.164733	90.0	<del>100.0</del>	<del>100.0</del>	90.0 [6]	52.5	<del>55.0</del>	<del>55.0</del>	52.5 [5]	<del>110.0</del>	115.0	122.5	122.5 [3]	265.0	5	43.654245	24
<b>Master 1 - 84kg</b>																					<b>Master 1 - 84kg</b>	
1	JAGBINDER KAUR	29-03-1979	DEL	47	79.26	0.161071	100.0	110.0	120.0	120.0 [3]	80.0	92.5	<del>95.0</del>	92.5 [1]	100.0	120.0	130.0	130.0 [2]	342.5	12	55.166818	11
2	UMAIRA C K	28-10-1983	KER	45	79.32	0.161019	110.0	125.0	135.0	135.0 [1]	60.0	65.0	70.0	70.0 [3]	110.0	120.0	130.0	130.0 [3]	335.0	9	53.941365	12
3	SHILPA TOPPO	16-01-1982	JHA	48	81.00	0.159601	110.0	120.0	125.0	125.0 [2]	62.5	67.5	<del>72.5</del>	67.5 [4]	85.0	95.0	105.0	105.0 [5]	297.5	8	47.481298	22
4	SAMEERA FAKARUDDEEN	30-10-1980	KER	44	80.76	0.159799	80.0	95.0	110.0	110.0 [4]	<del>35.0</del>	35.0	42.5	42.5 [5]	75.0	90.0	110.0	110.0 [4]	262.5	7	41.947238	27


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
-	KIRAN TYAGI	11-07-1980	MAH	46	80.76	0.159799	<del>130.0</del>	<del>130.0</del>	<del>130.0</del>	-	72.5	<del>80.0</del>	<del>80.0</del>	72.5 [2]	150.0	162.5	<del>167.5</del>	162.5 [1]	-	-	-	-
Master 1 - 84+Kg											Master 1 - 84+Kg											
1	VAISHALI TANDEL	20-10-1982	MAH	50	87.74	0.154667	115.0	125.0	135.0	135.0 [1]	47.5	52.5	<del>57.5</del>	52.5 [2]	110.0	125.0	<del>142.5</del>	125.0 [2]	312.5	12	48.333438	18
2	DEEPTI BHATTACHARJEE	25-09-1981	TEL	51	85.80	0.155975	110.0	<del>115.0</del>	<del>115.0</del>	110.0 [4]	45.0	47.5	50.0	50.0 [3]	135.0	142.5	145.0	145.0 [1]	305.0	9	47.572375	21
3	PADMINI SHARMA	26-03-1978	CHT	52	111.76	0.143639	115.0	125.0	<del>132.5</del>	125.0 [2]	65.0	<del>72.5</del>	72.5	72.5 [1]	95.0	105.0	<del>112.5</del>	105.0 [4]	302.5	8	43.450798	25
4	LATHA G NATARAJ	20-06-1978	KAR	49	85.60	0.156114	100.0	110.0	<del>117.5</del>	110.0 [3]	40.0	<del>45.0</del>	45.0	45.0 [4]	115.0	<del>125.0</del>	<del>130.0</del>	115.0 [3]	270.0	7	42.150780	26

#### Best Lifter - Master 1

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	DR. SHARVARI INAMDAR	MAH	57kg	56.12	0.193584	410.0	79.369440
2	B AMUDHA SUGANTHI	T N	69kg	67.38	0.174028	402.5	70.046270
3	SHIKHA GARHEWAL	M P	47kg	46.34	0.221493	295.0	65.340435

#### Team Championship - Master 1

Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	57	12+12+12+12+9	317.606081
2	MADHYA PRADESH	33	12+9+7+5	216.388785
3	KERALA	24	9+8+7	130.733723
4	ASSAM	22	8+8+6	154.075708
5	DELHI	21	12+9	103.649571
6	KARNATAKA	14	7+7	70.803810
7	TAMIL NADU	12	12	70.046270
8	RAJASTHAN	12	12	59.612053
9	VIDARBHA	9	9	52.043040
10	TELANGANA	9	9	47.572375
11	JHARKHAND	8	8	47.481298
12	CHHATTISGARH	8	8	43.450798
13	ODISHA	7	7	47.727810
14	WEST BENGAL	6	6	48.964025

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
Master 2 - 52kg											Master 2 - 52kg											
1	VIJAYA GUPTA	16-10-1973	ASA	5	51.78	0.204253	50.0	55.0	60.0	60.0 [1]	27.5	30.0	X	30.0 [1]	70.0	75.0	80.0	80.0 [1]	170.0	12	34.723010	10
Master 2 - 57kg											Master 2 - 57kg											
1	SEEMA VERMA	01-06-1966	M P	9	56.34	0.193101	95.0	<del>115.0</del>	<del>115.0</del>	95.0 [1]	85.0	90.0	<del>92.5</del>	90.0 [1]	100.0	110.0	<del>120.0</del>	110.0 [1]	295.0	12	56.964795	4
2	POOJA MALVIYA	05-09-1972	M P	10	56.40	0.192970	65.0	70.0	75.0	75.0 [2]	35.0	40.0	<del>45.0</del>	40.0 [2]	80.0	90.0	95.0	95.0 [2]	210.0	9	40.523700	7
Master 2 - 63kg											Master 2 - 63kg											
1	MEENA SHARMA	01-01-1974	M P	19	61.30	0.183400	<del>160.0</del>	160.0	<del>175.0</del>	160.0 [1]	90.0	<del>95.0</del>	95.0	95.0 [1]	130.0	137.5	140.0	140.0 [1]	395.0	12	72.443000	2 

