

Powerlifting India
National Masters Equipped Powerlifting Championship 2025
Kozhikode, Kerala - 02-08-2025 to 07-08-2025
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
Master 1 - 47kg																							
1	SANGITA DHOLE	02-05-1985	VID	11	46.12	0.222305	105.0	115.0	125.0	125.0 [1]	50.0	55.0	60.0	60.0 [1]	120.0	135.0	142.5	135.0 [1]	320.0	12	71.13	7600	4
Master 1 - 52kg																							
1	JYOTI KANDHARE	19-10-1980	MAH	12	51.60	0.204747	125.0	132.5	132.5	132.5 [1]	81.0	87.5	90.0	87.5 [1]	125.0	132.5	137.5	137.5 [1]	357.5	12	73.19	7053	3 
Master 1 - 57kg																							
1	DR. SHARVARI INAMDAR	21-02-1983	MAH	19	56.08	0.193673	130.0	140.0	150.0	150.0 [1]	85.0	90.5	93.0	93.0 [1]	145.0	160.0	167.5	167.5 [1]	410.5	12	79.50	2767	1 
2	DR. MALLELA SAI RADHA	05-11-1982	TEL	16	56.16	0.193496	100.0	107.5	110.0	110.0 [3]	45.0	47.5	50.0	47.5 [3]	120.0	130.0	135.0	135.0 [2]	292.5	9	56.59	7580	14
3	ARCHANA KALE	13-12-1979	MAH	18	56.72	0.192277	105.0	115.0	125.0	125.0 [2]	40.0	42.5	45.0	42.5 [5]	112.5	120.0	125.0	120.0 [3]	287.5	8	55.27	9638	19
4	BHAVANA MOTWANI	02-08-1982	KAR	13	56.96	0.191765	65.0	75.0	82.5	82.5 [5]	50.0	57.5	57.5	57.5 [2]	80.0	92.5	100.0	92.5 [6]	232.5	7	44.58	5363	26
5	SHEELA K	18-05-1982	KER	15	56.56	0.192622	85.0	97.5	97.5	97.5 [4]	30.0	35.0	35.0	30.0 [7]	75.0	80.0	87.5	87.5 [7]	215.0	6	41.41	3730	29
6	KALPANA RAMTHILAK	15-01-1983	T N	17	57.00	0.191680	60.0	85.0	102.5	60.0 [7]	45.0	52.5	52.5	45.0 [4]	90.0	100.0	122.5	100.0 [4]	205.0	5	39.29	4400	30
7	CHINNAM JAYASREE	23-05-1976	TEL	14	56.56	0.192622	50.0	60.0	67.5	60.0 [6]	25.0	30.0	32.5	32.5 [6]	70.0	85.0	92.5	92.5 [5]	185.0	4	35.63	5070	31
Master 1 - 63kg																							
1	RAJASHRI PELNEKAR	06-03-1981	MAH	27	61.34	0.183330	135.0	142.5	150.0	150.0 [1]	62.5	67.5	72.5	67.5 [2]	135.0	145.0	150.0	145.0 [1]	362.5	12	66.45	7125	10
2	ANITA RATHI	04-04-1982	RAJ	28	62.92	0.180665	90.0	100.0	107.5	107.5 [2]	65.0	72.5	75.0	72.5 [1]	90.0	105.0	110.0	110.0 [2]	290.0	9	52.39	2850	21
3	NIYATI BURMAN NAIK	20-01-1978	ODI	25	61.96	0.182263	90.0	105.0	107.5	105.0 [3]	40.0	50.0	55.0	50.0 [3]	90.0	100.0	102.5	102.5 [3]	257.5	8	46.93	2723	25
4	SHAMNA KK	29-05-1983	KER	24	62.94	0.180633	70.0	80.0	90.0	80.0 [4]	30.0	30.0	40.0	30.0 [4]	70.0	80.0	85.0	85.0 [4]	195.0	7	35.22	3435	32
