

National Powerlifting Bench Press, Dead Lift & Strict Curl Championship RAW 2019, India

July, 19th to 21th, 2019

Last Name	First Name	Gender	Country	Bwt	Open Division	Age Division	Other Division	Wt Cls	Wt Cls label	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3
	AAYUSH	Male	India	46.45		Teen (12-13)		48/105.8	105						
SINGH	BALRAJ	Male	India	42.9		Teen (12-13)		48/105.8	105	20.0	22.5F	25F			
SINGH	NAVNEET	Male	India	46.15		Teen (14-15)		48/105.8	105	45.0	50.0	55.0			
MEHTA	VARUN	Male	India	34.95		Teen (14-15)		48/105.8	105	30.0	35F	35.0			
MEHTA	DEVANSH	Male	India	41.55		Teen (16-17)		48/105.8	105	30.0	35.0	37.5F			
SINGH	SANTOSH	Male	India	47.1		Teen (18-19)		48/105.8	105	50.0	55.0	57.5F			
SEN	RAHUL	Male	India	48		Teen (18-19)		48/105.8	105	50.0	52.5F				
KUMAR	AJAY	Male	India	43.7		Teen (18-19)		48/105.8	105	40.0	45F	45FA			
KARTIK		Male	India	46.25		Junior (20-24)		48/105.8	105	90.0	95.0	97.5F			
SINGH	DILPREET	Male	India	51.4		Teen (14-15)		52/114.6	114	25.0	30.0	32.5F			
THAKUR	ROHIT	Male	India	49.75		Teen (16-17)		52/114.6	114	65.0	70.0	72.5			
KAUSHAL	ASHISH	Male	India	50.6		Teen (16-17)		52/114.6	114	50.0	57.5	65.0			
THAKUR	VIJENDER	Male	India	50.1		Teen (16-17)		52/114.6	114	50.0	60.0	65F			
ARYA	ADITYA	Male	India	52		Teen (16-17)		52/114.6	114	55.0	62.5F	62.5FAIL			
NAGPAL	GOURAV	Male	India	51.3		Teen (16-17)		52/114.6	114	30.0	35.0	40F			
KUMAR	MUKESH	Male	India	49		Teen (18-19)		52/114.6	114	75.0	80F	80FAIL			
KAUSHIK	DEV	Male	India	50.3		Teen (18-19)		52/114.6	114	65.0	67.5	70F			
YADAV	ANUJ	Male	India	50.4		Teen (18-19)		52/114.6	114	60.0	65.0	70F			
KAMBOJ	VAIBAV	Male	India	52		Teen (18-19)		52/114.6	114	50F	50.0	55F			
NAGPAL	HARSHIT	Male	India	51.6		Teen (18-19)		52/114.6	114	40F	40.0	45.0			
	RAVI	Male	India	50.2		Teen (18-19)		52/114.6	114	60F	60FA	60FAIL			
	PRASHANT	Male	India	50.9		Junior (20-24)		52/114.6	114	40.0	52.5	57.5			
VISHWAKARMA	MAYAUR	Male	India	51.2		Junior (20-24)		52/114.6	114	50.0	60FA	60FAIL			
GHERWAL	KSHETRPAL	Male	India	52	Open			52/114.6	114	50.0	80.0	95F			
SADAFULE	RITIK	Male	India	54.5		Teen (14-15)		56/123.4	123	60.0	65.0	70F			
SINGH	AMANPREET	Male	India	53.2		Teen (14-15)		56/123.4	123	35F	35.0	40F			
RANA	YASH	Male	India	54.5		Teen (18-19)		56/123.4	123	85.0	92.5	95F			
	VIJAY	Male	India	53.6		Teen (18-19)		56/123.4	123	60.0	67.5F	67.5			
	SAHIL	Male	India	55.9		Junior (20-24)		56/123.4	123	95.0	100.0	110F			
JARIYA	JITENDRA	Male	India	52.2	Open			56/123.4	123	55.0	62.5	67.5			
SINGH	HARAMANDEEP	Male	India	56		Teen (16-17)	Handicapped	56/123.4	123	115F	115FA	115FAIL			
SINGH	KARAN	Male	India	60		Teen (16-17)		60/132.2	132	40.0	50.0	55F			
SHARMA	KUNAL	Male	India	59.5		Teen (18-19)		60/132.2	132	100.0	102.5F	102.5FAIL			
CHAUDHARY	SAURABH	Male	India	58.4		Teen (18-19)		60/132.2	132	75.0	80.0	82.5F			
KAUSHAL	ROHIT	Male	India	58.1		Junior (20-24)		60/132.2	132	87.5	92.5	97.5F			
YADAV	KHEM CHAND	Male	India	57.7		Junior (20-24)		60/132.2	132	75.0	80.0	82.5			
SINGH	PALWINDER	Male	India	59		Junior (20-24)		60/132.2	132	75.0	82.5	90F			
KUMAR	RAVI	Male	India	59.4		Junior (20-24)		60/132.2	132	70.0	75.0	80F			
MEENA	ARJUN SINGH	Male	India	60		Junior (20-24)		60/132.2	132	70.0	75F	75FAIL			
	ANKIT	Male	India	56.8	Open			60/132.2	132	90.0	95.0	97.5			
VYAS	MANISH	Male	India	59.1	Open			60/132.2	132	90F	92.5	97.5F			
	MANJEET	Male	India	58.9	Open			60/132.2	132	75F	75.0	80.0			
SIRSATH	UDIT	Male	India	59.2	Open			60/132.2	132	75.0	80F	80.0			
MEGHWAL	ISHWAR	Male	India	59.9	Open			60/132.2	132	82.5F	87.5F	87.5FAIL			
SINGH	LOKENDER	Male	India	60		Junior (20-24)		60/132.2	132	85F	85FA	85FAIL			
	ANKUSH	Male	India	66.5		Teen (16-17)		67.5/148.8	148	75.0	77.5	80.0			
	AYUSH	Male	India	61.6		Teen (16-17)		67.5/148.8	148	50.0	60.0	62.5F			
	ROHIT	Male	India	61.9		Teen (16-17)		67.5/148.8	148	40.0	42.5	45.0			
MANDLIYA	KAPIL	Male	India	65.6		Teen (18-19)		67.5/148.8	148	85.0	87.5	90.0			
SUKHYANI	MAYANK	Male	India	67		Teen (18-19)		67.5/148.8	148	90.0	97.5F	97.5FAIL			
PANCHAL	DEEPAK	Male	India	65.4		Teen (18-19)		67.5/148.8	148	80.0	85.0	90F			
	ASHISH	Male	India	62.8		Teen (18-19)		67.5/148.8	148	77.5	80.0	82.5F			
	SOURABH	Male	India	63.65		Teen (18-19)		67.5/148.8	148	70.0	75.0	77.5F			
RATHI	KAUSHAL	Male	India	66.5		Teen (18-19)		67.5/148.8	148	100F	100FA	100FAIL			
JOYAR	ABDUL	Male	India	65.9		Junior (20-24)		67.5/148.8	148	105.0	110.0	117.5			
CHAUDHARY	AJAY KUMAR	Male	India	65.1		Junior (20-24)		67.5/148.8	148	105.0	107.5	110F			
JUNEJA	PARAS	Male	India	66		Junior (20-24)		67.5/148.8	148	90.0	100.0	105F			
