

# 100% Raw Karnal District Bench Press & Strict Curl Championships, The Captain Gym ,Assandh District Karnal, State Haryana, India.

Jan 27, 2019

Last Name	First Name	Age	Gender	Country	Bwt	Divisions	Wt Cls	Wt Cls label	Bench 1	Bench 2	Bench 3	Best Bench
												0.0
												0.0
SINGH	SEHAJPREET	5	Male	India	18.4	Youth	48/105.8	105	8.0			105.0
SINGH	VATANPREET	8	Male	India	22.9	Youth	48/105.8	105	8.0	10.0		105.0
SINGH	SHAMANPREET	10	Male	India	37.3	Youth	48/105.8	105	10.0	15.0		105.0
SINGH	GURBAJ	38	Male	India	81.8	(35-39)	82.5/181.8	181	10.0	15.0		180.0
SEHGAL	GULSHAN	47	Male	India	98	(45-49)	100/220.4	220	60.0	70.0	75.0	220.0
SINGH	NISHAN	46	Male	India	84	(45-49)	90/198.4	198	70.0	80.0	85.0	197.5
KUMAR	RAJESH	51	Male	India	68.5	(50-54)	75/165.3	165	75.0	80.0	85.0	165.0
KAUSHIK	DEV	17	Male	India	47.3	(16-17)	48/105.8	105	55.0	60.0	62.5	105.0
SINGH	NAVNEET	16	Male	India	42.9	(16-17)	48/105.8	105	30.0	35.0	37.5	105.0
	VIJAY	18	Male	India	51.9	(18-19)	52/114.6	114	50.0	60.0	67.5	112.5
	SAHIL	21	Male	India	54.3	(20-24)	56/123.4	123	70.0	75.0	82.5	122.5
SINGH	PALVINDER	19	Male	India	59.4	(18-19)	60/132.2	132	60.0	60.0	70.0	130.0
SINGH	LOVEPREET	19	Male	India	58.8	(18-19)	60/132.2	132	65.0	70.0	75.0	130.0
KUMAR	RAVI	22	Male	India	58	(20-24)	60/132.2	132	70.0	75.0	77.5	130.0
KUMAR	UJJWAL	19	Male	India	61.4	(18-19)	67.5/148.8	148	90.0	95.0	97.5	147.5
PAL	BHUPINDER	24	Male	India	61.8	(20-24)	67.5/148.8	148	85.0	90.0	92.5	147.5
JUNEJA	PARAS	20	Male	India	62.6	(20-24)	67.5/148.8	148	85.0	90.0	95.0	147.5
KUMAR	VIJAY	24	Male	India	65.5	(20-24)	67.5/148.8	148	90.0	100.0	102.5	147.5
GILL	AMIT	21	Male	India	60.2	(20-24)	67.5/148.8	148	30.0	45.0	55.0	147.5
	DIPESH	17	Male	India	71.9	(16-17)	75/165.3	165	65.0	70.0	72.5	165.0
	MUKESH	23	Male	India	68.5	(20-24)	75/165.3	165	70.0	75.0	80.0	165.0
PAL	AMRIT	25	Male	India	75	PFM	75/165.3	165	70.0	80.0	80.0	165.0
	RINKU	32	Male	India	72	Open	75/165.3	165	105.0	110.0	115.0	165.0
CHHABRA	RAKSHIT	18	Male	India	78.1	(18-19)	82.5/181.8	181	70.0	75.0	80.0	180.0
	HIMANSHU	21	Male	India	79.2	(20-24)	82.5/181.8	181	60.0	65.0	70.0	180.0
SINGH	NASEEB	24	Male	India	76.7	(20-24)	82.5/181.8	181	95.0	105.0	107.5	180.0
SHARMA	JATIN	28	Male	India	80	Open	82.5/181.8	181	95.0	102.5	107.5	180.0
	SACHIN	34	Male	India	77.7	Open	82.5/181.8	181	125.0	132.5	135.0	180.0
	SALINDER	31	Male	India	81.3	Open	82.5/181.8	181	150.0	160.0	165.0	180.0
	ANKIT	23	Male	India	83.2	(20-24)	90/198.4	198	100.0	105.0	110.0	197.5
	VISHAL	25	Male	India	85.9	Open	90/198.4	198	90.0	95.0	105.0	197.5
SAIN	SUNNY	28	Male	India	88.9	Open	90/198.4	198	105.0	112.5	115.0	197.5
RANA	AJAY	20	Male	India	94.8	(20-24)	100/220.4	220	70.0	85.0	92.5	220.0
SINGH	HARPAL	30	Male	India	140	Open	140/308.6	308	160.0	170.0	180.0	307.5
												0.0
	ANANYA	7	FEMALE	India	18.9	Youth	48/105.8	105	8.0	10.0		105.0
	KANISHKA	8	FEMALE	India	22.4	Youth	48/105.8	105	8.0	10.0		105.0
SHARMA	SANVI	10	FEMALE	India	24.5	Youth	48/105.8	105	8.0	10.0		105.0
KAUR	SIDAKPREET	10	FEMALE	India	20.9	Youth	48/105.8	105	8.0	10.0		105.0
	ANUSHKA	11	FEMALE	India	28.6	Youth	48/105.8	105	8.0	10.0		105.0
SHARMA	SAMRIDDI	12	FEMALE	India	60	(12-13)	60/132.2	132	10.0	15.0		130.0