Master 1 - 69kg																							
1	SALMA SHAIKH	29-07-1978	MAH	41	68.16	0.172986	137.5	145.0	150.0	150.0 [2]	80.0	87.5	87.5	87.5 [2]	145.0	157.5	165.0	165.0 [1]	402.5	12	69.62	6865	6
2	B AMUDHA SUGANTHI	01-03-1982	T N	38	68.26	0.172854	142.5	152.5	160.0	152.5 [1]	82.5	90.0	92.5	92.5 [1]	145.0	155.0	160.0	155.0 [2]	400.0	9	69.14	1600	7
3	AGILANDESWARI V	19-06-1985	PUD	39	65.06	0.177328	135.0	147.5	155.0	147.5 [3]	75.0	82.5	87.5	82.5 [3]	135.0	147.5	160.0	147.5 [3]	377.5	8	66.94	1320	9
4	BABY JOSEPH	08-02-1981	KER	36	67.72	0.173570	100.0	110.0	120.0	120.0 [5]	52.5	60.0	60.0	60.0 [4]	130.0	142.5	150.0	142.5 [4]	322.5	7	55.97	6325	16
5	MINA PAUL	01-01-1977	W B	40	66.64	0.175047	120.0	120.0	127.5	120.0 [4]	42.5	47.5	50.0	50.0 [5]	115.0	125.0	130.0	125.0 [5]	295.0	6	51.63	8865	22
6	PRADNYA DINDE	01-06-1978	MAH	35	68.44	0.172619	100.0	107.5	115.0	115.0 [6]	12.5	45.0	47.5	47.5 [7]	100.0	110.0	117.5	117.5 [6]	280.0	5	48.33	3320	24
7	SRILAKSHMI MARRI	01-08-1979	A P	42	67.20	0.174273	87.5	87.5	87.5	87.5 [7]	35.0	45.0	50.0	50.0 [6]	100.0	115.0	135.0	115.0 [7]	252.5	4	44.00	3933	27
Master 1 - 76kg																							
1	MANJUSHA S	22-03-1982	KER	53	73.32	0.166833	170.0	185.0	195.0	195.0 [1]	107.5	117.5	122.5	117.5 [1]	140.0	150.0	160.0	150.0 [2]	462.5	12	77.16	0263	2 
2	SUMITRA KAR	18-07-1977	W B	51	72.84	0.167356	150.0	165.0	175.0	175.0 [2]	70.0	85.0	95.0	85.0 [2]	150.0	150.0	162.5	162.5 [1]	422.5	9	70.70	7910	5
3	MOUSUMI TAKRI	19-05-1981	ODI	55	74.40	0.165691	120.0	140.0	140.0	140.0 [3]	75.0	80.0	80.0	75.0 [3]	110.0	120.0	125.0	125.0 [5]	340.0	8	56.33	4940	15
4	DEEPA K S	23-02-1978	KAR	50	74.60	0.165484	110.0	120.0	125.0	125.0 [6]	62.5	67.5	70.0	70.0 [4]	130.0	140.0	145.0	140.0 [4]	335.0	7	55.43	7140	18
5	REKHA SHARMA	01-03-1976	RAJ	54	73.10	0.167072	125.0	125.0	132.5	125.0 [5]	67.5	67.5	67.5	67.5 [5]	132.5	140.0	145.0	140.0 [3]	332.5	6	55.55	1440	17
6	KAMPA VARA LAKSHMI	01-07-1983	A P	56	71.60	0.168751	70.0	80.0	87.5	80.0 [7]	30.0	40.0	40.0	30.0 [7]	70.0	70.0	80.0	80.0 [6]	190.0	5	32.06	2690	33
-	AARTI VAIBHAV EKAD PATIL	08-01-1978	MAH	57	73.18	0.166985	110.0	115.0	130.0	130.0 [4]	45.0	47.5	50.0	47.5 [6]	110.0	110.0	110.0	-	-	-	-	-	
Master 1 - 84kg																							