SIWAL	MOHIT	Male	India	66.7		Junior (20-24)		67.5/148.8	148	90.0	92.5	95.0			
	VISHAL	Male	India	61		Junior (20-24)		67.5/148.8	148	70.0	85.0	92.5			
GAUTAM	GOVIND	Male	India	67.5		Junior (20-24)		67.5/148.8	148	85.0	90.0	102.5F			
DESWAL	DEEPAK	Male	India	66.95		Junior (20-24)		67.5/148.8	148	75.0	80F	80.0			

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SHARMA	ABHISHEK	Male	India	65.8		Junior (20-24)		67.5/148.8	148	50.0	70.0	85F			
SEN	BHAGWAN	Male	India	64.2		Junior (20-24)		67.5/148.8	148	60.0	65F	65.0			
MALAKAR	JITENDRA	Male	India	63.9	Open			67.5/148.8	148	80.0	90.0	92.5F			
SINGH	DANVENDRA	Male	India	65.6	Open			67.5/148.8	148	65.0	75.0	82.5F			
KHERA	RISHABH	Male	India	67.5	Open			67.5/148.8	148	70F	70.0	75F			
	VIKRAM	Male	India	63	Open		Handicapped	67.5/148.8	148	100F	100FA	100FAIL			
	PARAMJIT	Male	India	66.4		Sub-Masters (35-39)		67.5/148.8	148	85.0	92.5	95.0			
PANDEY	VED PRAKESH	Male	India	64.7		Masters (40-44)		67.5/148.8	148	90.0	100.0	105F			
KUMAR	DEEPAK	Male	India	67.3		Masters (45-49)		67.5/148.8	148	105.0	115.0	117.5			
KUMAR	RAJESH	Male	India	67		Masters (50-54)		67.5/148.8	148	75.0	80.0	82.5			
	ATUL	Male	India	70.7		Teen (14-15)		75/165.3	165	50.0	60.0	62.5			
ANSARI	RIYAZUDDIN	Male	India	74.9		Teen (16-17)		75/165.3	165	90.0	97.5	102.5			
	AKASH	Male	India	73.3		Teen (16-17)		75/165.3	165	85.0	90.0	95F			
	DIPESH	Male	India	72.7		Teen (16-17)		75/165.3	165	60.0	65.0	67.5			
	RINKU	Male	India	69		Teen (18-19)		75/165.3	165	70.0	80.0	90F			
SINGH	NIRMAL	Male	India	74.9		Junior (20-24)		75/165.3	165	130.0	135.0	140.0			
NAGPAL	GAURAV	Male	India	74.2		Junior (20-24)		75/165.3	165	120.0	125.0	127.5F			
KANWAR	VICKY	Male	India	72.15		Junior (20-24)		75/165.3	165	112.5	115.0	117.5			
KUMAR	ROHIT	Male	India	71.6		Junior (20-24)		75/165.3	165	90F	95.0	100.0			
KUMAR	RAHUL	Male	India	70.15		Junior (20-24)		75/165.3	165	95.0	100F	100FAIL			
KUMAR	JATIN	Male	India	71.8		Junior (20-24)		75/165.3	165	95.0	100F	100FAIL			
	ANURAG	Male	India	70.35		Junior (20-24)		75/165.3	165	90.0	95F	97.5F			
	VIKRANT	Male	India	70.7		Junior (20-24)		75/165.3	165	90.0	95F	95FAIL			
SINGH	AMRITPAL	Male	India	75	Open		Law/Fire/Military	75/165.3	165	75.0	85F	85FAIL			
KUMAR	GURVIR	Male	India	75	Open		Handicapped	75/165.3	165	155.0	165.0	167.5F			
KUMAR	HEMANT	Male	India	71.75	Open			75/165.3	165	142.5	155F	155FAIL			
SINGH	AMARJEET	Male	India	74.2	Open			75/165.3	165	125.0	135.0	142.5			
	RINKU	Male	India	73	Open			75/165.3	165	115.0	120.0	125.0			
SINGH	NASEEB	Male	India	75	Open			75/165.3	165	100.0	107.5	110.0			
SHARMA	AMIT	Male	India	68.7	Open			75/165.3	165	105.0	110F	110FAIL			
SAINI	AJAY	Male	India	73.4	Open			75/165.3	165	100.0	102.5	107.5F			
	NAVEEN	Male	India	70.4	Open			75/165.3	165	100F	105F	105.0			
KHARE	MILIND	Male	India	71.2	Open			75/165.3	165	80F	90.0	95F			
SINGH	TAMANPREET	Male	India	74	Open			75/165.3	165	85.0	90F	90.0			
SINGH	JAGGA	Male	India	72.2	Open			75/165.3	165	90.0	95F	95FAIL			
KUMAR	LAKHWINDER	Male	India	67.9	Open			75/165.3	165	75F	80.0	82.5F			
VIRK	LOVEJEET SINGH	Male	India	75	Open			75/165.3	165	80.0	90F	90FAIL			
BAJAJ	AMIT	Male	India	73		Sub-Masters (35-39)		75/165.3	165	105.0	115.0	NA			
MAHOMAD	JAMIL	Male	India	73.9		Sub-Masters (35-39)		75/165.3	165	90.0	95F	95FAIL			
SINGH	JASPREET	Male	India	70.9		Masters (40-44)		75/165.3	165	90.0	95.0	97.5F			
ALI	SABIR	Male	India	71.8		Masters (40-44)		75/165.3	165	85.0	95F	95.0			
MOURYA	SUNIL KUMAR	Male	India	74.8		Masters (45-49)		75/165.3	165	105.0	112.2	115.0			
KUMAR	VINOD	Male	India	73.4		Masters (50-54)		75/165.3	165	100.0	105.0	110.0			
REWARI	ARUN PAL SINGH	Male	India	69.5		Masters (50-54)		75/165.3	165	75.0	82.5	87.5F			
SHARMA	SURESH CHANDRA	Male	India	70		Masters (50-54)		75/165.3	165	55F	55.0	62.5F			
KADAM	MANOHAR	Male	India	72.5		Masters (60-64)		75/165.3	165	50F	60.0	67.5F			
MEHTA	AVIRAL	Male	India	82		Teen (16-17)		82.5/181.8	181	85F	85.0	90F			
PARDESHI	VINAYAK	Male	India	77.1		Teen (16-17)		82.5/181.8	181	50.0	60.0	72.5F			
NAGAR	DEEPAK	Male	India	81.5		Teen (16-17)		82.5/181.8	181	60F	60.0	62.5F			
PANCHAL	TARUN	Male	India	79		Teen (18-19)		82.5/181.8	181	90.0	97.5	102.5F			
	SAGAR	Male	India	80.5		Teen (18-19)		82.5/181.8	181	85.0	90.0	95F			
	RAKSHIT	Male	India	78.25		Teen (18-19)		82.5/181.8	181	70.0	80F	80FAIL			
KUMAR	PUSHPENDRA	Male	India	77.2		Junior (20-24)		82.5/181.8	181	140.0	147.5	155.0			
SAROHA	RITESH	Male	India	82		Junior (20-24)		82.5/181.8	181	140.0	147.5	152.5			
SHARMA	SHUBHAM	Male	India	77.4		Junior (20-24)		82.5/181.8	181	110.0	120.0	125F			
KUMAR	MANISH	Male	India	75.6		Junior (20-24)		82.5/181.8	181	95.0	100.0	102.5F			