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
2	INDIRA L	10-05-1967	KER	16	62.80	0.180861	100.0	110.0	<del>420.0</del>	110.0 [2]	50.0	55.0	<del>65.0</del>	55.0 [2]	<del>145.0</del>	120.0	130.0	130.0 [2]	295.0	9	53.353995	5
Master 2 - 69kg										Master 2 - 69kg												
1	GITANJALI DASTOOR	18-06-1971	MAH	29	67.40	0.174001	<del>420.0</del>	120.0	127.5	127.5 [1]	65.0	70.0	<del>72.5</del>	70.0 [1]	120.0	130.0	<del>137.5</del>	130.0 [1]	327.5	12	56.985328	3 <u>☺</u>
2	MAJONI BEGUM DEY	14-11-1971	ASA	28	67.19	0.174287	80.0	85.0	90.0	90.0 [2]	40.0	42.5	<del>45.0</del>	42.5 [2]	80.0	90.0	<del>92.5</del>	90.0 [3]	222.5	9	38.778858	8
3	SHEEJA CP	11-01-1972	KER	27	67.28	0.174164	<del>70.0</del>	70.0	<del>82.5</del>	70.0 [3]	30.0	35.0	37.5	37.5 [4]	75.0	85.0	95.0	95.0 [2]	202.5	8	35.268210	9
4	NIRMALA BAGANI	05-10-1970	M P	30	64.74	0.177809	40.0	50.0	60.0	60.0 [4]	35.0	40.0	<del>42.5</del>	40.0 [3]	70.0	80.0	87.5	87.5 [4]	187.5	7	33.339188	12
Master 2 - 76kg										Master 2 - 76kg												
1	RUBY DAS	14-07-1972	MAH	40	69.80	0.170896	160.0	170.0	180.0	180.0 [1]	80.0	85.0	87.5	87.5 [1]	150.0	157.5	165.0	165.0 [1]	432.5	12	73.912520	1 <u>☺</u>
2	RITA DEY	30-03-1971	ASA	39	74.40	0.165691	<del>70.0</del>	70.0	75.0	75.0 [2]	40.0	42.5	45.0	45.0 [2]	75.0	80.0	85.0	85.0 [2]	205.0	9	33.966655	11
Master 2 - 84+Kg										Master 2 - 84+Kg												
1	SHEEJA PANACHI	02-05-1973	KER	53	84.20	0.157119	90.0	110.0	<del>420.0</del>	110.0 [1]	50.0	60.0	65.0	65.0 [1]	100.0	115.0	125.0	125.0 [1]	300.0	12	47.135700	6
2	SANTWANA SHARMA	28-04-1973	M P	54	89.00	0.153861	67.5	72.5	X	72.5 [2]	37.5	X	X	37.5 [2]	75.0	85.0	X	85.0 [2]	195.0	9	30.002895	13

#### Best Lifter - Master 2

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	RUBY DAS	MAH	76kg	69.80	0.170896	432.5	73.912520
2	MEENA SHARMA	M P	63kg	61.30	0.183400	395.0	72.443000
3	GITANJALI DASTOOR	MAH	69kg	67.40	0.174001	327.5	56.985328

#### Team Championship - Master 2

Place	Team	Points	Best Points	IPF GL Points
1	MADHYA PRADESH	49	12+12+9+9+7	233.273578
2	ASSAM	30	12+9+9	107.468523
3	KERALA	29	12+9+8	135.757905
4	MAHARASHTRA	24	12+12	130.897848

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
Master 3 - 69kg										Master 3 - 69kg												
1	MEERA RAZDAN	07-11-1958	M P	31	67.56	0.173785	40.0	55.0	65.0	65.0 [1]	35.0	40.0	42.5	42.5 [1]	100.0	110.0	120.0	120.0 [1]	227.5	12	39.536088	1 <u>☺</u>
Master 3 - 76kg										Master 3 - 76kg												
1	REENI THARAKAN	08-03-1960	KER	41	70.10	0.170528	65.0	70.0	72.5	72.5 [1]	40.0	42.5	<del>45.0</del>	42.5 [2]	100.0	110.0	<del>112.5</del>	110.0 [1]	225.0	12	38.368800	2 <u>☺</u>
2	DR. PURNA BHARDE	28-07-1958	MAH	42	69.90	0.170773	45.0	50.0	55.0	55.0 [2]	35.0	42.5	45.0	45.0 [1]	65.0	72.5	77.5	77.5 [2]	177.5	9	30.312208	3 <u>☺</u>

#### Best Lifter - Master 3

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	MEERA RAZDAN	M P	69kg	67.56	0.173785	227.5	39.536088
2	REENI THARAKAN	KER	76kg	70.10	0.170528	225.0	38.368800
3	DR. PURNA BHARDE	MAH	76kg	69.90	0.170773	177.5	30.312208

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	MADHYA PRADESH	12	12	39.536088
2	KERALA	12	12	38.368800
3	MAHARASHTRA	9	9	30.312208

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
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Abbreviations:

ASA = Assam    CHT = Chhattisgarh    DEL = Delhi    JHA = Jharkhand    KAR = Karnataka    KER = Kerala    M P = Madhya Pradesh    MAH = Maharashtra    ODI = Odisha    RAJ = Rajasthan  
 T N = Tamil Nadu    TEL = Telangana    VID = Vidarbha    W B = West Bengal