

INDORE DISTRICT POWERLIFTING CHAMPIONSHIP

Mens

Sub Junior: 53kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|-----------------|------------|------------------|------|------|------|-------|-----|-----|-------|-------|------|------|--------|-------|-------|------|----------|
| 1 | RAHUL OJHA | 29-06-2005 | VANSH BODY CARE | 105p | 110p | 115p | 115 | 60p | 65p | 67.5p | 67.5 | 150p | 155p | 157.5x | 155 | 337.5 | 1 | 53 |
| 2 | ASHISH NAGTILAK | 20-06-2005 | WOLF POWER HOUSE | 75p | 80p | 85p | 85 | 45p | 50p | 52.5x | 50 | 105p | 115p | 120x | 115 | 250 | 2 | 53.3 |

Sub Junior: 59kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|-----------------|------------|-------------------|------|------|------|-------|-----|-----|-------|-------|------|------|--------|-------|-------|------|----------|
| 1 | JOGENDRA PANDEY | 06-05-2006 | SHRI RAM GYM MR 9 | 110x | 110p | 120x | 110 | 75x | 75p | 80x | 75 | 115p | 120p | 127.5p | 127.5 | 312.5 | 1 | 57.9 |
| 2 | ASHISH NAGTILAK | 20-06-2005 | WOLF POWER HOUSE | 75p | 80p | 85p | 85 | 45p | 50p | 52.5x | 50 | 105p | 115p | 120x | 115 | 250 | 2 | 53.3 |

Sub Junior: 66kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|--------------|------------|---------------------------|------|------|------|-------|-------|-------|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | SUMIT MOHE | 19-03-2004 | SAPPHIRE GYM | 170x | 170p | 180x | 170 | 82.5p | 87.5x | 0 | 82.5 | 190p | 200p | 210x | 200 | 452.5 | 1 | 65 |
| 2 | AMIT MUJALDE | 03-12-2004 | BODY FACTORY FITNESS CLUB | 150p | 155x | 155p | 155 | 75p | 80x | 80p | 80 | 150p | 155p | 160p | 160 | 395 | 2 | 64.64 |

Sub Junior: 74kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|--------------|------------|-------------------|------|------|------|-------|------|-----|-----|-------|------|------|--------|-------|-------|------|----------|
| 1 | AMAN BHAGAT | 06-04-2001 | SHRI RAM GYM MR 9 | 200p | 0 | 0 | 200 | 100p | 0 | 0 | 100 | 200p | 0 | 0 | 200 | 500 | 1 | 74 |
| 2 | HARISH PARTE | 14-12-2001 | BRAVO GYM | 140p | 160x | 165x | 140 | 90x | 95x | 95p | 95 | 170p | 185p | 192.5x | 185 | 420 | 2 | 73.74 |

Sub Junior: 83kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|---------------------------|------------|-----------------------|------|------|------|-------|------|------|------|-------|------|------|------|-------|-------|------|----------|
| 1 | PRATHVI RAJ SINGH CHOUHAN | 02-08-2002 | MUSCLE AND BEYOND GYM | 115x | 120p | 130p | 0 | 70x | 70x | 70x | 0 | 120 | 0 | 0 | 0 | 0 | | 90.76 |
| 2 | VINAYAK PATEL | 17-09-2005 | SHRI RAM GYM MR 9 | 210x | 210p | 0 | 210 | 110p | 115p | 0 | 115 | 200p | 0 | 0 | 200 | 525 | 1 | 82.9 |
| 3 | MANTHAN CHOUHAN | 22-06-2002 | SHRI RAM GYM MR 9 | 100p | 110x | 110p | 110 | 95p | 100x | 100x | 95 | 140p | 155p | 165x | 155 | 360 | 2 | 76.82 |

Sub Junior: 93kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|----------------|------------|-----------------------|------|------|-----|-------|-----|-----|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | ABHISHEK RAWAL | 05-04-2004 | SHRI RAM GYM KHAJRANA | 190p | 205p | 0 | 205 | 70p | 80p | 90x | 80 | 190x | 195x | 195p | 195 | 480 | 1 | 91.38 |

Sub Junior: 120+(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|------------|------------|----------------|------|------|-----|-------|------|------|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | YASH RAWAT | 29-03-2004 | RS FITNESS GYM | 170x | 170p | 0 | 170 | 160x | 160p | 0 | 160 | 160p | 170p | 180p | 180 | 510 | | 123.4 |

