

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	
Men																						
Open - 59kg																						
1	SUKHRAJ SINGH	02-09-2002	PUN	8	59.00	0.145591	210.0	220.0	230.0	220.0 [1]	135.0	145.0	152.5	152.5 [1]	185.0	210.0	247.5	210.0 [2]	582.5	12	84.806758	9
2	SAMUEL VASANTH	11-11-2004	T N	9	59.00	0.145591	200.0	215.0	220.0	220.0 [2]	100.0	110.0	115.0	115.0 [2]	210.0	230.0	250.0	210.0 [1]	545.0	9	79.347095	21
3	AMALJITH S	02-09-2004	KER	3	53.00	0.158755	160.0	172.5	182.5	182.5 [3]	82.5	87.5	92.5	92.5 [5]	185.0	195.0	202.5	202.5 [3]	477.5	8	75.805513	26
4	SUJAL MEHTA	21-06-2004	PUN	2	52.00	0.161330	455.0	155.0	172.5	172.5 [4]	85.0	95.0	97.5	97.5 [4]	175.0	182.5	487.5	182.5 [4]	452.5	7	73.001825	32
5	SAYAN GHARAMI	09-03-2006	W B	4	52.20	0.160805	152.5	165.0	172.5	172.5 [5]	75.0	85.0	90.0	90.0 [6]	170.0	182.5	492.5	182.5 [5]	445.0	6	71.558225	33
6	HEMANT A SHIRKE	22-11-1978	GUJ	10	58.35	0.146853	160.0	165.0	167.5	167.5 [6]	105.0	440.0	110.0	110.0 [3]	165.0	472.5	475.0	165.0 [6]	442.5	5	64.982453	47
7	CHELAR JANARDHAN SATEESH	29-06-1970	KAR	11	58.65	0.146266	440.0	440.0	110.0	110.0 [7]	72.5	77.5	77.5	72.5 [7]	135.0	145.0	152.5	152.5 [7]	335.0	4	48.999110	60
Open - 66kg																						
1	M VAMSI	10-08-2003	TEL	13	65.55	0.134600	280.0	300.0	315.0	315.0 [1]	130.0	142.5	150.0	150.0 [1]	225.0	240.0	252.5	252.5 [1]	717.5	12	96.575500	1 <u>☺</u>
2	MOHD ASHRAF	07-02-2000	UTK	12	65.65	0.134454	200.0	215.0	230.0	215.0 [3]	130.0	450.0	450.0	130.0 [2]	200.0	230.0	247.5	247.5 [2]	592.5	9	79.663995	19
3	GAURAV SAHU	26-10-2001	RAJ	6	61.85	0.140449	215.0	225.0	232.5	232.5 [2]	110.0	117.5	122.5	122.5 [3]	220.0	235.0	240.0	235.0 [3]	590.0	8	82.864910	14
4	MADHESWARAN R	01-01-1968	T N	14	64.25	0.136559	120.0	130.0	140.0	140.0 [4]	100.0	107.5	440.0	107.5 [4]	125.0	440.0	140.0	140.0 [4]	387.5	7	52.916613	58
-	SHAILENDRA SRIVASTAVA	08-07-1956	U P	15	65.85	0.134162	90.0	90.0	90.0	-	65.0	X	X	-	X	X	X	-	-	-	-	-
Open - 74kg																						
1	PUNITH RAGHAVAN	16-10-2001	KAR	18	73.75	0.124200	282.5	292.5	302.5	302.5 [1]	142.5	152.5	157.5	157.5 [4]	267.5	277.5	285.0	285.0 [2]	745.0	12	92.529000	2 <u>☺</u>
2	ARJI BALAKRISHNA	20-10-1995	A P	19	71.60	0.126639	280.0	285.0	290.0	290.0 [2]	177.5	485.0	485.0	177.5 [2]	250.0	260.0	270.0	260.0 [3]	727.5	9	92.129873	3 <u>☺</u>
3	SANTHOSH R	28-07-2005	T N	20	73.65	0.124309	285.0	285.0	285.0	285.0 [3]	160.0	167.5	472.5	167.5 [3]	250.0	250.0	257.5	250.0 [4]	702.5	8	87.327073	7