SINGH	GURBAJ	Male	India	82	Open			82.5/181.8	181	135.0	145.0	147.5			
SINGH	RAJAN	Male	India	79.9	Open			82.5/181.8	181	145F	145.0	150F			
KUMAR	SACHIN	Male	India	80.9	Open			82.5/181.8	181	130.0	135.0	137.5			
BAKSHI	DEEPAK	Male	India	77.1	Open			82.5/181.8	181	120.0	127.5	130.0			
VERMA	YASHRAJ	Male	India	78	Open			82.5/181.8	181	110.0	120.0	127.5F			
SINGH	NAVDEEP	Male	India	77.95	Open			82.5/181.8	181	115.0	120.0	125F			
SINGH	BALBIR	Male	India	81.5	Open			82.5/181.8	181	115.0	120.0	125F			

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SAINI	MANHAR	Male	India	82	Open			82.5/181.8	181	105.0	110.0	115F			
CHAUDHARY	SIDDARATH	Male	India	82.1	Open			82.5/181.8	181	95.0	100F	102.5F			
SINGH	GURPREET	Male	India	80	Open			82.5/181.8	181	70.0	75.0	80FAIL			
KUMAR	SURESH	Male	India	76		Sub-Masters (35-39)		82.5/181.8	181	65.0	77.5	82.5F			
SHARMA	SHAKTI	Male	India	76.1		Sub-Masters (35-39)		82.5/181.8	181	60.0	70.0	75.0			
BAKSHI	VIKRAMJEET	Male	India	77.75		Masters (40-44)		82.5/181.8	181	110F	110.0	115.0			
SINGH	MANRAJ	Male	India	80.8		Masters (40-44)	Handicapped	82.5/181.8	181	120.0	127.5F	127.5FA			
SINGH	SATYANDRA	Male	India	81		Masters (50-54)		82.5/181.8	181	85.0	95.0	97.5			
SHEIKH	BASHIR AHMAD	Male	India	80		Masters (55-59)		82.5/181.8	181	90.0	95.0	100.0			
YADAV	HARISH	Male	India	76.3		Masters (55-59)		82.5/181.8	181	80.0	87.5	90F			
	LOVEPREET	Male	India	89.6		Teen (18-19)		90/198.4	198	150.0	155.0	160F			
	DEEPAK	Male	India	83		Teen (18-19)		90/198.4	198	90.0	92.5	95F			
	ASHISH	Male	India	87.1		Teen (18-19)		90/198.4	198	90.0	95F	100F			
GAUTAM	ABHISHEK	Male	India	84.8		Teen (18-19)		90/198.4	198	75.0	80.0	82.5			
KHARAB	AMAN	Male	India	87.2		Junior (20-24)		90/198.4	198	125.0	127.5F	127.5FAIL			
	DAYASHANKAR	Male	India	82.9		Junior (20-24)		90/198.4	198	95.0	102.5	105F			
SHARMA	JAIDEEP	Male	India	88.2		Junior (20-24)		90/198.4	198	90.0	97.5F	97.5FAIL			
DABAS	SUMIT	Male	India	89.5	Open			90/198.4	198	150.0	160.0	162.5			
SINGH	JASPAL	Male	India	84.7	Open			90/198.4	198	150.0	155.0	160F			
ISSAR	MOHIT	Male	India	86	Open			90/198.4	198	135.0	140.0	145.0			
SINGH	SHUBHAMPRATAP	Male	India	84	Open			90/198.4	198	125.0	135.0	142.5			
GARG	LALIT	Male	India	89.2	Open			90/198.4	198	105.0	117.5	120.0			
	MOHAN	Male	India	84	Open			90/198.4	198	110.0	117.5F	117.5FAIL			
SINGH	SHAMSHER	Male	India	87.6	Open			90/198.4	198	100.0	110.0	115F			
LAL	MOHAN	Male	India	90	Open			90/198.4	198	110.0	117.5F	117.5FAIL			
BIST	JITENDRA	Male	India	86	Open			90/198.4	198	100.0	110F	110FAIL			
KUMAR	RAJESH	Male	India	84.9	Open			90/198.4	198	85.0	100.0	105F			
GAUR	DEEPAK	Male	India	84.2	Open			90/198.4	198	90.0	95F	95FAIL			
SINGH	NONIHAL	Male	India	85.2	Open			90/198.4	198	65.0	70.0	75.0			
SINGH	GURBAZ	Male	India	82.6		Sub-Masters (35-39)		90/198.4	198	115.0	125.0	127.5FAIL			
KUMAR	SANJEEV	Male	India	82.6		Sub-Masters (35-39)		90/198.4	198	117.5	122.5F	122.5FAIL			
KUMAR	RAJ	Male	India	84		Sub-Masters (35-39)		90/198.4	198	110.0	112.5F	112.5			
VIRANG	RITESH	Male	India	86.4		Masters (40-44)		90/198.4	198	150.0	152.5F	155F			
ALI	KOSAR	Male	India	89.1		Masters (40-44)		90/198.4	198	125.0	130.0	137.5F			
KUMAR	ARUN	Male	India	88.5		Masters (40-44)		90/198.4	198	80.0	82.5F	NA			
JUNEJA	RAHUL	Male	India	85		Masters (40-44)		90/198.4	198	60.0	70.0	75.0			
SINGH	NISHAN	Male	India	85		Masters (45-49)		90/198.4	198	80.0	87.5	92.5F			
RAYAKWAR	MANOHAR	Male	India	82.8		Masters (45-49)		90/198.4	198	40F	55.0	60F			
SAINI	ANIL KUMAR	Male	India	89.6		Masters (50-54)		90/198.4	198	130.0	135.0	137.5F			
SINGH	JITENDER	Male	India	83.6		Masters (50-54)		90/198.4	198	85.0	90.0	95.0			
SAXENA	HIND	Male	India	91		Teen (16-17)		100/220.4	220	85.0	90F	90FAIL			
CHEETA	SAWAN	Male	India	91		Teen (18-19)		100/220.4	220	105.0	115F	115FAIL			
	MAHIM	Male	India	97		Teen (18-19)		100/220.4	220	90F	90.0	95F			
DHIMAN	JAIDEEP	Male	India	94.5	Open			100/220.4	220	125.0	137.5	142.5			
	SUNNY	Male	India	91.7	Open			100/220.4	220	112.5	117.5	122.5			
DABAS	YASHPAL	Male	India	100		Sub-Masters (35-39)		100/220.4	220	120.0	140.0	150.0			
DHIR	MANPREET SINGH	Male	India	94.9		Masters (40-44)		100/220.4	220	137.5	145F	145FAIL			
NAGAR	SUNIL	Male	India	95.7		Masters (40-44)		100/220.4	220	115.0	125.0	132.5			
KUMAR	NARESH	Male	India	93		Masters (40-44)		100/220.4	220	130.0	142.5F	142.5FAIL			
SINGH	JATINDER	Male	India	91		Masters (40-44)		100/220.4	220	50.0	55.0	60.0			
SINGH	HARJEET	Male	India	93		Masters (45-49)		100/220.4	220	85.0	95.0	105.0			
SINGH	OMENDRA	Male	India	96.3		Teen (16-17)		100/220.4	220	40.0	70F	70FAIL			
