

# MP Powerlifting Association Records

## MASTER 1

### Mens(Equipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
59kg	RAJESH SUKHRAWARE	Bhopal District	56.9	592.5	15-04-2023
66kg	ROHIT BORASI	Indore Corporation	63.35	285	15-04-2023
74kg	AAFTAB ALI	Jabalpur	72	487.5	15-04-2023
83kg	GAJENDRA AWASTHI	Indore Corporation	81.4	417.5	15-04-2023
93kg	DEVENDRA MISHRA	Shadol	90300	560	15-04-2023
105kg	VED PRAKASH	Jabalpur	99.7	665	15-04-2023
120+kg	YOGENDRA HARDIYA	Indore District	125	507.5	15-04-2023

### Mens(Equipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
59kg	RAJESH SUKHRAWARE	Bhopal District	56.9	592.5	15-04-2023
66kg	LAXMAN PRASAD GAUTAM	Bhopal Corporation	65.9	477.5	15-04-2023
74kg	AAFTAB ALI	Jabalpur	72	487.5	15-04-2023
83kg	GAJENDRA AWASTHI	Indore Corporation	81.4	417.5	15-04-2023
93kg	AVINASH DUBEY	Katni District	91.4	577.5	15-04-2023
105kg	VED PRAKASH	Jabalpur	99.7	665	15-04-2023
120+kg	YOGENDRA HARDIYA	Indore District	125	507.5	15-04-2023

### Mens(Equipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
59kg	RAJESH SUKHRAWARE	Bhopal District	56.9	592.5	15-04-2023
66kg	LAXMAN PRASAD GAUTAM	Bhopal Corporation	65.9	477.5	15-04-2023
74kg	AAFTAB ALI	Jabalpur	72	487.5	15-04-2023
83kg	GAJENDRA AWASTHI	Indore Corporation	81.4	417.5	15-04-2023
93kg	AVINASH DUBEY	Katni District	91.4	577.5	15-04-2023
105kg	VED PRAKASH	Jabalpur	99.7	665	15-04-2023
120+kg	YOGENDRA HARDIYA	Indore District	125	507.5	15-04-2023

### Mens(Equipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
59kg	RAJESH SUKHRAWARE	Bhopal District	56.9	592.5	15-04-2023
66kg	DEVENDRA SINGH DIWAN	Bhopal Corporation	64.3	560	15-04-2023
74kg	AAFTAB ALI	Jabalpur	72	487.5	15-04-2023
83kg	GAJENDRA AWASTHI	Indore Corporation	81.4	417.5	15-04-2023
93kg	AVINASH DUBEY	Katni District	91.4	577.5	15-04-2023
105kg	VED PRAKASH	Jabalpur	99.7	665	15-04-2023
120+kg	YOGENDRA HARDIYA	Indore District	125	507.5	15-04-2023

## MASTER 1

### Mens(Unequipped)

### Squat

Category	Name	Unit	Body Wt.	Result	Date
66kg	HARVENDRA KUMAR	Jabalpur	63.4	275	30-03-2023
74kg	AAFTAB ALI	Jabalpur	73.91	422.5	30-03-2023
83kg	JITENRA ASNANI	Bhopal Corporation	82.6	480	30-03-2023
93kg	RAMAN MISHRA	Indore District	92.1	215	30-03-2023
105kg	BHUPENDRA KUMAR SONI	Jabalpur	94.5	465	30-03-2023
120+kg	YOGENDRA HARDIYA	Indore District	123.8	445	30-03-2023

### Mens(Unequipped)

### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
66kg	DEEPAK MEHRA	Ratlam	65.1	350	30-03-2023
74kg	AAFTAB ALI	Jabalpur	73.91	422.5	30-03-2023
83kg	SAMEER SHARMA	Indore District	80.7	342.5	30-03-2023
93kg	ATUL SAXENA	Bhopal Corporation	83.2	377.5	30-03-2023
105kg	RAJENDRA PRAJAPATI	Ujjain	96.6	465	30-03-2023
120+kg	YOGENDRA HARDIYA	Indore District	123.8	445	30-03-2023

### Mens(Unequipped)

### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
66kg	AMIT GEHLOT	Ujjain	63.5	355	30-03-2023
74kg	BHERU LAL GHOOSER	Bhopal District	72.6	415	30-03-2023
83kg	JITENRA ASNANI	Bhopal Corporation	82.6	480	30-03-2023
93kg	RAMAN MISHRA	Indore District	92.1	215	30-03-2023
105kg	BHUPENDRA KUMAR SONI	Jabalpur	94.5	465	30-03-2023
120+kg	YOGENDRA HARDIYA	Indore District	123.8	445	30-03-2023

### Mens(Unequipped)

**All**

Category	Name	Unit	Body Wt.	Result	Date
66kg	AMIT GEHLOT	Ujjain	63.5	355	30-03-2023
74kg	AAFTAP ALI	Jabalpur	73.91	422.5	30-03-2023
83kg	JITENRA ASNANI	Bhopal Corporation	82.6	480	30-03-2023
93kg	DEVENDRA KUMAR MISHRA	Shadol	88.8	492.5	30-03-2023
105kg	BHUPENDRA KUMAR SONI	Jabalpur	94.5	465	30-03-2023
120+kg	YOGENDRA HARDIYA	Indore District	123.8	445	30-03-2023