

**Powerlifting India**  
**Federation Cup Equipped Powerlifting Championship 2024**  
**New Delhi, New Delhi - 16-12-2024 to 19-12-2024**  
**Final Results**

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
<b>Women</b>																						
<b>Open - 47kg</b>																						
1	KAJAL	14-11-1997	MAH	6	43.15	0.234372	110.0	122.5	<del>130.0</del>	122.5 [1]	60.0	70.0	75.0	75.0 [1]	110.0	120.0	130.0	130.0 [1]	327.5	12	76.756830	15
2	GAYATRI BADEKAR	06-01-2008	MAH	2	42.90	0.235491	105.0	112.5	117.5	117.5 [2]	42.5	<del>47.5</del>	47.5	47.5 [3]	107.5	115.0	125.0	125.0 [2]	290.0	9	68.292390	24
3	MANSI SANJAY HANDE	21-07-2004	MAH	4	42.10	0.239192	<del>407.5</del>	<del>407.5</del>	107.5	107.5 [3]	45.0	<del>50.0</del>	<del>50.0</del>	45.0 [4]	90.0	100.0	105.0	105.0 [3]	257.5	8	61.591940	31
4	HEENA NAZ	15-05-1999	J&K	5	47.00	0.219117	90.0	<del>400.0</del>	100.0	100.0 [4]	50.0	55.0	<del>60.0</del>	55.0 [2]	85.0	100.0	<del>405.0</del>	100.0 [5]	255.0	7	55.874835	35
5	AKHILA J	20-12-2005	KER	3	41.40	0.242589	85.0	95.0	<del>405.0</del>	95.0 [5]	30.0	40.0	42.5	42.5 [5]	85.0	92.5	<del>97.5</del>	92.5 [6]	230.0	6	55.795470	36
6	MATHUSRI MAHENDIRAN	18-02-2011	PUD	7	46.00	0.222753	75.0	85.0	<del>95.0</del>	85.0 [6]	35.0	40.0	42.5	42.5 [6]	80.0	90.0	100.0	100.0 [4]	227.5	5	50.676308	40
<b>Open - 52kg</b>																						
1	DEEPANA S R	15-06-2009	T N	8	52.00	0.203655	147.5	155.0	<del>157.5</del>	155.0 [1]	70.0	<del>77.5</del>	<del>77.5</del>	70.0 [2]	150.0	<del>155.0</del>	<del>155.0</del>	150.0 [1]	375.0	12	76.370625	17
2	THUDI SIRI CHANDANA	24-09-2003	TEL	10	51.00	0.206428	130.0	140.0	<del>142.5</del>	140.0 [2]	70.0	<del>75.0</del>	<del>77.5</del>	70.0 [1]	110.0	120.0	<del>125.0</del>	120.0 [2]	330.0	9	68.121240	25
3	BHUKYA SRAVANI	31-07-2007	TEL	9	47.45	0.217546	<del>400.0</del>	100.0	<del>440.0</del>	100.0 [3]	<del>40.0</del>	40.0	42.5	42.5 [3]	105.0	<del>140.0</del>	<del>140.0</del>	105.0 [3]	247.5	8	53.842635	37
<b>Open - 57kg</b>																						
1	SHAIK SADIYA ALMAS	27-10-2002	A P	18	56.96	0.191765	180.0	190.0	200.0	200.0 [1]	92.5	97.5	<del>100.0</del>	97.5 [1]	167.5	180.0	185.0	185.0 [1]	482.5	12	92.526613	1 <u>W</u>
2	SHUBHANGI PATIL	03-03-2001	MAH	14	56.50	0.192752	140.0	147.5	<del>152.5</del>	147.5 [2]	<del>80.0</del>	80.0	<del>85.0</del>	80.0 [2]	<del>137.5</del>	137.5	142.5	142.5 [3]	370.0	9	71.318240	21
3	PREET KAUR	09-06-2007	PUN	15	57.00	0.191680	<del>145.0</del>	145.0	<del>155.0</del>	145.0 [3]	60.0	67.5	72.5	72.5 [3]	145.0	150.0	<del>152.5</del>	150.0 [2]	367.5	8	70.442400	22
