

Powerlifting India
National Bench Press Championship 2025-26 (Differently abled)
Faridabad, Haryana - 07-01-2026 to 11-01-2026
Final Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Open - 59kg													
1	PARMAR ASHOK KUMAR	20-09-1986	GUJ	15	58.20	0.608018	90.0	100.0	105.0	105.0	12	63.841890	4
2	PARSHIKA PANDU RAJU	16-01-2006	TEL	12	54.40	0.631483	80.0	90.0	102.5	102.5	9	64.727008	3 
3	ARJUN SOLANKI	26-08-2004	RAJ	11	44.60	0.706850	92.5	97.5	405.0	97.5	8	68.917875	1 
4	VIVEK KAMBLE	14-11-1983	MAH	1	57.30	0.613337	65.0	67.5	75.0	75.0	7	46.000275	10
5	HARISH BABURAO ALHAT	16-12-1972	MAH	13	59.00	0.603406	45.0	50.0	65.0	65.0	6	39.221390	12
6	SAHIL KUMAR	15-07-2006	CHT	14	52.60	0.643584	25.0	30.0	32.5	30.0	5	19.307520	17
Open - 66kg													
1	KRUSHNA ARGADE	21-09-2002	MAH	2	65.60	0.569092	102.5	110.0	115.0	115.0	12	65.445580	2 
2	CHANDAN KUMAR	26-12-1976	DEL	16	63.50	0.579338	95.0	102.5	405.0	102.5	9	59.382145	5
3	KISHAN LAL	11-02-1995	CHT	18	65.30	0.570520	75.0	80.0	80.0	75.0	8	42.789000	11
4	TIKAM SINGH SORI	01-11-1995	CHT	17	59.30	0.601704	45.0	50.0	50.0	50.0	7	30.085200	16
Open - 74kg													
1	JAIPAL RAJARAM	08-10-1988	MAH	19	73.60	0.534838	80.0	90.0	95.0	95.0	12	50.809610	9
2	ROSHAN ALVA	05-01-2001	KAR	20	69.60	0.551089	55.0	70.0	90.0	70.0	9	38.576230	13
Open - 83kg													
1	SANOJ RATHORE	15-04-1992	DEL	23	83.00	0.502293	100.0	107.5	440.0	107.5	12	53.996498	7
2	SUNIL LAHANE	02-04-1988	MAH	22	80.20	0.511253	55.0	65.0	75.0	75.0	9	38.343975	14
Open - 93kg													
1	DEV	16-08-2006	HAR	24	87.90	0.487897	80.0	95.0	105.0	105.0	12	51.229185	8
2	ASHISH BILGHENGA	01-10-1978	M P	26	93.00	0.474440	70.0	80.0	90.0	80.0	9	37.955200	15
Open - 105kg													
1	PRAKASH GAJRA	06-05-1977	MAH	25	93.10	0.474190	110.0	115.0	117.5	117.5	12	55.717325	6

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ARJUN SOLANKI	RAJ	59kg	44.60	0.706850	97.5	68.917875
2	KRUSHNA ARGADE	MAH	66kg	65.60	0.569092	115.0	65.445580
3	PARSHIKA PANDU RAJU	TEL	59kg	54.40	0.631483	102.5	64.727008

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	MAHARASHTRA	52	12+12+12+9+7	256.316765

Team Championship - Open					
Place		Team	Points	Best Points	IPF GL Points
2	DELHI		21	12+9	113.378643
3	CHHATTISGARH		20	8+7+5	92.181720
4	GUJARAT		12	12	63.841890
5	HARYANA		12	12	51.229185
6	TELANGANA		9	9	64.727008
7	KARNATAKA		9	9	38.576230
8	MADHYA PRADESH		9	9	37.955200
9	RAJASTHAN		8	8	68.917875

Abbreviations:

CHT = Chhattisgarh DEL = Delhi GUJ = Gujarat HAR = Haryana KAR = Karnataka M P = Madhya Pradesh MAH = Maharashtra RAJ = Rajasthan TEL = Telangana