Sub Junior: 53kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|------|-----|------|-----|-----|-----|-------|-----|-----|-----|-------|-----|-----|-----|-------|-------|------|----------|
|---|------|-----|------|-----|-----|-----|-------|-----|-----|-----|-------|-----|-----|-----|-------|-------|------|----------|

| | | | | | | | | | | | | | | | | | | |
|---|----------------------|------------|-----------------------|------|--------|--------|-----|-------|-------|-------|------|------|--------|--------|-----|-------|---|-------|
| 1 | RISHABH BISWAS | 15-04-2006 | SHRI RAM GYM KHAJRANA | 100p | 107.5x | 107.5x | 100 | 57.5p | 60p | 65x | 60 | 135p | 142.5p | 150p | 150 | 310 | 2 | 53 |
| 2 | SOURABH YADAV | 13-01-2007 | VANSH BODY CARE | 90p | 100p | 105x | 100 | 60p | 65p | 67.5x | 65 | 135p | 140p | 142.5x | 140 | 305 | 3 | 51.7 |
| 3 | HARSHIT SAHU | 01-05-2009 | VANSH BODY CARE | 55p | 60x | 60p | 60 | 35p | 37.5x | 37.5p | 37.5 | 90p | 100x | 100x | 90 | 187.5 | 4 | 40.6 |
| 4 | AYUSH RATHORE | 21-04-2011 | VANSH BODY CARE | 40p | 50p | 55p | 55 | 20p | 25p | 30p | 30 | 50p | 60p | 65p | 65 | 150 | 5 | 40.38 |
| 5 | DEVANSH SHRIVASTAV A | 04-03-2009 | VANSH BODY CARE | 55p | 62.5p | 67.5p | 0 | 35p | 40p | 42.5x | 0 | 85x | 90x | 90x | 0 | 0 | 6 | 46.48 |

Sub Junior: 59kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|----------------|------------|-------------------|------|------|------|-------|-----|-----|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | HARSH SISODIYA | 29-11-2007 | G.S. FITNESS CLIB | 110p | 120x | 120x | 110 | 45p | 55p | 65x | 55 | 100p | 135p | 150p | 150 | 315 | 1 | 58.98 |

Sub Junior: 66kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|--------------|------------|---------------------------|------|------|--------|-------|-------|-------|-------|-------|------|--------|------|-------|-------|------|----------|
| 1 | ADITYA DOSHI | 02-10-2006 | SHRI RAM GYM MR 9 | 130x | 130p | 0 | 130 | 80p | 82.5x | 0 | 80 | 170p | 177.5x | 0 | 170 | 380 | 1 | 63.68 |
| 2 | PARTH BUDANA | 21-03-2006 | 16 HOURS FITNESS CLUB | 110x | 110p | 112.5p | 112.5 | 87.5x | 87.5p | 90x | 87.5 | 150p | 155p | 160x | 155 | 355 | 2 | 64.6 |
| 3 | MOKSH MOHTA | 02-12-2007 | BODY FACTORY FITNESS CLUB | 125p | 130p | 0 | 130 | 70p | 75p | 77.5x | 75 | 140p | 0 | 0 | 140 | 345 | 3 | 63.5 |

Sub Junior: 74kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|--------------|------------|-----------|-----|------|------|-------|-----|-----|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | ARYAN TIWARI | 25-01-2006 | VITAL GYM | 80p | 110p | 120x | 110 | 60p | 75p | 85p | 85 | 130p | 150p | 165p | 165 | 360 | 1 | 68.44 |

Sub Junior: 83kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|----------------|------------|-------------------|------|------|------|-------|-----|-----|------|-------|------|------|------|-------|-------|------|----------|
| 1 | PRAVEEN JAMDAR | 27-07-2006 | SHRI RAM GYM MR 9 | 155x | 160p | 170x | 160 | 80p | 90p | 105p | 105 | 150p | 160p | 165p | 165 | 430 | 1 | 79.12 |

Sub Junior: 93kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|----------------|------------|-------------------|------|--------|--------|-------|-------|--------|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | ANSHU KUMAR | 20-03-2007 | SHRI RAM GYM MR 9 | 190p | 0 | 0 | 190 | 120p | 127.5x | 0 | 120 | 200p | 0 | 0 | 200 | 510 | 1 | 92.98 |
| 2 | TANMAY BHAWSAR | 05-04-2007 | WARZISH GYM | 125p | 132.5x | 137.5p | 137.5 | 77.5p | 85p | 90x | 85 | 135p | 145p | 155p | 155 | 377.5 | 2 | 90.2 |
| 3 | ADITYA SATAO | 16-08-2006 | RS FITNESS GYM | 110p | 120p | 0 | 120 | 65x | 65x | 65p | 65 | 140p | 150p | 155x | 150 | 335 | 3 | 87.94 |

Sub Junior: 105kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|--------------|------------|------------------|-----|------|------|-------|-----|-----|-----|-------|------|------|------|-------|-------|------|----------|
| 1 | ADITYA VERMA | 18-09-2009 | WOLF POWER HOUSE | 90p | 100x | 110x | 90 | 60p | 70x | 70x | 60 | 120p | 140x | 140p | 140 | 290 | 1 | 104.14 |

