

MP Powerlifting Association Records

MASTER 1

Womens(Equipped)

Squat

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	46.8	277.5	15-04-2023
57kg	BHARTI MARKAM	Bhopal Corporation	56.95	180	15-04-2023
63kg	MEENA SHARMA	Indore District	62	385	15-04-2023
69kg	CHITRA NAIDU	Jabalpur	66.7	302.5	15-04-2023
76kg	SAPNA KHATRI	Indore Corporation	75	267.5	15-04-2023
84kg	SANGEETA SAHARE	Chindwada	76.55	220	15-04-2023

Womens(Equipped)

Bench Press

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	46.8	277.5	15-04-2023
57kg	BHARTI MARKAM	Bhopal Corporation	56.95	180	15-04-2023
63kg	MEENA SHARMA	Indore District	62	385	15-04-2023
69kg	CHITRA NAIDU	Jabalpur	66.7	302.5	15-04-2023
76kg	SAPNA KHATRI	Indore Corporation	75	267.5	15-04-2023
84kg	SANGEETA SAHARE	Chindwada	76.55	220	15-04-2023

Womens(Equipped)

Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	46.8	277.5	15-04-2023
57kg	BHARTI MARKAM	Bhopal Corporation	56.95	180	15-04-2023
63kg	MEENA SHARMA	Indore District	62	385	15-04-2023
69kg	CHITRA NAIDU	Jabalpur	66.7	302.5	15-04-2023
76kg	SAPNA KHATRI	Indore Corporation	75	267.5	15-04-2023
84kg	SANGEETA SAHARE	Chindwada	76.55	220	15-04-2023

Womens(Equipped)

All

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	46.8	277.5	15-04-2023
57kg	BHARTI MARKAM	Bhopal Corporation	56.95	180	15-04-2023
63kg	MEENA SHARMA	Indore District	62	385	15-04-2023
69kg	CHITRA NAIDU	Jabalpur	66.7	302.5	15-04-2023
76kg	SAPNA KHATRI	Indore Corporation	75	267.5	15-04-2023
84kg	SANGEETA SAHARE	Chindwada	76.55	220	15-04-2023

MASTER 1**Womens(Unequipped)****Squat**

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	45.15	237.5	30-03-2023
52kg	VIMLA PATEL	Jabalpur	49.43	152.5	30-03-2023
57kg	RASHMI RAWAT	Sagar	53.26	152.5	30-03-2023
63kg	MEENA SHARMA	Indore District	62.57	327.5	30-03-2023
69kg	CHITRA NAIDU	Jabalpur	65.88	250	30-03-2023
76kg	SUNITA PANCH	Jabalpur	72.8	287.5	30-03-2023
84+kg	ROSHNI G NAIR	Jabalpur	98.15	230	30-03-2023
84kg	RENU ASNANI	Bhopal Corporation	82.56	297.5	30-03-2023

Womens(Unequipped)**Bench Press**

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	45.15	237.5	30-03-2023
52kg	VIMLA PATEL	Jabalpur	49.43	152.5	30-03-2023
57kg	RASHMI RAWAT	Sagar	53.26	152.5	30-03-2023
63kg	MEENA SHARMA	Indore District	62.57	327.5	30-03-2023
69kg	CHITRA NAIDU	Jabalpur	65.88	250	30-03-2023
76kg	SUNITA PANCH	Jabalpur	72.8	287.5	30-03-2023
84+kg	ROSHNI G NAIR	Jabalpur	98.15	230	30-03-2023
84kg	RENU ASNANI	Bhopal Corporation	82.56	297.5	30-03-2023

Womens(Unequipped)**Dead Lift**

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	45.15	237.5	30-03-2023
52kg	VIMLA PATEL	Jabalpur	49.43	152.5	30-03-2023
57kg	RASHMI RAWAT	Sagar	53.26	152.5	30-03-2023
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76kg	SUNITA PANCH	Jabalpur	72.8	287.5	30-03-2023
84+kg	ROSHNI G NAIR	Jabalpur	98.15	230	30-03-2023
84kg	RENU ASNANI	Bhopal Corporation	82.56	297.5	30-03-2023

Womens(Unequipped)**All**

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	Jabalpur	45.15	237.5	30-03-2023
52kg	VIMLA PATEL	Jabalpur	49.43	152.5	30-03-2023
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84+kg	ROSHNI G NAIR	Jabalpur	98.15	230	30-03-2023