

# MP Powerlifting Association Records

## MASTER 2

### Womens(Equipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
57kg	POOJA MALVIYA	Itarsi	55.49	42.5	21-08-2024
63kg	SEEMA VERMA	Bhopal Corporation	61.2	97.5	21-08-2024
69kg	SANJU BAGHEL	Indore District	65.6	217.5	15-04-2023
76kg	RENUKA NIGAM	Bhopal Corporation	73.44	40	21-08-2024
84+kg	SANTWANA SHARMA	Indore Corporation	84.05	207.5	15-04-2023

### Womens(Equipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
57kg	POOJA MALVIYA	Itarsi	55.49	42.5	21-08-2024
63kg	SEEMA VERMA	Bhopal Corporation	61.2	97.5	21-08-2024
69kg	SANJU BAGHEL	Indore District	65.6	217.5	15-04-2023
76kg	RENUKA NIGAM	Bhopal Corporation	73.44	40	21-08-2024
84+kg	SANTWANA SHARMA	Indore Corporation	84.05	207.5	15-04-2023

### Womens(Equipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
57kg	POOJA MALVIYA	Itarsi	55.49	42.5	21-08-2024
63kg	SEEMA VERMA	Bhopal Corporation	61.2	97.5	21-08-2024
69kg	SANJU BAGHEL	Indore District	65.6	217.5	15-04-2023
76kg	RENUKA NIGAM	Bhopal Corporation	73.44	40	21-08-2024
84+kg	SANTWANA SHARMA	Indore Corporation	84.05	207.5	15-04-2023

### Womens(Equipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
57kg	POOJA MALVIYA	Itarsi	55.49	42.5	21-08-2024
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84+kg	SANTWANA SHARMA	Indore Corporation	84.05	207.5	15-04-2023

## MASTER 2

### Womens(Unequipped)

#### Squat

Category	Name	Unit	Body Wt.	Result	Date
63kg	POOJA MALVIYA	Itarsi	58.77	165	30-03-2023

Category	Name	Unit	Body Wt.	Result	Date
69kg	GEETA CHOUHAN	Indore Corporation	65.5	57.5	21-08-2024
76kg	SHIVKANYA GUPTA	Indore Corporation	72.82	190	30-03-2023
84+kg	SANTWANA SHARMA	Indore Corporation	84	202.5	30-03-2023

### Womens(Unequipped)

#### Bench Press

Category	Name	Unit	Body Wt.	Result	Date
63kg	POOJA MALVIYA	Itarsi	58.77	165	30-03-2023
69kg	GEETA CHOUHAN	Indore Corporation	65.5	57.5	21-08-2024
76kg	SHIVKANYA GUPTA	Indore Corporation	72.82	190	30-03-2023
84+kg	SANTWANA SHARMA	Indore Corporation	84	202.5	30-03-2023

### Womens(Unequipped)

#### Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
63kg	POOJA MALVIYA	Itarsi	58.77	165	30-03-2023
69kg	GEETA CHOUHAN	Indore Corporation	65.5	57.5	21-08-2024
76kg	SHIVKANYA GUPTA	Indore Corporation	72.82	190	30-03-2023
84+kg	SANTWANA SHARMA	Indore Corporation	84	202.5	30-03-2023

### Womens(Unequipped)

#### All

Category	Name	Unit	Body Wt.	Result	Date
63kg	POOJA MALVIYA	Itarsi	58.77	165	30-03-2023
69kg	GEETA CHOUHAN	Indore Corporation	65.5	57.5	21-08-2024
76kg	SHIVKANYA GUPTA	Indore Corporation	72.82	190	30-03-2023
84+kg	SANTWANA SHARMA	Indore Corporation	84	202.5	30-03-2023