

Powerlifting India
Federation Cup Equipped Powerlifting Championship 2025
Rait, Himachal Pradesh - 02-11-2025 to 05-11-2025
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
Open - 47kg																						
1	MANSI SANJAY HANDE	21-07-2004	MAH	15	43.40	0.233271	102.5	112.5	120.0	120.0 [1]	52.5	57.5	60.0	57.5 [1]	110.0	117.5	122.5	117.5 [1]	295.0	12	68.814945	18
2	MADIRA SHANOON	30-12-2005	A P	16	45.40	0.225038	110.0	115.0	120.0	120.0 [2]	45.0	50.0	52.5	52.5 [2]	110.0	120.0	125.0	110.0 [2]	282.5	9	63.573235	23
3	VARRI SUVARNA NAGA DURGA	08-05-2010	A P	13	42.20	0.238719	90.0	97.5	97.5	90.0 [4]	30.0	37.5	37.5	30.0 [5]	95.0	100.0	107.5	107.5 [3]	227.5	8	54.308573	29
4	SEJAL BELWALKAR	19-10-2010	MAH	12	35.70	0.277283	80.0	87.5	92.5	92.5 [3]	42.5	42.5	45.0	45.0 [3]	80.0	87.5	92.5	87.5 [4]	225.0	7	62.388675	24
5	SMRITI	29-05-2011	HP	11	39.30	0.253778	37.5	40.0	42.5	40.0 [5]	25.0	30.0	32.5	30.0 [4]	65.0	70.0	75.0	75.0 [5]	145.0	6	36.797810	31
Open - 52kg																						
1	ROHIT ANJANA B	01-10-1999	GUJ	18	49.40	0.211177	152.5	152.5	160.0	160.0 [1]	77.5	80.0	82.5	82.5 [2]	135.0	140.0	145.0	145.0 [2]	387.5	12	81.831088	5
2	SUSHMITA DESHMUKE	09-11-1997	MAH	17	50.00	0.209349	140.0	140.0	140.0	140.0 [3]	70.0	75.0	80.0	75.0 [3]	145.0	155.0	162.5	155.0 [1]	370.0	9	77.459130	9
3	PRANJALI NARAWADE	25-01-2003	MAH	21	51.60	0.204747	135.0	145.0	150.0	150.0 [2]	77.5	85.0	90.0	90.0 [1]	115.0	125.0	132.5	125.0 [3]	365.0	8	74.732655	13
4	SHRUTIKA PATIL	22-04-2010	MAH	19	50.70	0.207288	120.0	120.0	120.0	120.0 [4]	52.5	57.5	62.5	52.5 [4]	110.0	117.5	122.5	117.5 [4]	290.0	7	60.113520	25
Open - 57kg																						
1	NAINA KUMARI	04-08-2006	HAR	24	56.90	0.191892	152.5	160.0	160.0	160.0 [1]	70.0	75.0	75.0	70.0 [2]	155.0	162.5	170.0	162.5 [1]	392.5	12	75.317610	12
2	PREET KAUR	09-06-2007	PUN	23	56.90	0.191892	140.0	140.0	160.0	140.0 [2]	65.0	75.0	80.0	75.0 [1]	140.0	150.0	157.5	150.0 [2]	365.0	9	70.040580	16
Open - 63kg																						
1	JYOTI SINGH	01-01-1997	U P	26	61.70	0.182707	180.0	190.0	202.5	190.0 [1]	105.0	112.5	117.5	112.5 [1]	175.0	175.0	187.5	187.5 [1]	490.0	12	89.526430	2 
2	SAMRUDDHI DEOLEKAR	25-05-2001	MAH	25	60.70	0.184462	155.0	165.0	177.5	177.5 [2]	85.0	92.5	100.0	100.0 [2]	150.0	162.5	162.5	162.5 [2]	440.0	9	81.163280	7
3	JAGJOT KAUR	18-06-2007	PUN	27	59.60	0.186484	140.0	140.0	177.5	140.0 [3]	70.0	77.5	87.5	77.5 [3]	145.0	150.0	155.0	155.0 [3]	372.5	8	69.465290	17
Open - 69kg																						
1	PRERANA SALVI	31-08-2003	MAH	28	67.80	0.173463	205.0	215.0	225.0	225.0 [1]	107.5	112.5	115.0	115.0 [1]	175.0	182.5	190.0	190.0 [2]	530.0	12	91.935390	1 
2	RUTHRA R	12-02-2004	T N	32	68.70	0.172283	195.0	X	X	195.0 [2]	110.0	115.0	117.5	115.0 [2]	155.0	165.0	172.5	172.5 [3]	482.5	9	83.126548	3 
3	JASWINDER KOUR	06-07-1997	UTK	30	67.60	0.173731	160.0	177.5	185.0	185.0 [3]	75.0	87.5	92.5	87.5 [3]	160.0	160.0	167.5	167.5 [4]	440.0	8	76.441640	10
4	DEEPTHI RAJ B C	23-08-1999	T N	29	66.40	0.175384	155.0	170.0	182.5	170.0 [4]	60.0	100.0	100.0	60.0 [5]	180.0	192.5	200.0	192.5 [1]	422.5	7	74.099740	14
5	SALMA SHAIKH	29-07-1978	MAH	33	68.15	0.172999	135.0	145.0	155.0	155.0 [5]	75.0	82.5	90.0	82.5 [4]	142.5	155.0	167.5	155.0 [5]	392.5	6	67.902108	20
Open - 76kg																						
1	NIVEDITA KHARKAR	27-05-2002	MAH	34	75.90	0.164177	185.0	195.0	195.0	185.0 [1]	117.5	122.5	127.5	127.5 [1]	140.0	142.5	150.0	150.0 [3]	462.5	12	75.931863	11
2	SANTOSH KOUR	02-08-1995	UTK	37	74.40	0.165691	165.0	175.0	180.0	175.0 [2]	75.0	82.5	90.0	82.5 [3]	172.5	180.0	190.0	180.0 [1]	437.5	9	72.489813	15
3	SANGEETA	04-07-1983	UTK	39	72.30	0.167955	145.0	157.5	157.5	157.5 [3]	75.0	82.5	87.5	87.5 [2]	145.0	155.0	162.5	162.5 [2]	407.5	8	68.441663	19
Open - 84kg																						
1	ASHLESHA GUDEKAR.	03-01-1999	MAH	40	83.95	0.157303	200.0	200.0	200.0	200.0 [2]	100.0	110.0	117.5	117.5 [1]	170.0	182.5	202.5	202.5 [1]	520.0	12	81.797560	6
2	JYOTI	28-02-2002	HAR	41	81.90	0.158875	200.0	210.0	220.0	220.0 [1]	110.0	110.0	115.0	115.0 [2]	165.0	172.5	182.5	182.5 [2]	517.5	9	82.217813	4
3	SONAM	19-11-2007	PUN	42	82.90	0.158095	175.0	175.0	182.5	175.0 [3]	75.0	80.0	85.0	80.0 [4]	135.0	147.5	147.5	147.5 [4]	402.5	8	63.633238	22
4	FARHANAAZ ALTAFHUSSAIN PINJAR	20-07-2002	KAR	43	78.60	0.161652	140.0	160.0	180.0	160.0 [4]	60.0	70.0	80.0	80.0 [3]	150.0	160.0	167.5	160.0 [3]	400.0	7	64.660800	21
5	RAJNI MALIK	15-10-1975	DEL	44	76.10	0.163982	120.0	135.0	135.0	135.0 [5]	65.0	75.0	82.5	75.0 [5]	100.0	110.0	110.0	110.0 [5]	320.0	6	52.474240	30

