

**Powerlifting India**  
**East India Classic Powerlifting Championship 2024**  
**Bokaro , Jharkhand - 04-09-2024 to 07-09-2024**  
**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>Men</b>																						
<b>Open - 59kg</b>																						
1	BISWAJIT DEY	18-01-1991	W B	3	58.33	0.166489	<del>170.0</del>	170.0	182.5	182.5 [2]	110.0	115.0	120.0	120.0 [2]	210.0	<del>217.5</del>	220.0	220.0 [1]	522.5	12	86.990503	4
2	PHALGUNI BARAN GHOSH	14-02-1995	JHA	4	57.10	0.168402	162.5	<del>172.5</del>	<del>172.5</del>	162.5 [3]	112.5	120.0	125.0	125.0 [1]	<del>210.0</del>	210.0	<del>225.0</del>	210.0 [2]	497.5	9	83.779995	10
3	THOKCHOM BIDYABUSON SINGH	23-03-2003	MAN	2	58.34	0.166473	170.0	180.0	190.0	190.0 [1]	107.5	112.5	115.0	115.0 [4]	180.0	<del>190.0</del>	<del>190.0</del>	180.0 [4]	485.0	8	80.739405	15
4	KUNDAN KUMAR	26-12-1994	BIH	1	58.15	0.166764	<del>145.0</del>	145.0	155.0	155.0 [4]	110.0	117.5	<del>120.0</del>	117.5 [3]	190.0	200.0	<del>220.0</del>	200.0 [3]	472.5	7	78.795990	17
5	RAJAT KUMAR DAS	14-03-2001	TRI	5	53.70	0.174051	135.0	147.5	152.5	152.5 [5]	70.0	77.5	<del>80.0</del>	77.5 [5]	140.0	<del>150.0</del>	X	140.0 [5]	370.0	6	64.398870	28
<b>Open - 66kg</b>																						
1	RAJ KUMAR GHOSH	27-01-2001	W B	8	65.13	0.156983	170.0	185.0	192.5	192.5 [1]	105.0	110.0	115.0	115.0 [1]	180.0	190.0	210.0	210.0 [3]	517.5	12	81.238703	13
2	ASEEM NITISH KHALKHO	10-06-2005	JHA	9	65.30	0.156767	<del>175.0</del>	175.0	182.5	182.5 [2]	<del>92.5</del>	<del>92.5</del>	92.5	92.5 [3]	220.0	<del>227.5</del>	<del>230.0</del>	220.0 [1]	495.0	9	77.599665	18
3	KANGABAM CHINGLENKHOMBA MEITEI	25-03-2005	MAN	7	65.80	0.156135	160.0	<del>170.0</del>	<del>170.0</del>	160.0 [3]	115.0	<del>120.0</del>	<del>120.0</del>	115.0 [2]	220.0	<del>235.0</del>	<del>245.0</del>	220.0 [2]	495.0	8	77.286825	19
4	BHASKAR BORA	10-04-1986	ASA	6	65.00	0.157150	127.5	132.5	135.0	135.0 [4]	75.0	77.5	80.0	80.0 [4]	152.5	160.0	165.0	165.0 [4]	380.0	7	59.717000	29
<b>Open - 74kg</b>																						
1	PRIYANSHU RAJ	24-09-2002	BIH	10	73.50	0.147328	<del>212.5</del>	<del>215.0</del>	215.0	215.0 [1]	125.0	130.0	135.0	135.0 [2]	225.0	237.5	245.0	245.0 [1]	595.0	12	87.660160	3 <u>☹</u>
2	HANJABAM HRITIKRAJ SHARMA	06-03-2003	MAN	13	72.80	0.148063	185.0	195.0	202.5	202.5 [2]	137.5	145.0	150.0	150.0 [1]	202.5	<del>217.5</del>	<del>217.5</del>	202.5 [3]	555.0	9	82.174965	11
3	BIRAJ PAL	25-02-1994	W B	11	72.30	0.148595	165.0	175.0	<del>180.0</del>	175.0 [3]	120.0	125.0	130.0	130.0 [3]	190.0	197.5	202.5	202.5 [2]	507.5	8	75.411963	24