SINGH	PRABHJYOT	Male	India	92.75	Open			100/220.4	220	60F	60FA	60FAIL			
RANA	AJAY	Male	India	97.6		Teen (18-19)		100/220.4	220	110F	117.5F	117.5FAIL			
DAHIYA	NISHANT	Male	India	99.9		Teen (18-19)		100/220.4	220	100F	100FA	100FAIL			
	SOFIYAN	Male	India	98.3	Open			100/220.4	220	115F	115FA	115FAIL			
VERMA	ROHAN	Male	India	96.5		Teen (18-19)		100/220.4	220	122.5F	122.5FA	122.5FAIL			
	AASHISH	Male	India	95		Junior (20-24)		100/220.4	220	135F	135FA	135FAIL			
SHARMA	SANJEEV	Male	India	102		Masters (40-44)		110/242.5	242	100.0	110.0	112.5			
SILAWAT	AJAY	Male	India	100.4		Masters (40-44)		110/242.5	242	100.0	107.5	110.0			
PAL	PAPENDER	Male	India	107.6		Masters (45-49)		110/242.5	242	60.0	70.0	75.0			
SINGH	MANJEET	Male	India	108.6		Sub-Masters (35-39)		110/242.5	242	135.0	147.5	152.5F			

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SINGH	HARDEV	Male	India	107.7	Open			110/242.5	242	150.0	155.0	157.5			
SINGH	GURVINDER	Male	India	102.5	Open			110/242.5	242	100.0	110F	110FA			
	MANOJ	Male	India	100.3	Open			110/242.5	242	65.0	70.0	75.0			
	AMAN	Male	India	103.5		Teen (18-19)		110/242.5	242	75.0	80.0	82.5F			
	SUNNY	Male	India	108.7		Junior (20-24)		110/242.5	242	60.0	85.0	110.0			
MEGHWAL	DEVENDRA KUMAR	Male	India	101.3		Junior (20-24)		110/242.5	242	95.0	100F	102.5F			
	DIPESH	Male	India	113.5		Teen (16-17)		125/275.5	275	20.0	25.0	27.5			
RANA	RAHUL	Male	India	113.6	Open			125/275.5	275	145.0	155.0	170F			
SINGH	PRABHJEET	Male	India	119.5	Open			125/275.5	275	115.0	117.5	120F			
KUMAR	YOGESH	Male	India	111.5		Junior (20-24)		125/275.5	275	110.0	117.5	132.5F			
	MARSHAL	Male	India	139		Teen (18-19)		140/308.6	308	65.0	70.0	80F			
	SINGH	Male	India	132		Sub-Masters (35-39)		140/308.6	308	130.0	140.0	145F			
	SINGH	Male	India	38.9		Youth 11 and Under		48/105.8	105	20.0	25.0	27.5F			
	SINGH	Male	India	37.9		Youth 11 and Under		48/105.8	105	20.0	22.5F	22.5			
	KHAN	Male	India	47.95		Youth 11 and Under		48/105.8	105	20.0	25F	25FA			
	NAYVANE	Male	India	51.5		Youth 11 and Under		52/114.6	114	20.0	22.5F	22.5FAIL			
	MAHAK	Female	India	34.35		Youth 11 and Under		44/97.0 (F)	97	20.0	22.5	25F			
	MONIKA	Female	India	37		Junior (20-24)		44/97.0 (F)	97	25.0	30.0	32.5			
	KAMBOJ	Female	India	47.1		Youth 11 and Under		48/105.8	105	30.0	32.5	35F			
	JOGI	Female	India	46.5	Open			48/105.8	105	47.5F	47.5FA	47.5FAIL			
	SADAFULE	Female	India	44.4		Teen (18-19)		48/105.8	105	50.0	52.5F	52.5			
	KHATRI	Female	India	51.9	Open			52/114.6	114	45.0	50.0	52.5F			
	SHARMA	Female	India	60		Teen (12-13)		60/132.2	132	20.0	25F	25FAIL			
	PRIYANKA	Female	India	57.3		Teen (18-19)		60/132.2	132	40.0	45.0	50.0			
	BHADORIA	Female	India	60		Junior (20-24)		60/132.2	132	45.0	50F	50FAIL			
	TIWARI	Female	India	56.5		Sub-Masters (35-39)		60/132.2	132	30.0	35.0	37.5			
	JOSHI	Female	India	57		Sub-Masters (35-39)	Handicapped	60/132.2	132	45.0	50.0	52.5F			
	KAUR	Female	India	63.35		Teen (12-13)		67.5/148.8	148	20.0	22.5	25F			
	PANWAR	Female	India	63.5		Teen (16-17)		67.5/148.8	148	35.0	40F	40FAIL			
	JHANJHOT	Female	India	64.1		Junior (20-24)		67.5/148.8	148	30.0	45.0	52.5F			
	RAJAWAT	Female	India	65.6		Junior (20-24)		67.5/148.8	148	30.0	37.5F	37.5FAIL			
	RAKHI	Female	India	65	Open			67.5/148.8	148	60.0	65F	65.0			
	GURJAR	Female	India	62.5	Open			67.5/148.8	148	32.5	40F	40.0			
	SUNARIA	Female	India	71.65		Junior (20-24)		75/165.3	165	35.0	40F	40FAIL			
	MONIKA	Female	India	75		Junior (20-24)		75/165.3	165	35.0	42.5	45.0			
	DEBI	Female	India	72.3		Sub-Masters (35-39)		75/165.3	165	35.0	37.5	40.0			
	MAURYA	Female	India	68.35		Sub-Masters (35-39)		75/165.3	165	40.0	42.5	45.0			
	KAUR	Female	India	75		Masters (40-44)		75/165.3	165	40F	45.0	47.5F			
	KINDER	Female	India	80.25		Junior (20-24)		82.5/181.8	181	50.0	57.5	62.5F			
	DAHIYA	Female	India	78.6	Open			82.5/181.8	181	60.0	65.0	67.5F			
	NANDWANI	Female	India	82.1		Masters (50-54)		82.5/181.8	181	30.0	40.0	50F			
	RANA	Female	India	84.9		Teen (18-19)		90/198.4	198	25.0	30.0	35F			
	PINKI	Female	India	82.7		Junior (20-24)		90/198.4	198	30.0	45.0	47.5F			
	AHLAWAT	Female	India	88.2		Junior (20-24)		90/198.4	198	40.0	45.0	47.5F			
	SHARMA	Female	India	111.2	Open			90+/198.5+ (F)	200	65.0	70F	70FAIL			
	SHARMA	Female	India	22		Youth 11 and Under		44/97.0 (F)	97	DEADLIFT			20.0	25.0	27.5
	MAURYA	Female	India	37.3		Youth 11 and Under		44/97.0 (F)	97				25.0	30.0	32.5
	KAUR	Female	India	21.85		Youth 11 and Under		44/97.0 (F)	97				25.0	30.0	35.0
	PANWAR	Female	India	35.4		Youth 11 and Under		44/97.0 (F)	97				25.0	27.5F	27.5