4	DILJEET SINGH	28-09-2004	PUN	21	73.55	0.124419	250.0	260.0	270.0	260.0 [4]	175.0	180.0	485.0	180.0 [1]	220.0	240.0	250.0	240.0 [6]	680.0	7	84.604920	11
5	P VAMSHI KRISHNA	14-01-2003	A P	24	74.00	0.123927	230.0	245.0	245.0	230.0 [6]	130.0	145.0	152.5	152.5 [5]	250.0	275.0	297.5	297.5 [1]	680.0	6	84.270360	12
6	PANCHAMPREET SINGH	12-08-2006	CHN	23	72.95	0.125086	230.0	230.0	230.0	230.0 [5]	135.0	440.0	140.0	140.0 [6]	235.0	242.5	245.0	245.0 [5]	615.0	5	76.927890	25
7	JANAKIRAMAN D	08-07-2004	PUD	22	71.60	0.126639	200.0	240.0	245.0	200.0 [7]	100.0	110.0	117.5	117.5 [7]	200.0	220.0	260.0	220.0 [7]	537.5	4	68.068463	41
-	OMKAR CHAURASIYA	20-06-2001	GOA	17	73.10	0.124918	247.5	247.5	247.5	-	455.0	455.0	X	-	247.5	X	X	-	-	-	-	-
-	SULAKSHAN KUMAR TEWARI	26-05-1953	PUN	26	72.95	0.125086	92.5	95.0	97.5	-	82.5	82.5	82.5	82.5 [8]	140.0	145.0	147.5	147.5 [8]	-	-	-	-
Open - 83kg																						
1	MUHAMMAD JAFAR R	20-09-2003	KER	30	82.30	0.116052	270.0	285.0	305.0	305.0 [1]	172.5	182.5	190.0	190.0 [3]	270.0	270.0	300.0	270.0 [1]	765.0	12	88.779780	4
2	PAPPU	09-05-1980	DEL	36	82.00	0.116302	280.0	300.0	345.0	300.0 [2]	180.0	195.0	200.0	195.0 [1]	210.0	225.0	235.0	225.0 [9]	720.0	9	83.737440	13
3	AMRITPAL SINGH SANDHU	18-03-2003	MAH	31	82.20	0.116135	237.5	245.0	250.0	250.0 [5]	190.0	195.0	205.0	195.0 [2]	220.0	232.5	242.5	242.5 [5]	687.5	8	79.842813	18
4	MIHIRKUMAR TIRGAR	27-05-2005	GUJ	34	81.85	0.116427	240.0	240.0	245.0	240.0 [6]	165.0	170.0	172.5	172.5 [4]	252.5	265.0	275.0	265.0 [2]	677.5	7	78.879293	22
5	YOGENDRA SOGARWAL	11-01-2004	RAJ	32	82.00	0.116302	237.5	247.5	255.0	255.0 [4]	467.5	167.5	172.5	172.5 [5]	227.5	237.5	245.0	237.5 [7]	665.0	6	77.340830	24
6	SUZIL AHAMED	01-11-2006	KAR	33	82.90	0.115559	255.0	265.0	275.0	265.0 [3]	115.0	125.0	130.0	130.0 [9]	240.0	250.0	260.0	250.0 [3]	645.0	5	74.535555	28
7	JITENDRA YADAV	12-05-1982	MAH	37	82.90	0.115559	220.0	232.5	242.5	232.5 [7]	160.0	470.0	170.0	170.0 [6]	220.0	230.0	240.0	230.0 [8]	632.5	4	73.091068	31

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
8	RAVINDRA SALVE	03-12-1979	MAH	35	82.75	0.115681	200.0	230.0	230.0	230.0 [8]	160.0	165.0	170.0	160.0 [7]	220.0	232.5	240.0	220.0 [10]	610.0	3	70.565410	34
9	PARESH PRAJAPATI	10-10-1992	GUJ	28	83.00	0.115477	202.5	242.5	242.5	202.5 [9]	127.5	130.0	130.0	127.5 [10]	222.5	235.0	240.0	240.0 [6]	570.0	2	65.821890	43