4	JAMES NINGTHOUJAM	13-12-2002	MAN	12	72.40	0.148488	100.0	115.0	130.0	130.0 [4]	70.0	77.5	90.0	90.0 [4]	150.0	160.0	170.0	170.0 [4]	390.0	7	57.910320	32
<b>Open - 83kg</b>																						
1	RITESH KUMAR	24-11-2000	JHA	17	81.30	0.139885	<del>210.0</del>	210.0	220.0	220.0 [3]	130.0	140.0	<del>155.0</del>	140.0 [2]	240.0	252.5	260.0	260.0 [1]	620.0	12	86.728700	5
2	AKSHAY GHOSH	05-04-2001	W B	16	80.80	0.140324	210.0	<del>225.0</del>	225.0	225.0 [2]	125.0	<del>135.0</del>	135.0	135.0 [4]	250.0	<del>265.0</del>	X	250.0 [2]	610.0	9	85.597640	7
3	AMARJIT DAS	28-03-1995	TRI	20	82.60	0.138765	215.0	225.0	232.5	232.5 [1]	120.0	127.5	132.5	132.5 [5]	235.0	245.0	<del>252.5</del>	245.0 [3]	610.0	8	84.646650	8
4	PRAKASH REANG	25-06-2000	TRI	19	80.20	0.140858	200.0	212.5	<del>217.5</del>	212.5 [4]	120.0	132.5	140.0	140.0 [1]	230.0	<del>247.5</del>	<del>250.0</del>	230.0 [4]	582.5	7	82.049785	12
5	TAKHENCHANGBAM PRINCE SHARMA	22-02-2003	MAN	15	80.50	0.140590	170.0	180.0	187.5	187.5 [5]	120.0	127.5	137.5	137.5 [3]	185.0	195.0	200.0	200.0 [5]	525.0	6	73.809750	25
-	MAHENDRA KUMAR SINGH	23-11-1989	JHA	18	79.90	0.141127	<del>245.0</del>	<del>245.0</del>	<del>245.0</del>	-	<del>132.5</del>	<del>135.0</del>	X	-	X	X	X	-	-	-	-	
<b>Open - 93kg</b>																						
1	SHAHZAD ALAM	01-01-1985	BIH	22	90.40	0.132652	270.0	280.0	285.0	285.0 [1]	160.0	165.0	<del>167.5</del>	165.0 [2]	<del>280.0</del>	<del>280.0</del>	285.0	285.0 [2]	735.0	12	97.499220	1 <u>☹</u>
2	SOURAV KUMAR SINGH	28-02-2000	JHA	24	92.30	0.131305	<del>250.0</del>	250.0	270.0	270.0 [2]	170.0	175.0	<del>180.0</del>	175.0 [1]	275.0	290.0	<del>300.0</del>	290.0 [1]	735.0	9	96.509175	2 <u>☹</u>
3	RAUNAK RAJ	02-11-2004	BIH	21	91.60	0.131795	225.0	<del>240.0</del>	245.0	245.0 [3]	120.0	130.0	140.0	140.0 [3]	<del>250.0</del>	255.0	265.0	265.0 [4]	650.0	8	85.666750	6
4	SHAMS AZAM	01-01-1992	JHA	25	92.20	0.131374	240.0	<del>250.0</del>	X	240.0 [4]	120.0	125.0	<del>130.0</del>	125.0 [5]	275.0	<del>285.0</del>	<del>287.5</del>	275.0 [3]	640.0	7	84.079360	9
5	ADARSHA NASKAR	12-12-1993	W B	23	89.60	0.133235	195.0	210.0	225.0	225.0 [5]	127.5	135.0	<del>142.5</del>	135.0 [4]	225.0	240.0	<del>250.0</del>	240.0 [5]	600.0	6	79.941000	16
<b>Open - 105kg</b>																						
1	ANKIT KUMAR	28-06-2001	JHA	29	93.10	0.130753	<del>225.0</del>	225.0	X	225.0 [1]	155.0	162.5	<del>170.0</del>	162.5 [1]	<del>220.0</del>	225.0	230.0	230.0 [2]	617.5	12	80.739978	14
2	RAJNISH KUMAR CHOUDHARY	26-02-1998	BIH	26	99.20	0.126813	200.0	205.0	<del>240.0</del>	205.0 [2]	140.0	145.0	150.0	150.0 [2]	240.0	250.0	<del>260.0</del>	250.0 [1]	605.0	9	76.721865	22

