

MP Powerlifting Association Records

MASTER 3

Mens(Equipped)

Squat

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------|--------------------|----------|--------|------------|
| 74kg | ASHOK KUMAR TIWARI | Bhopal Corporation | 71.35 | 295 | 15-04-2023 |
| 83kg | UDAI PRATAP SINGH | Bhopal Corporation | 76.4 | 330 | 15-04-2023 |
| 93kg | SHRIRAM TARE | Indore Corporation | 83.4 | 300 | 15-04-2023 |

Mens(Equipped)

Bench Press

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------|--------------------|----------|--------|------------|
| 74kg | ASHOK KUMAR TIWARI | Bhopal Corporation | 71.35 | 295 | 15-04-2023 |
| 83kg | UDAI PRATAP SINGH | Bhopal Corporation | 76.4 | 330 | 15-04-2023 |
| 93kg | SHRIRAM TARE | Indore Corporation | 83.4 | 300 | 15-04-2023 |

Mens(Equipped)

Dead Lift

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------|--------------------|----------|--------|------------|
| 74kg | ASHOK KUMAR TIWARI | Bhopal Corporation | 71.35 | 295 | 15-04-2023 |
| 83kg | UDAI PRATAP SINGH | Bhopal Corporation | 76.4 | 330 | 15-04-2023 |
| 93kg | SHRIRAM TARE | Indore Corporation | 83.4 | 300 | 15-04-2023 |

Mens(Equipped)

All

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------|--------------------|----------|--------|------------|
| 74kg | ASHOK KUMAR TIWARI | Bhopal Corporation | 71.35 | 295 | 15-04-2023 |
| 83kg | UDAI PRATAP SINGH | Bhopal Corporation | 76.4 | 330 | 15-04-2023 |
| 93kg | SHRIRAM TARE | Indore Corporation | 83.4 | 300 | 15-04-2023 |

MASTER 3

Mens(Unequipped)

Squat

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------------|--------------------|----------|--------|------------|
| 66kg | RAMESH CHANDRA NAMDEV | Indore Corporation | 65.5 | 180 | 30-03-2023 |
| 74kg | RAVINDRA SINGH NEEL | Ujjain | 72.92 | 55 | 30-03-2023 |

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|--------------------|--------------------|----------|--------|------------|
| 83kg | SHRIRAM TARE | Indore Corporation | 82.1 | 300 | 30-03-2023 |
| 93kg | SANJIV RAZDAN | Indore Corporation | 91.4 | 462.5 | 30-03-2023 |
| 105kg | MANOHAR LAL SEN | Sagar | 101.1 | 235 | 30-03-2023 |

Mens(Unequipped)

Bench Press

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|----------------------------|--------------------|----------|--------|------------|
| 66kg | GURU CHARAN SHRIVASTAVA | Jabalpur | 59.14 | 90 | 30-03-2023 |
| 74kg | RAVINDRA SINGH NEEL | Ujjain | 72.92 | 55 | 30-03-2023 |
| 83kg | U P SINGH | Bhopal Corporation | 75.6 | 82.5 | 30-03-2023 |
| 93kg | SANJIV RAZDAN | Indore Corporation | 91.4 | 462.5 | 30-03-2023 |
| 105kg | MANOHAR LAL SEN | Sagar | 101.1 | 235 | 30-03-2023 |

Mens(Unequipped)

Dead Lift

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------------|--------------------|----------|--------|------------|
| 66kg | RAMESH CHANDRA NAMDEV | Indore Corporation | 65.5 | 180 | 30-03-2023 |
| 74kg | RAVINDRA SINGH NEEL | Ujjain | 72.92 | 55 | 30-03-2023 |
| 83kg | ANURAG DHANYABAD | Jabalpur | 77.6 | 280 | 30-03-2023 |
| 93kg | SANJIV RAZDAN | Indore Corporation | 91.4 | 462.5 | 30-03-2023 |
| 105kg | MANOHAR LAL SEN | Sagar | 101.1 | 235 | 30-03-2023 |

Mens(Unequipped)

All

| Category | Name | Unit | Body Wt. | Result | Date |
|----------|-----------------------------|--------------------|----------|--------|------------|
| 66kg | RAMESH CHANDRA NAMDEV | Indore Corporation | 65.5 | 180 | 30-03-2023 |
| 74kg | RAVINDRA SINGH NEEL | Ujjain | 72.92 | 55 | 30-03-2023 |
| 83kg | SHRIRAM TARE | Indore Corporation | 82.1 | 300 | 30-03-2023 |
| 93kg | SANJIV RAZDAN | Indore Corporation | 91.4 | 462.5 | 30-03-2023 |
| 105kg | MANOHAR LAL SEN | Sagar | 101.1 | 235 | 30-03-2023 |