

MP Powerlifting Association Records

MASTER 3

Womens(Equipped)

Squat

Category	Name	Unit	Body Wt.	Result	Date
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Womens(Equipped)

Bench Press

Category	Name	Unit	Body Wt.	Result	Date
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Womens(Equipped)

Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
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Womens(Equipped)

All

Category	Name	Unit	Body Wt.	Result	Date
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MASTER 3

Womens(Unequipped)

Squat

Category	Name	Unit	Body Wt.	Result	Date
63kg	SUNITA MALVIYA	Indore Corporation	59.9	40	21-08-2024
69kg	MEERA RAZDAN	Indore Corporation	68.33	210	30-03-2023
84kg	RATNESH KULSHRETHA	Bhopal District	76.96	27.5	30-03-2023

Womens(Unequipped)

Bench Press

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63kg	SUNITA MALVIYA	Indore Corporation	59.9	40	21-08-2024
69kg	MEERA RAZDAN	Indore Corporation	68.33	210	30-03-2023
84kg	RATNESH KULSHRETHA	Bhopal District	76.96	27.5	30-03-2023

Womens(Unequipped)

Dead Lift

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