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ALI	AIMAN	Female	India	24.3		Youth 11 and Under		44/97.0 (F)	97				20.0	22.5	25.0
CHAUHAN	ANUSHKA	Female	India	30.65		Teen (12-13)		44/97.0 (F)	97				25F	25.0	27.5F
KAUR	GURNIDH	Female	India	33.6		Teen (14-15)		44/97.0 (F)	97				30.0	35.0	37.5
KAUR	RASNIDH	Female	India	28.4		Teen (14-15)		44/97.0 (F)	97				25.0	30F	30.0
JOGI	NEETU	Female	India	46.5	Open			48/105.8	105				100.0	110F	110.0
SADAFULE	PRAGATI	Female	India	44.4		Teen (18-19)		48/105.8	105				100.0	110.0	115F
KHATRI	SARITA	Female	India	51.9	Open			52/114.6	114				105.0	117.5F	117.5FA
	KHIYANSH	Female	India	52.3		Teen (12-13)		56/123.4	123				40.0	45.0	50.0
KUNTAL	PRIYA	Female	India	55.7		Teen (18-19)		56/123.4	123				95.0	100.0	102.5F
SHARMA	SAMRIDDI	Female	India	60		Teen (12-13)		60/132.2	132				40.0	45.0	52.5
BHADORIA	NEERU	Female	India	60		Junior (20-24)		60/132.2	132				100.0	110F	110FAIL
TIWARI	ASHLISHA	Female	India	56.5		Sub-Masters (35-39)		60/132.2	132				90.0	95.0	100.0
SHARMA	DIKSHA	Female	India	55.9		Teen (16-17)		60/132.2	132				70F	85F	85FAIL
KUMARI	MANJU	Female	India	56.2		Junior (20-24)		60/132.2	132				92.5F	92.5FA	92.5FAIL
PANWAR	KHUSHI	Female	India	63.5		Teen (16-17)		67.5/148.8	148				100.0	105.0	107.5
JHANJHOT	MANISH	Female	India	64.1		Junior (20-24)		67.5/148.8	148				80.0	100.0	105.0
RAJAWAT	DEEPIKA	Female	India	65.6		Junior (20-24)		67.5/148.8	148				70.0	80.0	90F
	RAKHI	Female	India	65	Open			67.5/148.8	148				130.0	145F	145FAIL
GURJAR	ROSHNI	Female	India	62.5	Open			67.5/148.8	148				95.0	102.5	107.5F
SUNARIA	KUNIKA	Female	India	71.65		Junior (20-24)		75/165.3	165				115.0	120.0	125.0
	MONIKA	Female	India	75		Junior (20-24)		75/165.3	165				110.0	115.0	125F
MAURYA	SARITA	Female	India	68.35		Sub-Masters (35-39)		75/165.3	165				105.0	107.5	110.0
BEDI	SIMPLE	Female	India	72.3		Sub-Masters (35-39)		75/165.3	165				100.0	105.0	107.5
KAUR	KULDEEP	Female	India	75		Masters (40-44)		75/165.3	165				90.0	95.0	100.0
KINDER	ELISHBA	Female	India	80.25		Junior (20-24)		82.5/181.8	181				100.0	110.0	120.0
DAHIYA	JYOTI	Female	India	78.6	Open			82.5/181.8	181				140.0	150.0	155.0
NANDWANI	MADHAVI	Female	India	82.1		Masters (50-54)		82.5/181.8	181				75.0	80.0	90.0
RANA	RITIKA	Female	India	84.9		Teen (18-19)		90/198.4	198				85.0	90.0	100.0
	PINKI	Female	India	82.7		Junior (20-24)		90/198.4	198				100.0	115.0	120F
AHLAWAT	MANALI	Female	India	88.2		Junior (20-24)		90/198.4	198				95.0	97.7	100.0
SHARMA	TINA	Female	India	111.2	Open			90+/198.5+ (F)	200				135.0	140.0	145F
SINGH	SANTOSH	Male	INDIA	47.1		Teen (18-19)		48/105.8	105				90.0	105.0	120F
SEN	RAHUL	Male	INDIA	48		Teen (18-19)		48/105.8	105				100.0	105F	105FA
KALASHIYA	RAJ	Male	INDIA	47.9		Teen (18-19)		48/105.8	105				105.0	115F	115FA
KUMARSUMAN	HARENDER	Male	INDIA	43.7		Teen (16-17)		48/105.8	105				60.0	70.0	90.0
SINGH	NAVNEET	Male	INDIA	46.15		Teen (14-15)		48/105.8	105				105.0	115F	115.0
SINGH	BALRAJ	Male	INDIA	42.9		Teen (12-13)		48/105.8	105				40.0	50.0	60F
VISHWAKARMA	MAYAUR	Male	INDIA	51.2		Junior (20-24)		52/114.6	114				125F	135.0	137.5
GHERWAL	KSHETRPAL	Male	INDIA	52		Junior (20-24)		52/114.6	114				100.0	120.0	130.0
NEGI	PARDEEP	Male	INDIA	48.8		Junior (20-24)		52/114.6	114				115F	115FA	115.0
	PRASHANT	Male	INDIA	50.9		Junior (20-24)		52/114.6	114				80F	80.0	105.0
KHAN	ARSHAD	Male	INDIA	52		Teen (18-19)		52/114.6	114				130.0	145.0	152.5

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	NAVEEN	Male	INDIA	52		Teen (18-19)		52/114.6	114				135.0	150F	150.0
KAUSHIK	DEV	Male	INDIA	50.3		Teen (18-19)		52/114.6	114				125.0	130.0	135F
YADAV	ANUJ	Male	INDIA	50.4		Teen (18-19)		52/114.6	114				125.0	130.0	132.5F
KAMBOJ	VAIBAV	Male	INDIA	52		Teen (18-19)		52/114.6	114				95.0	105.0	110F
SINGH	DILPREET	Male	INDIA	51.4		Teen (14-15)		52/114.6	114				60.0	70.0	80F
KAUSHAL	ASHISH	Male	INDIA	50.6		Teen (16-17)		52/114.6	114				120F	130.0	140.0
ARYA	ADITYA	Male	INDIA	52		Teen (16-17)		52/114.6	114				110.0	120.0	127.5
THAKUR	ROHIT	Male	INDIA	49.75		Teen (16-17)		52/114.6	114				115.0	120.0	125F
THAKUR	VIJENDERA	Male	INDIA	50.1		Teen (16-17)		52/114.6	114				90.0	100.0	115F
SINGH	RAVEL	Male	INDIA	54.7		Junior (20-24)		56/123.4	123				140.0	150.0	160F
JARIYA	JITENDRA	Male	INDIA	52.2	Open			56/123.4	123				135.0	142.5	147.5F
	SAHIL	Male	INDIA	55.9		Junior (20-24)		56/123.4	123				120.0	130.0	142.5
SADAFULE	RITIK	Male	INDIA	54.4		Teen (14-15)		56/123.4	123				120.0	130.0	135F
RANA	YASH	Male	INDIA	54.5		Teen (18-19)		56/123.4	123				110.0	140.0	150F
	JONY	Male	INDIA	54.6		Teen (14-15)		56/123.4	123				100.0	110.0	120F
SINGH	AMANPREET	Male	INDIA	53.2		Teen (14-15)		56/123.4	123				65.0	75.0	82.5