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
1	MEENA SHARMA	01-01-1974	M P	31	62.22	0.181824	155.0	167.5	475.0	167.5 [1]	95.0	100.0	405.0	100.0 [1]	135.0	446.0	146.0	146.0 [1]	413.5	12	75.184224	1 🏆
2	INDIRA L	10-05-1967	KER	30	62.90	0.180698	120.0	130.0	440.0	130.0 [2]	50.0	60.0	60.0	50.0 [3]	130.0	145.0	450.0	145.0 [2]	325.0	9	58.726850	5
3	JACQUELINE BABITHA XAVIER	01-11-1971	TEL	32	62.92	0.180665	80.0	90.0	95.0	95.0 [3]	45.0	55.0	60.0	60.0 [2]	400.0	100.0	405.0	100.0 [3]	255.0	8	46.069575	12
4	SUSHMA SARULKAR	13-12-1972	MAH	33	61.92	0.182331	60.0	65.0	70.0	65.0 [4]	37.5	42.5	42.5	37.5 [4]	80.0	85.0	400.0	85.0 [4]	187.5	7	34.187063	19
Master 2 - 69kg																						
1	SANA MULLA	30-05-1975	MAH	43	68.50	0.172541	170.0	485.0	187.5	187.5 [1]	62.5	70.0	75.0	75.0 [2]	160.0	168.0	173.0	173.0 [1]	435.5	12	75.141606	2 🏆
2	SEEMA VERMA	01-06-1966	M P	46	66.86	0.174741	430.0	430.0	130.0	130.0 [2]	100.0	405.0	405.0	100.0 [1]	130.0	437.5	437.5	130.0 [2]	360.0	9	62.906760	4
3	CHITRA NAIDU	21-06-1975	M P	47	68.68	0.172309	420.0	425.0	125.0	125.0 [3]	50.0	57.5	62.5	57.5 [3]	442.5	117.5	422.5	117.5 [5]	300.0	8	51.692700	7
4	SANCHITA SARMA	18-09-1973	ASA	45	68.36	0.172724	85.0	95.0	100.0	100.0 [4]	45.0	47.5	47.5	45.0 [5]	112.5	120.0	425.0	120.0 [4]	265.0	7	45.771860	13
5	PERURI JYOTI VARMA	30-05-1973	A P	48	67.10	0.174410	85.0	97.5	402.5	85.0 [5]	40.0	50.0	55.0	50.0 [4]	105.0	117.5	125.0	125.0 [3]	260.0	6	45.346600	14
6	SHEEJA CP	11-01-1972	KER	44	67.12	0.174383	80.0	92.5	92.5	80.0 [6]	30.0	32.5	35.0	32.5 [6]	70.0	X	X	70.0 [6]	182.5	5	31.824898	20
Master 2 - 76kg																						
1	RUBY DAS	14-07-1972	MAH	61	72.46	0.167776	160.0	170.0	183.0	183.0 [1]	80.0	80.0	88.0	80.0 [2]	150.0	160.0	168.0	168.0 [1]	431.0	12	72.311456	3 🏆
2	CYNTHIA CUTINHA	21-07-1974	KAR	58	75.20	0.164873	425.0	125.0	435.0	125.0 [2]	57.5	62.5	62.5	62.5 [3]	110.0	115.0	120.0	120.0 [3]	307.5	9	50.698448	8
3	SUSHMA SHARMA	05-10-1973	CHN	62	74.44	0.165649	100.0	440.0	115.0	115.0 [3]	50.0	55.0	57.5	55.0 [5]	135.0	445.0	445.0	135.0 [2]	305.0	8	50.522945	9
4	RAKHI SARMA	31-12-1971	ASA	60	70.06	0.170577	95.0	405.0	110.0	110.0 [4]	52.5	57.5	60.0	57.5 [4]	100.0	110.0	447.5	110.0 [4]	277.5	7	47.335118	11
5	SWEETY SHARMA	28-12-1973	U P	59	75.86	0.164217	80.0	80.0	80.0	80.0 [5]	70.0	72.5	82.5	82.5 [1]	90.0	400.0	400.0	90.0 [5]	252.5	6	41.464793	16
Master 2 - 84kg																						
1	RAJNI MALIK	15-10-1975	DEL	71	76.32	0.163768	105.0	115.0	116.0	116.0 [1]	55.0	65.0	74.0	65.0 [1]	100.0	112.5	424.0	112.5 [1]	293.5	12	48.065908	10
2	ANCY JOSEPH	29-01-1967	KER	70	81.60	0.159115	80.0	95.0	405.0	95.0 [2]	35.0	35.0	40.0	35.0 [2]	80.0	105.0	445.0	105.0 [2]	235.0	9	37.392025	18
Master 2 - 84+Kg																						
1	SHEEJA PANACHI	02-05-1973	KER	76	85.02	0.156525	80.0	100.0	440.0	100.0 [1]	55.0	60.0	73.0	60.0 [1]	100.0	110.0	420.0	110.0 [1]	270.0	12	42.261750	15