10	GANTA VENKATESWARULU	15-07-1969	A P	38	83.00	0.115477	200.0	235.0	X	200.0 [10]	120.0	125.0	X	125.0 [11]	220.0	235.0	245.0	245.0 [4]	570.0	1	65.821890	44
11	ABHIJEET CHAKRAWARTY	26-05-2007	M P	29	82.75	0.115681	150.0	150.0	X	150.0 [11]	90.0	135.0	165.0	135.0 [8]	170.0	190.0	240.0	190.0 [11]	475.0	1	54.948475	55
Open - 93kg																						
1	SYED KHAJAVALI	23-01-2002	A P	44	92.56	0.108716	305.0	310.0	345.0	310.0 [2]	190.0	197.5	202.5	202.5 [1]	290.0	300.0	345.0	300.0 [1]	812.5	12	88.331750	6
2	SANDEEP BANSAL	11-01-2004	U P	43	83.10	0.115396	280.0	300.0	300.0	280.0 [3]	180.0	187.5	187.5	187.5 [3]	280.0	292.5	292.5	280.0 [2]	747.5	9	86.258510	8
3	RAJKUMAR	06-07-2003	HAR	41	90.90	0.109761	260.0	280.0	285.0	280.0 [5]	175.0	185.0	195.0	185.0 [4]	255.0	270.0	282.5	270.0 [3]	735.0	8	80.674335	17
4	SHASHANK TARIYAL	08-10-1994	UTK	40	90.80	0.109826	262.5	280.0	295.0	280.0 [4]	167.5	180.0	190.0	190.0 [2]	235.0	252.5	285.0	252.5 [5]	722.5	7	79.349285	20
5	AJINATH SHEKADE	03-11-1979	MAH	47	90.60	0.109955	220.0	235.0	235.0	220.0 [7]	140.0	140.0	180.0	180.0 [6]	210.0	225.0	235.0	225.0 [7]	625.0	6	68.721875	38
6	RAJEEV SHARMA	01-01-1981	HAR	46	85.70	0.113373	205.0	220.0	235.0	205.0 [8]	140.0	150.0	150.0	150.0 [7]	205.0	225.0	240.0	225.0 [6]	580.0	5	65.756340	45
-	ATHUL KRISHNA K S	11-03-2005	KER	42	88.20	0.111569	290.0	300.0	310.0	310.0 [1]	165.0	172.5	180.0	180.0 [5]	275.0	275.0	275.0	-	-	-	-	-
-	MAHENDIRAN A	03-11-1981	PUD	48	90.36	0.110112	270.0	270.0	280.0	270.0 [6]	150.0	150.0	X	-	250.0	260.0	267.5	260.0 [4]	-	-	-	-
-	NARENDER D B	27-05-1970	M P	49	89.76	0.110507	165.0	X	X	165.0 [9]	90.0	X	X	-	X	X	X	-	-	-	-	-
-	NASHKAR TANDON	25-12-1964	CHT	50	85.40	0.113598	X	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 105kg																						
1	SOURABH	02-09-2003	HAR	56	102.20	0.103498	350.0	367.5	X	367.5 [1]	240.0	210.0	220.0	220.0 [1]	250.0	270.0	280.0	270.0 [3]	857.5	12	88.749535	5
2	ASHWIN SOLANKI	30-03-1998	MAH	54	102.30	0.103451	300.0	300.0	340.0	300.0 [4]	190.0	190.0	190.0	190.0 [3]	280.0	290.0	295.0	290.0 [1]	780.0	9	80.691780	16
3	AKHILESH KUMAR	07-08-1991	U P	51	97.60	0.105822	300.0	340.0	340.0	300.0 [3]	180.0	190.0	197.5	197.5 [2]	270.0	270.0	285.0	270.0 [2]	767.5	8	81.218385	15
4	SACHINA TUKARAMA SALUNKE	18-01-2000	KAR	52	103.70	0.102798	305.0	305.0	345.0	305.0 [2]	160.0	160.0	175.0	175.0 [5]	235.0	255.0	260.0	255.0 [4]	735.0	7	75.556530	27
