

MP Powerlifting Association Records

OPEN

Womens(Equipped)

Squat

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	JABALPUR DISTRICT	43.4	47.5	29-10-2022
52kg	NIVEDITA DEHARIYA	BHOPAL DISTRICT	51.36	55	29-10-2022
63kg	POOJA KUMARI	JABALPUR CORPORATION	62.98	75	29-10-2022
69kg	TANU JADOUN	INDORE CORPORATION	65.78	50	29-10-2022
76kg	ANITAM DALVI	INDORE CORPORATION	73.4	0	29-10-2022
84kg	SONAL CHANDEL	BHOPAL CORPORATION	82.86	97.5	29-10-2022

Womens(Equipped)

Bench Press

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	JABALPUR DISTRICT	43.4	47.5	29-10-2022
52kg	NIVEDITA DEHARIYA	BHOPAL DISTRICT	51.36	55	29-10-2022
63kg	POOJA KUMARI	JABALPUR CORPORATION	62.98	75	29-10-2022
69kg	TANU JADOUN	INDORE CORPORATION	65.78	50	29-10-2022
76kg	ANITAM DALVI	INDORE CORPORATION	73.4	0	29-10-2022
84kg	SONAL CHANDEL	BHOPAL CORPORATION	82.86	97.5	29-10-2022

Womens(Equipped)

Dead Lift

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHIKHA GARHEWAL	JABALPUR DISTRICT	43.4	47.5	29-10-2022
52kg	NIVEDITA DEHARIYA	BHOPAL DISTRICT	51.36	55	29-10-2022
63kg	POOJA KUMARI	JABALPUR CORPORATION	62.98	75	29-10-2022
69kg	TANU JADOUN	INDORE CORPORATION	65.78	50	29-10-2022
76kg	ANITAM DALVI	INDORE CORPORATION	73.4	0	29-10-2022
84kg	SONAL CHANDEL	BHOPAL CORPORATION	82.86	97.5	29-10-2022

Womens(Equipped)

All

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84kg	SONAL CHANDEL	BHOPAL CORPORATION	82.86	97.5	29-10-2022

OPEN**Womens(Unequipped)****Squat**

Category	Name	Unit	Body Wt.	Result	Date
47kg	URVASHI KHATRI	Indore Corporation	41.57	180	30-03-2023
52kg	KIRAN HAROD	Ujjain	51.38	255	30-03-2023
57kg	SARGAM CHOUHAN	Indore Corporation	56.96	320	30-03-2023
63kg	HARSHA YADAV	Indore Corporation	62.98	345	30-03-2023
69kg	NEELAM SAREYAM	Bhopal District	68.55	347.5	30-03-2023
76kg	AYUSHI AGARWAL	Bina	75.31	400	30-03-2023
84+kg	MEGHA NAYAK	Bhopal District	105.76	400	30-03-2023
84kg	ISHA SINGH	Bhopal District	84	430	30-03-2023

Womens(Unequipped)**Bench Press**

Category	Name	Unit	Body Wt.	Result	Date
47kg	URVASHI KHATRI	Indore Corporation	41.57	180	30-03-2023
52kg	KIRAN HAROD	Ujjain	51.38	255	30-03-2023
57kg	SARGAM CHOUHAN	Indore Corporation	56.96	320	30-03-2023
63kg	HARSHA YADAV	Indore Corporation	62.98	345	30-03-2023
69kg	NEELAM SAREYAM	Bhopal District	68.55	347.5	30-03-2023
76kg	AYUSHI AGARWAL	Bina	75.31	400	30-03-2023
84+kg	MEGHA NAYAK	Bhopal District	105.76	400	30-03-2023
84kg	ISHA SINGH	Bhopal District	84	430	30-03-2023

Womens(Unequipped)**Dead Lift**

Category	Name	Unit	Body Wt.	Result	Date
47kg	URVASHI KHATRI	Indore Corporation	41.57	180	30-03-2023
52kg	KIRAN HAROD	Ujjain	51.38	255	30-03-2023
57kg	SARGAM CHOUHAN	Indore Corporation	56.96	320	30-03-2023
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