SINGH	GOVIND	Male	INDIA	56	Open			56/123.4	123				160.0	170F	170FA
BHUSHAN	BHARAT	Male	INDIA	60		Junior (20-24)		60/132.2	132				155.0	160.0	170.0
RATTOR	SHUBHAM	Male	INDIA	56.4		Junior (20-24)		60/132.2	132				120.0	125F	130F
YADAV	KHENCHAND	Male	INDIA	57.7		Junior (20-24)		60/132.2	132				150.0	157.5	162.5
SINGH	MADAN	Male	INDIA	59.8		Junior (20-24)		60/132.2	132				140.0	150F	150.0
KUMAR	RAVI	Male	INDIA	59.4		Junior (20-24)		60/132.2	132				120.0	130.0	140.0
GHOSI	ARMAN	Male	INDIA	58.6		Junior (20-24)		60/132.2	132				120.0	125.0	135.0
SIRSATS	UDIT	Male	INDIA	59.2	Open			60/132.2	132				165.0	175F	175FA
SHARMA	KUNAL	Male	INDIA	59.5		Teen (18-19)		60/132.2	132				170.0	175.0	180F
SINGH	MANPREET	Male	INDIA	58.2		Teen (18-19)		60/132.2	132				140.0	152.5	165F
CHAUDHARY	SAURABH	Male	INDIA	58.4		Teen (18-19)		60/132.2	132				140.0	150.0	155F
HUSHAN	MOHAADIL	Male	INDIA	58.1		Teen (18-19)		60/132.2	132				130.0	145.0	155.0
SINGH	KARAN	Male	INDIA	60		Teen (16-17)		60/132.2	132				100.0	120.0	125F
SINGH	KULDEEP	Male	INDIA	58.9		Teen (14-15)		60/132.2	132				120.0	140.0	150.0
SIWAL	MOHIT	Male	INDIA	66.7		Junior (20-24)		67.5/148.8	148				170.0	175.0	180.0
DESWAL	DEEPAK	Male	INDIA	66.95		Junior (20-24)		67.5/148.8	148				175.0	180.0	185F
AKBAR	MOHAMMD	Male	INDIA	63		Junior (20-24)		67.5/148.8	148				140.0	147.5	152.5F
MALAKAR	JITENDRA	Male	INDIA	63.9		Junior (20-24)		67.5/148.8	148				130.0	150.0	160F
GUJJAR	MANOJ	Male	INDIA	67		Junior (20-24)		67.5/148.8	148				100.0	120.0	150.0
	VISHAL	Male	INDIA	61		Junior (20-24)		67.5/148.8	148				70.0	120.0	140.0
SEN	BHAGWAN	Male	INDIA	64.2		Junior (20-24)		67.5/148.8	148				110.0	130.0	132.5
SINGH	KUSHAL	Male	INDIA	61.1		Junior (20-24)		67.5/148.8	148				100F	120.0	130F
PANDEY	VEDPARKESH	Male	INDIA	64.7		Masters (40-44)		67.5/148.8	148				175.0	182.5	187.5
SUKHYANI	MAYANK	Male	INDIA	67		Teen (18-19)		67.5/148.8	148				200.0	220.0	230F
	VIKAS	Male	INDIA	65.7		Teen (18-19)		67.5/148.8	148				155.0	165.0	175.0
MANDLIYA	KAPIL	Male	INDIA	65.8		Teen (18-19)		67.5/148.8	148				150.0	160.0	165.0
	ASHISH	Male	INDIA	62.8		Teen (18-19)		67.5/148.8	148				145.0	150.0	157.5
PANCHAL	DEEPAK	Male	INDIA	65.4		Teen (18-19)		67.5/148.8	148				140.0	150.0	155.0
	GAURAV	Male	INDIA	66.5		Teen (18-19)		67.5/148.8	148				130.0	135.0	147.5F
	ANKUSH	Male	INDIA	66.5		Teen (16-17)		67.5/148.8	148				135.0	145.0	150.0
	AYUSH	Male	INDIA	61.6		Teen (16-17)		67.5/148.8	148				100.0	125.0	130.0
	ROHIT	Male	INDIA	61.9		Teen (16-17)		67.5/148.8	148				90.0	100.0	110.0
	PARMJIT	Male	INDIA	66.4		Sub-Masters (35-39)		67.5/148.8	148				160.0	175.0	185F
KUMAR	MAHESH	Male	INDIA	67.5	Open			67.5/148.8	148				180.0	190.0	195.0
SINGH	DHARPAL	Male	INDIA	67.2	Open			67.5/148.8	148				150.0	170F	170FA

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KHERA	RISHAB	Male	INDIA	65.5		Junior (20-24)		67.5/148.8	148				130.0	135.0	150.0
KUMAR	AYUSH	Male	INDIA	71.6		Teen (14-15)		75/165.3	165				90.0	95.0	100.0
ANSARI	RIYAZUDDIN	Male	INDIA	74.9		Teen (16-17)		75/165.3	165				195.0	205F	205.0
	AKASH	Male	INDIA	73.3		Teen (16-17)		75/165.3	165				150.0	165.0	172.5
	DIPESH	Male	INDIA	72.7		Teen (16-17)		75/165.3	165				120.0	130.0	140.0
ANSARI	AZHARUDDIN	Male	INDIA	73.8		Teen (18-19)		75/165.3	165				170.0	180.0	190F
BAKSHI	SOURABH	Male	INDIA	73.2		Teen (18-19)		75/165.3	165				130.0	140.0	150F
SINGH	HARSIMRANDEEP	Male	INDIA	70.1		Junior (20-24)		75/165.3	165				160.0	180.0	190.0
	MANDEEP	Male	INDIA	72.8		Junior (20-24)		75/165.3	165				150.0	170.0	185.0
KUMAR	RAHUL	Male	INDIA	70.15		Junior (20-24)		75/165.3	165				165.0	170.0	177.5
KUMAR	JATIN	Male	INDIA	71.8		Junior (20-24)		75/165.3	165				150.0	160.0	170.0
MALI	NITESH	Male	INDIA	70.15		Junior (20-24)		75/165.3	165				140.0	155.0	165.0
	VINAY	Male	INDIA	71.7		Junior (20-24)		75/165.3	165				100.0	130.0	142.5F
SINGH	NASEEB	Male	INDIA	75	Open			75/165.3	165				170F	180.0	197.5
SAINI	AJAY	Male	INDIA	73.4	Open			75/165.3	165				140.0	150.0	160.0
SINGH	LOVEJEET	Male	INDIA	75	Open			75/165.3	165				130.0	145.0	160.0
SINGH	GAGANDEEP	Male	INDIA	73.2	Open			75/165.3	165				120.0	140.0	150.0
KUMAR	LAKHWINDER	Male	INDIA	67.9	Open			75/165.3	165				125.0	130F	142.5
KHARE	MILIND	Male	INDIA	71.2	Open			75/165.3	165				120.0	140.0	160F
SINGH	JAGPREET	Male	INDIA	74		Sub-Masters (35-39)		75/165.3	165				125.0	145.0	155.0
ALI	SABIR	Male	INDIA	71.8		Masters (40-44)		75/165.3	165				140.0	155.0	162.5
SINGH	JASPREET	Male	INDIA	70.9		Masters (40-44)		75/165.3	165				120.0	130.0	135F
SHARMA	SURESHCHANDRA	Male	INDIA	70		Masters (50-54)		75/165.3	165				70.0	80.0	90F