5	VISHAL SAINI	05-12-2003	UTK	57	95.65	0.106895	250.0	265.0	270.0	270.0 [6]	150.0	162.5	170.0	162.5 [6]	245.0	252.5	257.5	252.5 [6]	685.0	6	73.223075	30
6	KARTIK	17-11-2003	UTK	58	102.10	0.103546	275.0	290.0	290.0	275.0 [5]	170.0	180.0	185.0	185.0 [4]	190.0	210.0	227.5	210.0 [8]	670.0	5	69.375820	36
7	LAKSHAY KUNDU	20-04-2007	HAR	55	104.00	0.102662	200.0	245.0	247.5	200.0 [8]	160.0	170.0	170.0	160.0 [7]	240.0	255.0	267.5	255.0 [5]	615.0	4	63.137130	49
8	KAMALAKKANNAN N	11-06-1982	T N	60	100.00	0.104575	210.0	250.0	X	250.0 [7]	120.0	130.0	X	130.0 [8]	180.0	220.0	X	220.0 [7]	600.0	3	62.745000	50
Open - 120kg																						
1	RAHUL	06-10-2000	HAR	64	114.46	0.098474	360.0	360.0	375.0	360.0 [1]	245.0	255.0	260.0	255.0 [1]	245.0	245.0	247.5	245.0 [3]	860.0	12	84.687640	10
2	AJINKYA PRAKASH PADVANKAR	06-11-1987	MAH	66	105.96	0.101793	280.0	300.0	340.0	300.0 [2]	180.0	195.0	195.0	195.0 [4]	260.0	270.0	290.0	270.0 [1]	765.0	9	77.871645	23
3	PANKAJ	11-12-2002	PUN	70	108.86	0.100583	290.0	305.0	305.0	290.0 [4]	200.0	207.5	215.0	215.0 [2]	210.0	222.5	230.0	230.0 [8]	735.0	8	73.928505	29
4	MONISH CHAKRAWARTY	06-03-2005	M P	65	117.16	0.097553	275.0	282.5	282.5	275.0 [7]	192.5	202.5	207.5	207.5 [3]	225.0	235.0	255.0	235.0 [6]	717.5	7	69.994278	35
5	HIMESH KUMAR	04-01-2009	UTK	67	116.80	0.097673	270.0	285.0	295.0	295.0 [3]	140.0	150.0	157.5	157.5 [8]	220.0	240.0	247.5	247.5 [2]	700.0	6	68.371100	39
6	VISHAL SINGH	28-09-2002	J&K	69	112.44	0.099202	270.0	280.0	280.0	280.0 [5]	160.0	170.0	177.5	177.5 [5]	240.0	260.0	260.0	240.0 [5]	697.5	5	69.193395	37
7	RINKU DAGAR	05-02-1992	DEL	62	114.94	0.098306	260.0	270.0	X	260.0 [8]	175.0	190.0	X	175.0 [6]	245.0	260.0	260.0	245.0 [4]	680.0	4	66.848080	42
8	HARI NARAYAN DUBEY	18-09-1986	U P	63	106.10	0.101732	250.0	275.0	X	250.0 [9]	150.0	160.0	160.0	160.0 [7]	200.0	230.0	240.0	230.0 [7]	640.0	3	65.108480	46
9	ISHAAN SINGH	26-02-2007	MAH	68	116.78	0.097679	240.0	260.0	275.0	275.0 [6]	135.0	155.0	155.0	135.0 [9]	230.0	240.0	240.0	230.0 [9]	640.0	2	62.514560	51
10	GOPINATH MADHAVAN	08-09-1984	T N	72	106.00	0.101776	140.0	170.0	200.0	170.0 [10]	120.0	130.0	X	130.0 [10]	160.0	200.0	X	200.0 [11]	500.0	1	50.888000	59
-	KUNAL	12-01-2006	DEL	71	116.80	0.097673	240.0	247.5	247.5	-	120.0	127.5	135.0	127.5 [11]	205.0	212.5	220.0	212.5 [10]	-	-	-	-
