

# MP Powerlifting Association Records

## OPEN

### Mens(Equipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
59kg	AMAN SINGH	Rewa District	58.6	120	21-08-2024
66kg	SAVID KHAN	Mureena	62.3	90	21-08-2024
74kg	ABHIJEET KARADW	Indore Corporation	68	0	31-01-2023
83kg	RAVI MALI	Ujjain	78.4	157.5	21-08-2024
93kg	MOHMMAD TANVEER HUSSAIN	Ujjain	92.34	165	21-08-2024
105kg	PRAMEESH SINGH	Rewa District	104.3	227.5	21-08-2024
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	SHAHBAZ KHAN	Bhopal District	107.6	180	21-08-2024

### Mens(Equipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
59kg	PRANJAL RATHORE	Jabalpur	57.66	150	21-08-2024
66kg	SAVID KHAN	Mureena	62.3	90	21-08-2024
74kg	YOGESHWAR BAIRAGI	Indore Corporation	72.56	97.5	21-08-2024
83kg	RAVI MALI	Ujjain	78.4	157.5	21-08-2024
93kg	PRATIK MISHRA	BHOPAL DISTRICT	92.3	225	29-10-2022
105kg	PRAMEESH SINGH	Rewa District	104.3	227.5	21-08-2024
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	KULDEEP DANDOTIYA	MORENA DISTRICT	112.12	90	29-10-2022

### Mens(Equipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
59kg	AMAN SINGH	Rewa District	58.6	120	21-08-2024
66kg	SAVID KHAN	Mureena	62.3	90	21-08-2024
74kg	ABHIJEET KARADW	Indore Corporation	68	0	31-01-2023
83kg	RAVI MALI	Ujjain	78.4	157.5	21-08-2024
93kg	MOHMMAD TANVEER HUSSAIN	Ujjain	92.34	165	21-08-2024
105kg	PRAMEESH SINGH	Rewa District	104.3	227.5	21-08-2024
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	SHAHBAZ KHAN	Bhopal District	107.6	180	21-08-2024

### Mens(Equipped)

**All**

Category	Name	Unit	Body Wt.	Result	Date
59kg	PRANJAL RATHORE	Jabalpur	57.66	150	21-08-2024
66kg	LUCKY PATEL	JABALPUR CORPORATION	64.72	150	29-10-2022
74kg	S.TANDULE	Jabalpur	73.7	180	21-08-2024
83kg	RAVI MALI	Ujjain	78.4	157.5	21-08-2024
93kg	PRATIK MISHRA	BHOPAL DISTRICT	92.3	225	29-10-2022
105kg	PRAMEESH SINGH	Rewa District	104.3	227.5	21-08-2024
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	SHAHBAZ KHAN	Bhopal District	107.6	180	21-08-2024

**OPEN****Mens(Unequipped)****Squat**

Category	Name	Unit	Body Wt.	Result	Date
59kg	SANJIT BHAWSAR	Dhar	59	300	30-03-2023
66kg	DEEPAK UIKEY	Chindwada	66	505	30-03-2023
74kg	TARUN SHRIVASTAVA	Bina	72.58	0	21-08-2024
83kg	AMIT VISHWAKARMA	Bhopal Corporation	77.4	512.5	30-03-2023
93kg	AYUSH MISHRA	Shadol	57.6	305	30-03-2023
105kg	PRAMEESH SINGH	Rewa District	103.8	702.5	30-03-2023
120+ kg	PARITESH PAL	Indore Corporation	151	675	30-03-2023
120kg	MAYANK JOSHI	Ujjain	110	695	30-03-2023

**Mens(Unequipped)****Bench Press**

Category	Name	Unit	Body Wt.	Result	Date
59kg	RAJESH RICHARIYA	Bhopal District	58.86	97.5	30-03-2023
66kg	CHITRANSH YADAV	Itarsi	62.9	95	21-08-2024
74kg	TARUN SHRIVASTAVA	Bina	72.58	0	21-08-2024
83kg	ASHOK AHIRWAR	Bhopal District	79.7	387.5	30-03-2023
93kg	SHARVAN GURJAR	Indore Corporation	89.7	485	30-03-2023
105kg	BUDDHADEV SINHA	Indore Corporation	104	692.5	30-03-2023
120+ kg	PARITESH PAL	Indore Corporation	151	185	30-03-2023
120kg	SUDARSHAN TIWARI	Indore Corporation	119.95	692.5	30-03-2023

**Mens(Unequipped)****Dead Lift**

Category	Name	Unit	Body Wt.	Result	Date
59kg	HARIOM AGALCHA	Dhar	49.4	172.5	30-03-2023
66kg	AMAN RATHORE	Sehore	65.4	507.5	30-03-2023
74kg	TARUN SHRIVASTAVA	Bina	72.58	0	21-08-2024
83kg	ANUBHAV SHUKLA	Ujjain	81.5	532.5	30-03-2023

Category	Name	Unit	Body Wt.	Result	Date
93kg	RAVI PAL	Panna	87	565	30-03-2023
105kg	ANIL JAT	Narsullaganj	104.85	697.5	30-03-2023
120+ kg	APOORV DUBEY	Indore Corporation	132.7	730	30-03-2023
120kg	MAYANK JOSHI	Ujjain	110	695	30-03-2023

### Mens(Unequipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
59kg	DHRUVRAJ KURE	Bhopal District	58.9	510	30-03-2023
66kg	AMAN RATHORE	Sehore	65.4	507.5	30-03-2023
74kg	SUNIL MISHRA	Ratlam	71.09	532.5	30-03-2023
83kg	ANUBHAV SHUKLA	Ujjain	81.5	532.5	30-03-2023
93kg	RAVI PAL	Panna	87	565	30-03-2023
105kg	PRAMEESH SINGH	Rewa District	103.8	702.5	30-03-2023
120kg	MAYANK JOSHI	Ujjain	110	695	30-03-2023
120+ kg	APOORV DUBEY	Indore Corporation	132.7	730	30-03-2023