4	SAEE SHINDE	06-10-2009	MAH	16	54.88	0.196406	120.0	<del>135.0</del>	<del>135.0</del>	120.0 [4]	55.0	60.0	<del>62.5</del>	60.0 [4]	120.0	127.5	<del>137.5</del>	127.5 [4]	307.5	7	60.394845	32
5	SHEELA K	22-07-2003	PUD	17	54.62	0.197019	90.0	102.5	<del>120.0</del>	102.5 [5]	<del>40.0</del>	40.0	<del>45.0</del>	40.0 [6]	110.0	117.5	125.0	125.0 [5]	267.5	6	52.702583	38
6	PREETHA SATHYAN	30-01-1975	KER	19	56.10	0.193628	60.0	70.0	80.0	80.0 [6]	30.0	<del>35.0</del>	<del>35.0</del>	30.0 [7]	80.0	90.0	100.0	100.0 [6]	210.0	5	40.661880	42
7	POOJA MALVIYA	05-09-1972	M P	20	56.44	0.192883	70.0	<del>80.0</del>	<del>80.0</del>	70.0 [7]	40.0	42.5	45.0	45.0 [5]	<del>90.0</del>	90.0	<del>95.0</del>	90.0 [7]	205.0	4	39.541015	43
-	KOMAL	10-06-2000	HAR	12	57.00	0.191680	<del>160.0</del>	<del>160.0</del>	<del>160.0</del>	-	<del>80.0</del>	X	X	-	<del>160.0</del>	X	X	-	-	-	-	-
<b>Open - 63kg</b>																						
1	SEJAL MAKWANA	01-10-2001	MAH	22	62.94	0.180633	175.0	187.5	195.0	195.0 [1]	97.5	<del>105.0</del>	105.0	105.0 [1]	150.0	<del>157.5</del>	157.5	157.5 [5]	457.5	12	82.639598	6
2	SEEYA METILDA BAIJU	09-07-2002	KER	25	58.14	0.189326	170.0	<del>172.5</del>	<del>180.0</del>	170.0 [3]	90.0	<del>95.0</del>	95.0	95.0 [2]	170.0	177.5	185.0	185.0 [1]	450.0	9	85.196700	4
3	NEHA RANI	19-04-2003	BIH	21	60.70	0.184462	175.0	185.0	<del>192.5</del>	185.0 [2]	80.0	92.5	<del>97.5</del>	92.5 [3]	162.5	<del>170.0</del>	<del>172.5</del>	162.5 [4]	440.0	8	81.163280	7
4	THENMOZHI S	14-07-2006	T N	27	60.16	0.185443	160.0	170.0	<del>177.5</del>	170.0 [4]	77.5	82.5	<del>87.5</del>	82.5 [4]	162.5	172.5	177.5	177.5 [2]	430.0	7	79.740490	9
5	VIDYA GOLE	15-07-2002	MAH	26	58.70	0.188214	150.0	<del>165.0</del>	<del>170.0</del>	150.0 [6]	75.0	<del>80.0</del>	<del>80.0</del>	75.0 [6]	157.5	165.0	<del>167.5</del>	165.0 [3]	390.0	6	73.403460	19
6	PRACHI SONI	12-12-2001	RAJ	23	62.40	0.181522	150.0	160.0	<del>167.5</del>	160.0 [5]	70.0	77.5	82.5	82.5 [5]	135.0	<del>147.5</del>	<del>147.5</del>	135.0 [6]	377.5	5	68.524555	23
-	TALSANIYA BHUMI HARJIBHAI	09-06-2000	GUJ	24	62.74	0.180960	<del>127.5</del>	<del>127.5</del>	<del>127.5</del>	-	<del>60.0</del>	X	X	-	X	X	X	-	-	-	-	-
-	SUNAINA CHANDILIYA	19-01-2003	HAR	28	62.54	0.181290	<del>145.0</del>	<del>150.0</del>	<del>150.0</del>	-	<del>70.0</del>	X	X	-	X	X	X	-	-	-	-	-
<b>Open - 69kg</b>																						
1	PRERANA SALVI	31-08-2003	MAH	30	67.76	0.173516	195.0	202.5	215.0	215.0 [1]	102.5	110.0	115.0	115.0 [1]	170.0	177.5	182.5	182.5 [1]	512.5	12	88.926950	2 <u>W</u>
2	NAGASHREE	12-03-2001	KAR	29	68.18	0.172959	170.0	180.0	190.0	190.0 [2]	80.0	90.0	<del>92.5</del>	90.0 [2]	150.0	170.0	<del>185.0</del>	170.0 [2]	450.0	9	77.831550	13