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	MEENA SHARMA	M P	63kg	62.22	0.181824	413.5	75.184224
2	SANA MULLA	MAH	69kg	68.50	0.172541	435.5	75.141606
3	RUBY DAS	MAH	76kg	72.46	0.167776	431.0	72.311456

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	MADHYA PRADESH	38	12+9+9+8	230.492184
2	KERALA	35	12+9+9+5	170.205523
3	MAHARASHTRA	31	12+12+7	181.640125
4	ASSAM	14	7+7	93.106978
5	WEST BENGAL	12	12	56.862910
6	DELHI	12	12	48.065908
7	KARNATAKA	9	9	50.698448
8	CHANDIGARH	8	8	50.522945

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
9	TELANGANA	8	8	46.069575
10	ANDHRA PRADESH	6	6	45.346600
11	UTTAR PRADESH	6	6	41.464793

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
Master 3 - 57kg																						
1	MEENA SHRIVASTAVA	07-11-1963	M P	22	54.90	0.196359	35.0	45.0	45.0	45.0 [1]	20.0	25.0	30.0	25.0 [1]	40.0	55.0	65.0	65.0 [1]	135.0	12	26.508465	4
Master 3 - 69kg																						
1	MEERA RAZDAN	07-11-1958	M P	49	67.20	0.174273	40.0	55.0	60.0	60.0 [1]	25.0	30.0	35.0	35.0 [1]	90.0	105.0	115.0	115.0 [1]	210.0	12	36.597330	3 
Master 3 - 76kg																						
1	REENI THARAKAN	08-03-1960	KER	63	72.10	0.168180	70.0	80.0	80.0	70.0 [1]	40.0	42.5	46.0	42.5 [2]	400.0	407.5	107.5	107.5 [1]	220.0	12	36.999600	2 
2	DR. PURNA BHARDE	28-07-1958	MAH	64	69.10	0.171772	25.0	X	X	25.0 [2]	40.0	42.5	45.5	45.5 [1]	55.0	X	X	55.0 [2]	125.5	9	21.557386	5
Master 3 - 84+Kg																						
1	MARY BEENA	31-05-1965	KER	77	95.46	0.150204	120.0	125.0	130.0	130.0 [1]	65.0	70.0	72.5	72.5 [1]	140.0	145.0	147.5	147.5 [1]	350.0	12	52.571400	1 
2	MYASA RAMA DEVI	23-03-1963	TEL	78	99.54	0.148248	25.0	35.0	40.0	35.0 [2]	25.0	27.5	30.0	27.5 [2]	40.0	50.0	60.0	50.0 [2]	112.5	9	16.677900	6

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	MARY BEENA	KER	84+kg	95.46	0.150204	350.0	52.571400
2	REENI THARAKAN	KER	76kg	72.10	0.168180	220.0	36.999600
3	MEERA RAZDAN	M P	69kg	67.20	0.174273	210.0	36.597330

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	KERALA	24	12+12	89.571000
2	MADHYA PRADESH	24	12+12	63.105795
3	MAHARASHTRA	9	9	21.557386
4	TELANGANA	9	9	16.677900

Abbreviations:

A P = Andhra Pradesh ASA = Assam CHN = Chandigarh CHT = Chhattisgarh DEL = Delhi HAR = Haryana KAR = Karnataka KER = Kerala M P = Madhya Pradesh MAH = Maharashtra ODI = Odisha PUD = Puducherry RAJ = Rajasthan T N = Tamil Nadu TEL = Telangana U P = Uttar Pradesh VID = Vidarbha W B = West Bengal