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	
3	SUBHAJIT DHAL	31-01-2005	W B	27	100.10	0.126269	180.0	195.0	<del>202.5</del>	195.0 [3]	90.0	97.5	105.0	105.0 [3]	200.0	215.0	225.0	225.0 [3]	525.0	8	66.291225	27
4	LONGJAM PRASHANT	10-06-2005	MAN	28	100.70	0.125912	140.0	160.0	<del>180.0</del>	160.0 [4]	90.0	102.5	<del>107.5</del>	102.5 [4]	180.0	195.0	200.0	200.0 [4]	462.5	7	58.234300	30
<b>Open - 120kg</b>																						
1	SAYAN DAS	25-05-2005	W B	31	114.42	0.118717	200.0	220.0	240.0	240.0 [1]	140.0	150.0	160.0	160.0 [1]	<del>225.0</del>	225.0	250.0	250.0 [1]	650.0	12	77.166050	20
2	PRIYATOSH DAS	12-04-1984	TRI	32	105.10	0.123410	190.0	205.0	<del>215.0</del>	205.0 [2]	95.0	100.0	105.0	105.0 [2]	160.0	X	X	160.0 [2]	470.0	9	58.002700	31
<b>Open - 120+Kg</b>																						
1	ANISH SHOW	24-03-2002	W B	34	134.50	0.110781	230.0	245.0	260.0	260.0 [2]	150.0	157.5	165.0	165.0 [1]	<del>250.0</del>	250.0	270.0	270.0 [1]	695.0	12	76.992795	21
2	ABINASH KUMAR SINGH	29-11-1989	BIH	33	120.39	0.116082	240.0	260.0	270.0	270.0 [1]	135.0	150.0	<del>157.5</del>	150.0 [3]	230.0	<del>240.0</del>	<del>255.0</del>	230.0 [2]	650.0	9	75.453300	23
3	DIVYANSHU ANAND	08-08-2001	JHA	35	136.40	0.110152	240.0	255.0	<del>265.0</del>	255.0 [3]	140.0	152.5	<del>162.5</del>	152.5 [2]	200.0	<del>212.5</del>	<del>225.0</del>	200.0 [3]	607.5	8	66.917340	26

#### Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SHAHZAD ALAM	BIH	93kg	90.40	0.132652	735.0	97.499220
2	SOURAV KUMAR SINGH	JHA	93kg	92.30	0.131305	735.0	96.509175
3	PRIYANSHU RAJ	BIH	74kg	73.50	0.147328	595.0	87.660160

#### Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	WEST BENGAL	57	12+12+12+12+9	407.985691
2	JHARKHAND	51	12+12+9+9+9	425.357513
3	BIHAR	50	12+12+9+9+8	423.001295
4	MANIPUR	39	9+8+8+7+7	356.345815
5	TRIPURA	30	9+8+7+6	289.098005
6	ASSAM	7	7	59.717000

Abbreviations:

ASA = Assam    BIH = Bihar    JHA = Jharkhand    MAN = Manipur    TRI = Tripura    W B = West Bengal