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
3	SALMA SHAIKH	29-07-1978	MAH	33	67.90	0.173330	130.0	145.0	155.0	155.0 [3]	72.5	80.0	<del>85.0</del>	80.0 [4]	135.0	147.5	155.0	155.0 [3]	390.0	8	67.598700	28
4	ISHU LAKRA	08-04-2007	HAR	32	63.06	0.180438	142.5	<del>152.5</del>	<del>155.0</del>	142.5 [4]	77.5	<del>85.0</del>	85.0	85.0 [3]	140.0	150.0	<del>155.0</del>	150.0 [4]	377.5	7	68.115345	26
5	SREELAKSHMI K R	23-10-2007	KER	31	66.70	0.174963	140.0	<del>157.5</del>	<del>157.5</del>	140.0 [5]	<del>55.0</del>	62.5	70.0	70.0 [5]	127.5	135.0	<del>142.5</del>	135.0 [5]	345.0	6	60.362235	33
Open - 76kg																						
1	SNEHA GHARAMI	27-03-2006	W B	35	74.28	0.165815	190.0	202.5	212.5	212.5 [1]	97.5	<del>110.0</del>	110.0	110.0 [2]	165.0	177.5	<del>190.0</del>	177.5 [1]	500.0	12	82.907500	5
2	SEJAL MOIKAR	28-09-2002	MAH	36	74.08	0.166024	<del>190.0</del>	200.0	<del>207.5</del>	200.0 [2]	100.0	110.0	<del>115.0</del>	110.0 [1]	140.0	150.0	160.0	160.0 [2]	470.0	9	78.031280	12
3	SAKSHI MOR	19-08-1999	DEL	34	69.15	0.171708	160.0	177.5	<del>182.5</del>	177.5 [3]	90.0	97.5	102.5	102.5 [3]	145.0	<del>155.0</del>	155.0	155.0 [3]	435.0	8	74.692980	18
4	PAYAL S R	13-09-2005	T N	37	72.10	0.168180	150.0	<del>170.0</del>	<del>170.0</del>	150.0 [4]	60.0	70.0	77.5	77.5 [4]	140.0	<del>160.0</del>	<del>160.0</del>	140.0 [4]	367.5	7	61.806150	30
5	RAJNI MALIK	15-10-1975	DEL	38	73.96	0.166151	110.0	122.5	135.0	135.0 [5]	57.5	<del>62.5</del>	<del>62.5</del>	57.5 [5]	100.0	117.5	<del>122.5</del>	117.5 [5]	310.0	6	51.506810	39
Open - 84kg																						
1	SHOVITA	29-08-1997	DEL	41	82.98	0.158033	200.0	215.0	225.0	225.0 [1]	<del>145.0</del>	145.0	150.0	150.0 [1]	150.0	165.0	175.0	175.0 [3]	550.0	12	86.918150	3 <u>W</u>
2	ASHLESHA GUDEKAR.	03-01-1999	MAH	40	83.52	0.157624	215.0	220.0	<del>222.5</del>	220.0 [2]	97.5	105.0	<del>107.5</del>	105.0 [2]	<del>180.0</del>	180.0	<del>185.0</del>	180.0 [1]	505.0	9	79.600120	10
3	PRIYANKA	10-12-2005	HAR	45	83.58	0.157579	180.0	<del>205.0</del>	215.0	215.0 [4]	<del>100.0</del>	100.0	105.0	105.0 [3]	170.0	<del>175.0</del>	<del>175.0</del>	170.0 [4]	490.0	8	77.213710	14
4	ABHIRAMI S	04-11-2003	KER	44	84.00	0.157266	210.0	220.0	<del>232.5</del>	220.0 [3]	95.0	100.0	<del>105.0</del>	100.0 [4]	155.0	167.5	<del>172.5</del>	167.5 [5]	487.5	7	76.667175	16
5	SHAIK SHABEENA	04-01-2005	A P	47	81.56	0.159147	175.0	185.0	<del>195.0</del>	185.0 [6]	<del>85.0</del>	85.0	90.0	90.0 [6]	165.0	175.0	<del>180.0</del>	175.0 [2]	450.0	6	71.616150	20
6	PRIYA DHAKAD	05-12-1995	UTK	39	83.74	0.157459	180.0	<del>190.0</del>	190.0	190.0 [5]	82.5	92.5	<del>100.0</del>	92.5 [5]	132.5	135.0	150.0	150.0 [6]	432.5	5	68.101018	27
7	NISHA	07-07-1982	DEL	49	81.24	0.159406	<del>130.0</del>	140.0	<del>155.0</del>	140.0 [8]	<del>70.0</del>	72.5	82.5	82.5 [7]	130.0	145.0	<del>157.5</del>	145.0 [7]	367.5	4	58.581705	34
-	BHUMI	29-03-2008	CHN	43	78.46	0.161777	<del>145.0</del>	<del>145.0</del>	115.0	115.0 [9]	<del>60.0</del>	<del>60.0</del>	<del>60.0</del>	-	<del>135.0</del>	<del>135.0</del>	X	-	-	-	-	-
-	BHUMIKA DAGAR	16-06-2003	DEL	46	83.10	0.157942	185.0	<del>197.5</del>	<del>202.5</del>	185.0 [7]	<del>102.5</del>	<del>102.5</del>	<del>102.5</del>	-	X	X	X	-	-	-	-	-
Open - 84+Kg																						
1	B CHANDRIKA	21-02-1993	A P	51	102.38	0.147024	<del>220.0</del>	220.0	240.0	240.0 [2]	90.0	<del>100.0</del>	100.0	100.0 [2]	190.0	202.5	210.0	210.0 [1]	550.0	12	80.863200	8
2	AMEYA V	10-03-2005	KER	52	106.18	0.145539	220.0	235.0	250.0	250.0 [1]	70.0	<del>125.0</del>	125.0	125.0 [1]	<del>165.0</del>	165.0	167.5	167.5 [2]	542.5	9	78.954908	11
3	SNEHA SHARMA	10-11-1999	UTK	50	87.44	0.154863	172.5	182.5	<del>192.5</del>	182.5 [3]	72.5	82.5	<del>87.5</del>	82.5 [3]	145.0	147.5	160.0	160.0 [3]	425.0	8	65.816775	29
4	SHEEJA PANACHI	02-05-1973	KER	54	84.50	0.156899	100.0	120.0	<del>130.0</del>	120.0 [4]	60.0	<del>70.0</del>	<del>70.0</del>	60.0 [4]	100.0	115.0	120.0	120.0 [4]	300.0	7	47.069700	41
5	PADMINI SHARMA	26-03-1978	CHT	53	111.38	0.143759	80.0	95.0	X	95.0 [5]	50.0	X	X	50.0 [5]	70.0	<del>72.5</del>	X	70.0 [5]	215.0	6	30.908185	44

#### Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SHAIK SADIYA ALMAS	A P	57kg	56.96	0.191765	482.5	92.526613
2	PRERANA SALVI	MAH	69kg	67.76	0.173516	512.5	88.926950
3	SHOVITA	DEL	84kg	82.98	0.158033	550.0	86.918150

#### Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	54	12+12+12+9+9	405.954778
2	KERALA	38	9+9+7+7+6	348.250718
3	ANDHRA PRADESH	30	12+12+6	245.005963
4	DELHI	30	12+8+6+4	271.699645
5	TAMIL NADU	26	12+7+7	217.917265

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
6	TELANGANA	17	9+8	121.963875
7	HARYANA	15	8+7	145.329055
8	UTTARAKHAND	13	8+5	133.917793
9	WEST BENGAL	12	12	82.907500
10	PUDUCHERRY	11	6+5	103.378891
11	KARNATAKA	9	9	77.831550
12	BIHAR	8	8	81.163280
13	PUNJAB	8	8	70.442400
14	JAMMU AND KASHMIR	7	7	55.874835
15	CHHATTISGARH	6	6	30.908185
16	RAJASTHAN	5	5	68.524555
17	MADHYA PRADESH	4	4	39.541015

Abbreviations:

A P = Andhra Pradesh    BIH = Bihar    CHN = Chandigarh    CHT = Chhattisgarh    DEL = Delhi    GUJ = Gujarat    HAR = Haryana    J&K = Jammu and Kashmir    KAR = Karnataka    KER = Kerala  
M P = Madhya Pradesh    MAH = Maharashtra    PUD = Puducherry    PUN = Punjab    RAJ = Rajasthan    T N = Tamil Nadu    TEL = Telangana    UTK = Uttarakhand    W B = West Bengal