Open - 120+Kg																						
1	HARMEET SINGH	19-08-2003	UTK	77	140.16	0.091611	300.0	320.0	320.0	320.0 [1]	165.0	175.0	175.0	175.0 [2]	230.0	245.0	250.0	250.0 [3]	745.0	12	68.250195	40
2	SUMIT JADHAV	09-01-2002	MAH	78	145.08	0.090677	290.0	347.5	325.0	290.0 [3]	117.5	130.0	137.5	137.5 [6]	267.5	282.5	300.0	282.5 [1]	710.0	9	64.380670	48

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	SHAIK SAQUIB BASHA	29-08-1996	A P	73	137.20	0.092221	225.0	240.0	255.0	240.0 [5]	135.0	142.5	150.0	142.5 [5]	235.0	247.5	252.5	252.5 [2]	635.0	8	58.560335	52
4	KRISHAN VYAS	22-11-2002	RAJ	76	120.40	0.096522	210.0	222.5	235.0	222.5 [6]	135.0	145.0	152.5	152.5 [4]	180.0	200.0	215.0	215.0 [6]	590.0	7	56.947980	53
5	SHANAVAS KC	08-09-1982	KER	79	120.60	0.096461	180.0	200.0	220.0	200.0 [8]	135.0	145.0	155.0	155.0 [3]	200.0	220.0	240.0	220.0 [4]	575.0	6	55.465075	54
6	ALWIN C B	16-07-2007	KER	75	120.90	0.096369	230.0	250.0	267.5	250.0 [4]	100.0	110.0	122.5	110.0 [8]	210.0	230.0	230.0	210.0 [7]	570.0	5	54.930330	56
7	YOGENDRA HARDIYA	17-08-1983	M P	80	126.10	0.094882	155.0	190.0	205.0	205.0 [7]	125.0	130.0	135.0	135.0 [7]	175.0	205.0	220.0	220.0 [5]	560.0	4	53.133920	57
-	ASHIF ALI KHAN	06-09-1994	CHT	74	139.16	0.091813	280.0	300.0	320.0	300.0 [2]	220.0	230.0	235.0	230.0 [1]	220.0	220.0	220.0	-	-	-	-	-

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	M VAMSI	TEL	66kg	65.55	0.134600	717.5	96.575500
2	PUNITH RAGHAVAN	KAR	74kg	73.75	0.124200	745.0	92.529000
3	ARJI BALAKRISHNA	A P	74kg	71.60	0.126639	727.5	92.129873

Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	HARYANA	41	12+12+8+5+4	383.004980
2	MAHARASHTRA	41	9+9+9+8+6	371.508783
3	UTTARAKHAND	40	12+9+7+6+6	368.857650
4	ANDHRA PRADESH	36	12+9+8+6+1	389.114208
5	PUNJAB	34	12+8+7+7	316.342008
6	KERALA	31	12+8+6+5	274.980698
7	KARNATAKA	28	12+7+5+4	291.620195
8	TAMIL NADU	28	9+8+7+3+1	333.223781
9	RAJASTHAN	21	8+7+6	217.153720
10	UTTAR PRADESH	20	9+8+3	232.585375
11	GUJARAT	14	7+5+2	209.683636
12	DELHI	13	9+4	150.585520
13	TELANGANA	12	12	96.575500
14	MADHYA PRADESH	12	7+4+1	178.076673
15	WEST BENGAL	6	6	71.558225
16	CHANDIGARH	5	5	76.927890
17	JAMMU AND KASHMIR	5	5	69.193395
18	PUDUCHERRY	4	4	68.068463

Abbreviations:

A P = Andhra Pradesh CHN = Chandigarh CHT = Chhattisgarh DEL = Delhi GOA = Goa 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 U P = Uttar Pradesh UTK =

Uttarakhand W B = West Bengal