KADAM	MANOHAR	Male	INDIA	72.5		Masters (60-64)		75/165.3	165				90.0	110.0	122.5
SINGH	AMRITPAL	Male	INDIA	75	Open			75/165.3	165				135.0	145.0	160.0
SINGH	VIKRAM	Male	INDIA	77.2		Sub-Masters (35-39)		82.5/181.8	181				180.0	190F	190.0
SINGH	BEANT	Male	INDIA	77.1		Sub-Masters (35-39)		82.5/181.8	181				150.0	160.0	165F
KUMAR	NARESH	Male	INDIA	79.4		Masters (40-44)		82.5/181.8	181				160.0	170.0	185.0
SINGH	SATYANDRA	Male	INDIA	81		Masters (50-54)		82.5/181.8	181				85.0	95.0	105.0
SINGH	JASWANT	Male	INDIA	78.4		Masters (50-54)		82.5/181.8	181				175.0	185.0	200.0
SHEIKH	BASHIR AHMED	Male	INDIA	80		Masters (55-59)		82.5/181.8	181				130.0	140.0	150.0
YADAV	HARISH	Male	INDIA	76.3		Masters (55-59)		82.5/181.8	181				110.0	120.0	127.5
PARDESHI	VINAYAK	Male	INDIA	77.1		Masters (55-59)		82.5/181.8	181				100.0	110.0	117.5
SINGH	BALBIR	Male	INDIA	81.5	Open			82.5/181.8	181				220.0	225.0	227.5F
VERMA	YASHRAJ	Male	INDIA	78	Open			82.5/181.8	181				200.0	207.5F	207.5FA
KUMAR	SANJEEV	Male	INDIA	78.8	Open			82.5/181.8	181				165.0	175.0	185.0
CHAUDHARY	SIDDHARATH	Male	INDIA	82.1	Open			82.5/181.8	181				160.0	170F	170.0
SINGH	NAVDEEP	Male	INDIA	77.25	Open			82.5/181.8	181				160.0	165.0	170F
SINGH	INDERJEET	Male	INDIA	82.2	Open			82.5/181.8	181				150.0	160.0	167.5
SUMAN	MANOJ	Male	INDIA	81.3	Open			82.5/181.8	181				140.0	150.0	180F
DABAS	CHIRAG	Male	INDIA	77.85	Open			82.5/181.8	181				140.0	150.0	160F
SINGH	GURPREET	Male	INDIA	80	Open			82.5/181.8	181				100.0	120.0	140F
	SAGAR	Male	INDIA	80.5		Teen (18-19)		82.5/181.8	181				170.0	175F	175FA
	RAKSHIT	Male	INDIA	78.25		Teen (18-19)		82.5/181.8	181				120.0	125.0	135.0
VERMA	SHUBHAM	Male	INDIA	80.1		Teen (18-19)		82.5/181.8	181				125F	125.0	130F
PANCHAL	TARUN	Male	INDIA	79		Teen (16-17)		82.5/181.8	181				165.0	172.5	177.5
BOYAT	TUSHAR	Male	INDIA	81.8		Teen (16-17)		82.5/181.8	181				125.0	135.0	145F
MEHTA	AVIRAL	Male	INDIA	82		Teen (16-17)		82.5/181.8	181				100F	110.0	130.0
NAGAR	DEEPAK	Male	INDIA	81.5		Teen (16-17)		82.5/181.8	181				115.0	120F	120FA
SHARMA	SHUBHAM	Male	INDIA	77.4		Junior (20-24)		82.5/181.8	181				220.0	227.5F	227.5FA
KUMAR	TARUN	Male	INDIA	81		Junior (20-24)		82.5/181.8	181				170.0	185.0	200.0
SHEKHAR	CHANDER	Male	INDIA	77.2		Junior (20-24)		82.5/181.8	181				160.0	170.0	185.0

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SHARMA	MOHIT	Male	INDIA	76.9		Junior (20-24)		82.5/181.8	181				160.0	170.0	175.0
SINGH	MANPREET	Male	INDIA	80.1		Junior (20-24)		82.5/181.8	181				145.0	150.0	160F
SINGH	NISHAN	Male	INDIA	85		Masters (45-49)		90/198.4	198				80F	80FA	80FB
JHALA	PARTAP	Male	INDIA	83.7		Teen (14-15)		90/198.4	198				120.0	130.0	140F
GAUTAM	ABHISHEK	Male	INDIA	84.8		Teen (18-19)		90/198.4	198				120.0	125.0	130.0
SINGH	ABHEY	Male	INDIA	83.2		Junior (20-24)		90/198.4	198				190.0	205.0	220.0
	ASHISH	Male	INDIA	87.1		Junior (20-24)		90/198.4	198				180.0	195.0	200F
MISHRA	ISHAAN	Male	INDIA	88.2		Junior (20-24)		90/198.4	198				160.0	175.0	180.0
DABAS	SUMIT	Male	INDIA	89.5	Open			90/198.4	198				215.0	225.0	235F
SINGH	JASPAL	Male	INDIA	84.7	Open			90/198.4	198				200.0	215.0	235F
SHARMA	RAJIV	Male	INDIA	87.8	Open			90/198.4	198				190.0	215.0	220F
SINGH	ABHISHEK	Male	INDIA	88.3	Open			90/198.4	198				190.0	210.0	222.5F
SINGH	SHUBHAMPRATAP	Male	INDIA	84	Open			90/198.4	198				175.0	180.0	200F
	SHIVAM	Male	INDIA	89.85	Open			90/198.4	198				170.0	180.0	190F
GAUR	DEEPAK	Male	INDIA	84.2	Open			90/198.4	198				140.0	150.0	165.0
BISHT	JINTENDRA	Male	INDIA	86	Open			90/198.4	198				140.0	150.0	165.0
SINGH	NONIHAL	Male	INDIA	85.2	Open			90/198.4	198				130.0	150.0	165.0
KUMAR	SANJEEV	Male	INDIA	82.6		Sub-Masters (35-39)		90/198.4	198				140.0	147.5	152.5
KUMAR	RAJ	Male	INDIA	84		Sub-Masters (35-39)		90/198.4	198				135.0	140.0	150.0
VIRANG	RITESH	Male	INDIA	86.4		Masters (40-44)		90/198.4	198				190.0	200.0	220F
ALI	KOSAR	Male	INDIA	89.1		Masters (40-44)		90/198.4	198				160.0	170.0	175.0
RAYKWAR	MANOHAR	Male	INDIA	82.8		Masters (45-49)		90/198.4	198				100.0	120.0	127.5
SINGH	JITENDER	Male	INDIA	83.6		Masters (50-54)		90/198.4	198				150.0	155.0	160.0
SINGH	HARJIT	Male	INDIA	93		Masters (45-49)		100/220.4	220				150.0	170.0	NA
RAJWAT	RAVINDRA SINGH	Male	INDIA	93.4		Teen (16-17)		100/220.4	220				130.0	137.5	150.0
SAYENA	HIND	Male	INDIA	91.4		Teen (16-17)		100/220.4	220				120.0	135F	140.0
RAJWAT	OMENDRA SINGH	Male	INDIA	96.3		Teen (16-17)		100/220.4	220				110.0	130.0	140F
TAK	SHYAM	Male	INDIA	91.2		Teen (16-17)		100/220.4	220				120.0	135F	135FA
CHEETA	SHAWAN	Male	INDIA	91		Teen (18-19)		100/220.4	220				155.0	165.0	175FA
