

MP Powerlifting Association Records

JUNIOR

Womens(Equipped)

Squat

Category	Name	Unit	Body Wt.	Result	Date
43kg	SWETA RAJPUT	Jabalpur	42.95	240	15-04-2023
47kg	KHUSHI KAG	SHRI RAM GYM KHAJRANA	45.9	202.5	21-04-2024
52kg	SARITA KUMARI	Jabalpur	51.95	312.5	15-04-2023
57kg	RIYA KALYANE	Bhopal District	56.05	392.5	15-04-2023
63kg	PRIYA KALYANE	Bhopal District	58.45	410	15-04-2023
69kg	ADITI BAIRAGI	Chindwada	68.4	395	15-04-2023
84+kg	MEGHA NAYAK	Bhopal District	104.35	495	15-04-2023
84kg	SONAL SINGH CHANDEL	Bhopal Corporation	84	375	15-04-2023

Womens(Equipped)

Bench Press

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Womens(Unequipped)

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Category	Name	Unit	Body Wt.	Result	Date
43kg	SWETA RAJPUT	Jabalpur	42.18	210	30-03-2023
47kg	SHUBHANJALI JHA	Bhopal Corporation	46.44	185	30-03-2023
52kg	RAGSHREE KORI	Jabalpur	51.52	245	30-03-2023
57kg	SNA KHAN	Shivpuri District	56.9	255	30-03-2023
63kg	AYUSHI VERMA	Indore Corporation	61.38	322.5	30-03-2023
69kg	NIKITA YOGI	Sagar	68.81	265	30-03-2023
72kg	POOJA SOLANKI	Dhar	71.97	250	30-03-2023
84+kg	YASHIKA SHARMA	Jabalpur	91.43	360	30-03-2023
84kg	NEHA SAHU	Rewa District	81.21	297.5	30-03-2023

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