Sub Junior: 120kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|-------------|------------|-------------------|-----|-----|-----|-------|-----|-----|-----|-------|-----|-----|-----|-------|-------|------|----------|
| 1 | NAVIN YADAV | 19-07-2007 | SHRI RAM GYM MR 9 | 70p | 85x | 90p | 90 | 50p | 60p | 70p | 70 | 80p | 95x | 95p | 95 | 255 | 1 | 107.98 |

Womens

Junior: 47kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|------------|------------|-----------------------|-----|-------|-----|-------|-------|-----|-------|-------|-----|-----|-----|-------|-------|------|----------|
| 1 | KHUSHI KAG | 08-11-2002 | SHRI RAM GYM KHAJRANA | 65p | 72.5p | 0 | 72.5 | 32.5p | 35p | 37.5x | 35 | 95p | 0 | 0 | 95 | 202.5 | 1 | 45.9 |

Junior: 52kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|-----------------|------------|-----------------------|-----|-----|-----|-------|-----|-----|-----|-------|-----|-----|-----|-------|-------|------|----------|
| 1 | ISHIKA LASHKARI | 14-12-2005 | SHRI RAM GYM KHAJRANA | 65p | 0 | 0 | 65 | 30p | 0 | 0 | 30 | 70p | 0 | 0 | 70 | 165 | 1 | 51.6 |

Junior: 57kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|----------------|------------|-----------------------|-----|-----|-----|-------|-----|-----|-----|-------|------|-----|-----|-------|-------|------|----------|
| 1 | ROSHNI SILAWAT | 21-05-2005 | SHRI RAM GYM KHAJRANA | 90p | 0 | 0 | 90 | 40p | 0 | 0 | 40 | 100p | 0 | 0 | 100 | 230 | 1 | 57 |

Junior: 63kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|-----------------|------------|-----------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-----|-------|--------|-------|-------|------|----------|
| 1 | SONAL CHHETRI | 20-06-2003 | S.R THAKUR THE FITNESS MALL | 90p | 97.5p | 100p | 100 | 42.5x | 42.5p | 45p | 45 | 90p | 97.5p | 102.5p | 102.5 | 247.5 | 1 | 60.16 |
| 2 | MONIKA KACHHAWA | 29-05-2004 | GUJRATI GYM | 55p | 60p | 62.5x | 60 | 27.5p | 30p | 32.5p | 32.5 | 75p | 80p | 82.5p | 82.5 | 175 | 2 | 58.02 |

Junior: 69kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|------------------|------------|-----------------------------|-----|-------|------|-------|-------|-------|-------|-------|-----|--------|------|-------|-------|------|----------|
| 1 | SAKSHI NARWARIYA | 14-01-2005 | S.R THAKUR THE FITNESS MALL | 90p | 97.5p | 100p | 100 | 52.5x | 52.5x | 52.5p | 52.5 | 95p | 102.5p | 110p | 110 | 262.5 | 1 | 67.04 |

Junior: 84kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|----------------|------------|-------------------|-------|-----|-----|-------|-----|-----|-------|-------|-----|-----|-------|-------|-------|------|----------|
| 1 | ANJALI KAUSHAL | 24-12-2003 | SHRI RAM GYM MR 9 | 37.5p | 45p | 50p | 50 | 20p | 25p | 27.5x | 25 | 50p | 60p | 62.5p | 62.5 | 137.5 | 1 | 82.4 |

Junior: 84+(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|--------------|------------|-----------|------|------|------|-------|-----|-----|-----|-------|------|------|--------|-------|-------|------|----------|
| 1 | ANANYA GUPTA | 27-09-2004 | BRAVO GYM | 100x | 110p | 120x | 110 | 50p | 55p | 60x | 55 | 115p | 125p | 127.5x | 125 | 290 | 1 | 127.5 |

Sub Junior: 69kg(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|------------|------------|-------------------|-----|-----|-----|-------|-----|-------|-------|-------|-----|-----|-----|-------|-------|------|----------|
| 1 | RIYA YADAV | 15-06-2006 | SHRI RAM GYM MR 9 | 50x | 50p | 0 | 50 | 30x | 32.5x | 32.5p | 32.5 | 70p | 80p | 90x | 80 | 162.5 | 1 | 66.3 |

Sub Junior: 84+(Equipped)

| # | Name | DOB | Unit | SQ1 | SQ2 | SQ3 | Final | BP1 | BP2 | BP3 | Final | DL1 | DL2 | DL3 | Final | Total | Rank | Body Wt. |
|---|------------------|------------|----------|-----|------|-----|-------|-----|-----|-----|-------|-----|-----|-------|-------|-------|------|----------|
| 1 | DAKSHITA TRIVEDI | 01-06-2008 | IRON GYM | 90x | 105p | 0 | 105 | 35x | 40p | 45x | 40 | 80p | 90p | 92.5p | 92.5 | 237.5 | 1 | 92.05 |