

MP Powerlifting Association Records

OPEN

Womens(Equipped)

Squat

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHWETA RAJPUT	Jabalpur	40.94	55	21-08-2024
52kg	NIVEDITA DEHARIYA	Bhopal District	51.22	75	21-08-2024
57kg	RAGSHREE KORI.	Jabalpur	53.24	65	21-08-2024
63kg	JAYA DIXIT	Bhopal District	62.8	90	21-08-2024
69kg	NEELAM SAREYAM	Chindwada	67.58	97.5	21-08-2024
76kg	NEHA MISHRA	Chindwada	75.96	80	21-08-2024
84kg	SONAL CHANDEL	BHOPAL CORPORATION	82.86	97.5	29-10-2022

Womens(Equipped)

Bench Press

Category	Name	Unit	Body Wt.	Result	Date
47kg	SHWETA RAJPUT	Jabalpur	40.94	55	21-08-2024
52kg	NIVEDITA DEHARIYA	Bhopal District	51.22	75	21-08-2024
57kg	RAGSHREE KORI.	Jabalpur	53.24	65	21-08-2024
63kg	JAYA DIXIT	Bhopal District	62.8	90	21-08-2024
69kg	NEELAM SAREYAM	Chindwada	67.58	97.5	21-08-2024
76kg	NEHA MISHRA	Chindwada	75.96	80	21-08-2024
84kg	SONAL CHANDEL	BHOPAL CORPORATION	82.86	97.5	29-10-2022

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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
84kg	ISHA SINGH	Bhopal District	84	430	30-03-2023
84+kg	MEGHA NAYAK	Bhopal District	105.76	400	30-03-2023

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