								Strict Curl				
Last Name	First Name	Age	Gender	Country	Bwt		Wt Cls	Wt Cls label	Strict Curl 1	Strict Curl 2	Strict Curl 3	Best Strict Curl
SINGH	SEHAJPREET	5	MALE	India	18.4	Youth	48/105.8	105	3.0	5.0		105.0
SINGH	VATANPREET	8	MALE	India	22.9	Youth	48/105.8	105	5.0	8.0		105.0
SINGH	SHAMANPREET	10	MALE	India	37.3	Youth	48/105.8	105	10.0	15.0		105.0
	ANANYA	7	FEMALE	India	18.9	Youth	48/105.8	105	3.0	5.0		105.0
	KANISHKA	8	FEMALE	India	22.4	Youth	48/105.8	105	3.0	5.0		105.0
SHARMA	SANVI	10	FEMALE	India	24.5	Youth	48/105.8	105	3.0	5.0		105.0
KAUR	SIDAKPREET	10	FEMALE	India	20.9	Youth	48/105.8	105	3.0	5.0		105.0
	ANUSHKA	11	FEMALE	India	28.6	Youth	48/105.8	105	3.0	5.0		105.0
SHARMA	SAMRIDDHI	12	FEMALE	India	60	(12-13)	60/132.2	132	10.0	17.5		130.0
SINGH	GURBAJ	38	Male	India	81.8	(35-39)	82.5/181.8	181	40.0	45.0	50.0	180.0
KUMAR	RAJESH	51	MALE	India	68.5	(50-54)	75/165.3	165	25.0	30.0	35.0	165.0
SINGH	NISHAN	46	MALE	India	84	(45-49)	90/198.4	198	20.0	30.0	40.0	197.5
SHARMA	SANJEEV	41	MALE	India	98	(40-44)	100/220.4	220	40.0	50.0	57.5	220.0
SEHGAL	GULSHAN	47	Male	India	98	(45-49)	100/220.4	220	35.0	40.0	45.0	220.0
KAUSHIK	DEV	17	Male	India	47.3	(16-17)	48/105.8	105	25.0	32.5	35.0	105.0
SINGH	NAVNEET	16	Male	India	42.9	(16-17)	48/105.8	105	10.0	15.0	20.0	105.0
	VIJAY	18	Male	India	51.9	(18-19)	52/114.6	114	25.0	32.5	37.5	112.5
	SAHIL	21	Male	India	54.3	(20-24)	56/123.4	123	20.0	27.5	32.5	122.5
SINGH	PALVINDER	19	Male	India	59.4	(18-19)	60/132.2	132	20.0	30.0	40.0	130.0
SINGH	LOVEPREET	19	Male	India	58.8	(18-19)	60/132.2	132	25.0	30.0	35.0	130.0
PAL	SOURAB	17	Male	India	60	(16-17)	60/132.2	132	25.0	35.0	37.5	130.0
KUMAR	RAVI	22	Male	India	58	(20-24)	60/132.2	132	30.0	35.0	40.0	130.0
SINGH	MANJOT	19	Male	India	61	(18-19)	67.5/148.8	148	40.0	42.5	45.0	147.5
KUMAR	UJJWAL	19	Male	India	61.4	(18-19)	67.5/148.8	148	40.0	45.0	47.5	147.5
JUNEJA	PARAS	20	Male	India	62.6	(20-24)	67.5/148.8	148	30.0	35.0	42.5	147.5
KUMAR	VIJAY	24	Male	India	65.5	(20-24)	67.5/148.8	148	35.0	37.5	40.0	147.5
GULATI	RAHUL	21	Male	India	63.1	(20-24)	67.5/148.8	148	30.0	35.0	40.0	147.5
GILL	AMIT	21	Male	India	60.2	(20-24)	67.5/148.8	148	20.0	30.0	35.0	147.5
	DIPESH	17	Male	India	71.9	(16-17)	75/165.3	165	30.0	40.0	45.0	165.0
	MUKESH	23	Male	India	68.5	(20-24)	75/165.3	165	30.0	35.0	40.0	165.0
PAL	AMRIT	25	Male	India	75	PFM	75/165.3	165	30.0	35.0	42.5	165.0
	RINKU	32	Male	India	72	Open	75/165.3	165	30.0	40.0	45.0	165.0
CHHABRA	RAKSHIT	18	Male	India	78.1	(18-19)	82.5/181.8	181	35.0	42.5	47.5	180.0
	HIMANSHU	21	Male	India	79.2	(20-24)	82.5/181.8	181	30.0	35.0	40.0	180.0
SINGH	NASEEB	24	Male	India	76.7	(20-24)	82.5/181.8	181	30.0	40.0	50.0	180.0
SHARMA	JATIN	28	Male	India	80	Open	82.5/181.8	181	40.0	50.0	57.5	180.0
	SALINDER	31	Male	India	81.3	Open	82.5/181.8	181	55.0	60.0	67.5	180.0
	VISHAL	25	Male	India	85.9	Open	90/198.4	198	40.0	50.0	55.0	197.5
SAIN	SUNNY	28	Male	India	88.9	Open	90/198.4	198	45.0	52.5	57.5	197.5
RANA	AJAY	20	Male	India	94.8	(20-24)	100/220.4	220	35.0	45.0	52.5	220.0
SINGH	GURVINDER	28	Male	India	105	Open	110/242.5	242	50.0	60.0	62.5	240.0