

# MP Powerlifting Association Records

## OPEN

### Mens(Equipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
59kg	PRANJAL RATHORE	Jabalpur	56	0	21-08-2024
66kg	LUCKY PATEL	JABALPUR CORPORATION	64.72	150	29-10-2022
74kg	ABHIJEET KARADW	Indore Corporation	68	0	31-01-2023
93kg	PRATIK MISHRA	BHOPAL DISTRICT	92.3	225	29-10-2022
105kg	VED PRAKASH	JABALPUR CORPORATION	101.32	190	29-10-2022
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	MONISH CHAKRAVARTI	JABALPUR CORPORATION	112.22	180	29-10-2022

### Mens(Equipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
59kg	PRANJAL RATHORE	Jabalpur	56	0	21-08-2024
66kg	LUCKY PATEL	JABALPUR CORPORATION	64.72	150	29-10-2022
74kg	ALEX V MINJ	BHOPAL DISTRICT	72.34	165	29-10-2022
93kg	PRATIK MISHRA	BHOPAL DISTRICT	92.3	225	29-10-2022
105kg	VED PRAKASH	JABALPUR CORPORATION	101.32	190	29-10-2022
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	PRANJAL RATHORE	Jabalpur	56	0	21-08-2024
66kg	LUCKY PATEL	JABALPUR CORPORATION	64.72	150	29-10-2022
74kg	ABHIJEET KARADW	Indore Corporation	68	0	31-01-2023
93kg	PRATIK MISHRA	BHOPAL DISTRICT	92.3	225	29-10-2022
105kg	VED PRAKASH	JABALPUR CORPORATION	101.32	190	29-10-2022
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	MONISH CHAKRAVARTI	JABALPUR CORPORATION	112.22	180	29-10-2022

## Mens(Equipped)

### All

Category	Name	Unit	Body Wt.	Result	Date
59kg	RAJESH SUKHRWARE	BHOPAL DISTRICT	56.1	145	29-10-2022
66kg	LUCKY PATEL	JABALPUR CORPORATION	64.72	150	29-10-2022
74kg	ALEX V MINJ	BHOPAL DISTRICT	72.34	165	29-10-2022
93kg	PRATIK MISHRA	BHOPAL DISTRICT	92.3	225	29-10-2022
105kg	VED PRAKASH	JABALPUR CORPORATION	101.32	190	29-10-2022
120+ kg	PARITESH PAL	INDORE CORPORATION	148.72	215	29-10-2022
120kg	MONISH CHAKRAVARTI	JABALPUR CORPORATION	112.22	180	29-10-2022

## 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	SUNIL MISHRA	Ratlam	71.09	532.5	30-03-2023
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	AKASH MANJHI	Shadol	64.3	380	30-03-2023
74kg	YUVRAJ JAISWAL	Shadol	70.3	400	30-03-2023
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	SUNIL MISHRA	Ratlam	71.09	532.5	30-03-2023
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
120+ kg	APOORV DUBEY	Indore Corporation	132.7	730	30-03-2023
120kg	MAYANK JOSHI	Ujjain	110	695	30-03-2023