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
Open - 84+Kg																						
1	RANGU VIRINCHI SWAPNIKA	31-12-2002	TEL	45	96.50	0.149682	230.0	245.0	245.0	230.0 [2]	110.0	117.5	122.5	122.5 [1]	470.0	170.0	187.5	187.5 [1]	540.0	12	80.828280	8
2	NAGAM GNANA DIVYA	12-05-2005	A P	49	102.50	0.146974	190.0	X	X	190.0 [3]	60.0	65.0	67.5	65.0 [3]	150.0	160.0	160.0	150.0 [3]	405.0	9	59.524470	26
3	AVLEEN KAUR	24-07-2009	PUN	48	85.70	0.156044	175.0	175.0	190.0	175.0 [4]	50.0	52.5	82.5	50.0 [4]	130.0	145.0	150.0	145.0 [4]	370.0	8	57.736280	27
4	MANISHA PRAJAPAT	03-06-1992	RAJ	46	96.00	0.149931	100.0	115.0	130.0	130.0 [5]	70.0	80.0	87.5	87.5 [2]	130.0	142.5	150.0	150.0 [2]	367.5	7	55.099643	28
-	JAGREET KAUR	03-02-2006	PUN	50	90.30	0.153063	220.0	235.0	245.0	245.0 [1]	400.0	440.0	440.0	-	X	X	X	-	-	-	-	

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	PRERANA SALVI	MAH	69kg	67.80	0.173463	530.0	91.935390
2	JYOTI SINGH	U P	63kg	61.70	0.182707	490.0	89.526430
3	RUTHRA R	T N	69kg	68.70	0.172283	482.5	83.126548

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	57	12+12+12+12+9	399.643038
2	PUNJAB	33	9+8+8+8	260.875388
3	ANDHRA PRADESH	26	9+9+8	177.406278
4	UTTARAKHAND	25	9+8+8	217.373116
5	HARYANA	21	12+9	157.535423
6	TAMIL NADU	16	9+7	157.226288
7	UTTAR PRADESH	12	12	89.526430
8	GUJARAT	12	12	81.831088
9	TELANGANA	12	12	80.828280
10	KARNATAKA	7	7	64.660800
11	RAJASTHAN	7	7	55.099643
12	DELHI	6	6	52.474240
13	HIMACHAL PRADESH	6	6	36.797810

Abbreviations:

A P = Andhra Pradesh DEL = Delhi GUJ = Gujarat HAR = Haryana HP = Himachal Pradesh KAR = Karnataka MAH = Maharashtra PUN = Punjab RAJ = Rajasthan T N = Tamil Nadu TEL = Telangana U P = Uttar Pradesh UTK = Uttarakhand