	MAHIM	Male	INDIA	97		Teen (18-19)		100/220.4	220				150.0	160F	175FA
KHATRI	JASWANT	Male	INDIA	91.1		Teen (18-19)		100/220.4	220				120.0	125.0	130.0
	AASHISH	Male	INDIA	95		Junior (20-24)		100/220.4	220				200.0	210.0	225.0
KUMAR	MOHIT	Male	INDIA	97.7		Junior (20-24)		100/220.4	220				165.0	175.0	182.5F
	SANDEEP	Male	INDIA	100	Open			100/220.4	220				250.0	265F	265FA
DABAS	YASPAL	Male	INDIA	100		Sub-Masters (35-39)		100/220.4	220				250.0	265.0	272.5F
NAGAR	SUNIL	Male	INDIA	95.7		Masters (40-44)		100/220.4	220				225.0	235.0	242.5
HIR	MANPREET SINGH	Male	INDIA	94.9		Masters (40-44)		100/220.4	220				210.0	217.5F	217.5FA
SINGH	JITENDER	Male	INDIA	91		Masters (40-44)		100/220.4	220				100.0	110.0	120.0
SINGH	RAJINDER	Male	INDIA	92.4	Open			100/220.4	220				165F	175.0	187.5
	SOFIYAN	Male	INDIA	98.3	Open			100/220.4	220				100.0	150.0	170.0
SHARMA	SANJEEV	Male	INDIA	102		Masters (40-44)		110/242.5	242				150.0	167.5	177.5F
SILAWAT	AJAY	Male	INDIA	100.4		Masters (40-44)		110/242.5	242				150.0	165F	165.0
SINGH	GURPREET	Male	INDIA	109.5		Junior (20-24)		110/242.5	242				260.0	275.0	285.0
DABAS	RAHUL	Male	INDIA	103		Junior (20-24)		110/242.5	242				180.0	190.0	202.5
	SUNNY	Male	INDIA	108.7		Junior (20-24)		110/242.5	242				150.0	185.0	202.5
MEGHAWAL	DEVANDRA KUMAR	Male	INDIA	101.3		Junior (20-24)		110/242.5	242				160.0	170.0	180F
SEHGAL	GULSHAN	Male	INDIA	102.3		Masters (45-49)		110/242.5	242				120.0	130.0	140.0
LUTHRA	SHUBHAM	Male	INDIA	118		Teen (18-19)		125/275.5	275				160.0	170.0	185.0
	DIPESH	Male	INDIA	113.85		Teen (16-17)		125/275.5	275				50.0	60.0	75.0

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SINGH	GURPREET	Male	INDIA	132		Sub-Masters (35-39)		140/308.6	308				150.0	180.0	182.5
MARSHAL	KABIR	Male	INDIA	139		Junior (20-24)		140/308.6	308				150.0	180.0	182.5
Strict Curl															
Last Name	First Name	Gender	Country	Bwt	Open Division	Age Division	Other Division	Wt Cls	Wt Cls label				Strict Curl 1	Strict Curl 2	Strict Curl 3
	PINKI	Female	INDIA	82.7		Junior (20-24)		90/198.4	198				15.0	25.5	27.5
AHLAWAT	MANALI	Female	INDIA	88.2		Junior (20-24)		90/198.4	198				22.5	25.0	30F
KINDER	ELISHBA	Female	INDIA	80		Teen (18-19)		82.5/181.8	181				15.0	22.5	25.0
	RAKHI	Female	INDIA	65	Open			67.5/148.8	148				20.0	25.0	32.5F
PANWAR	KHUSHI	Female	INDIA	63.5		Teen (18-19)		67.5/148.8	148				20.0	25.0	32F
GURJAR	ROSHNI	Female	INDIA	62.5	Open			67.5/148.8	148				22.5	27.5F	27.5FA
SHARMA	ARTI	Female	INDIA	64		Masters (50-54)		67.5/148.8	148				10.0	12.5	15F
	MONIKA	Female	INDIA	37		Junior (20-24)		44/97.0 (F)	97				10.0	15.0	20F
SADAFULE	PRAGATI	Female	INDIA	44.4		Teen (18-19)		48/105.8	105				22.5	27.5F	27.5
JOGI	NEETU	Female	INDIA	46.5	Open			48/105.8	105				22.5	27.5F	27.5FA
	MONIKA	Female	INDIA	75		Junior (20-24)		75/165.3	165				20.0	22.5	30F
MAURYA	SARITA	Female	INDIA	68.35		Sub-Masters (35-39)		75/165.3	165				15.0	20.0	22.5F
BEDI	SIMPLE	Female	INDIA	72.3		Sub-Masters (35-39)		75/165.3	165				15.0	17.5F	20.0
SHARMA	SAMRIDDIHI	Female	INDIA	60		Teen (12-13)		60/132.2	132				10.0	12.5	15.0
BHADORIA	NEERU	Female	INDIA	60		Junior (20-24)		60/132.2	132				20.0	25F	25FA
TIWARI	ASHLESHA	Female	INDIA	56.5		Sub-Masters (35-39)		60/132.2	132				20F	20.0	30F
KAUR	JASMEET	Female	INDIA	56		Masters (40-44)		56/123.4	123				15F	15.0	NA
SINGH	NAVNEET	MALE	INDIA	46.15		Teen (14-15)		48/105.8	105				20.0	30.0	35.0
SEN	RAHUL	MALE	INDIA	48		Teen (18-19)		48/105.8	105				25.0	30.0	35.0
SINGH	SANTOSH	MALE	INDIA	47.1		Teen (18-19)		48/105.8	105				20.0	25.0	27.5F
ARYA	ADITYA	MALE	INDIA	52		Teen (16-17)		52/114.6	114				30.0	37.5	40F
	SAHIL	MALE	INDIA	51.3		Teen (16-17)		52/114.6	114				25.0	30F	30.0
KAUSHIK	DEV	MALE	INDIA	51		Teen (18-19)		52/114.6	114				30.0	37.5	43F
GHERWAL	KSHETRPAL	MALE	INDIA	52		Junior (20-24)		52/114.6	114				30.0	40F	40.0
	PRASHANT	MALE	INDIA	50.9		Junior (20-24)		52/114.6	114				25.0	30.0	35.0
SHARMA	SAHIL	MALE	INDIA	51		Junior (20-24)		52/114.6	114				20F	20.0	25.0
	VIJAY	MALE	INDIA	53.6		Teen (18-19)		56/123.4	123				30.0	37.5	42.5
SINGH	AMANPREET	MALE	INDIA	53.2		Teen (14-15)		56/123.4	123				12.5	17.5	22.5
	SAHIL	MALE	INDIA	55.9		Junior (20-24)		56/123.4	123				40.0	45.0	52.5F
SINGH	KARAN	MALE	INDIA	60		Teen (16-17)		60/132.2	132				25.0	30.0	32.5
SHARMA	KUNAL	MALE	INDIA	59.5		Teen (18-19)		60/132.2	132				40.0	45.0	52.5F
SHARMA	ANSH	MALE	INDIA	56.4		Teen (18-19)		60/132.2	132				35.0	40.0	45F
SINGH	MANPREET	MALE	INDIA	58.2		Teen (18-19)		60/132.2	132				30.0	40.0	45F
	ANKIT	MALE	INDIA	58.8	Open			60/132.2	132				40.0	45.0	50F
VYAS	MANISH	MALE	INDIA	59.1	Open			60/132.2	132				35.0	40.0	45.0
SINGH	GAGANDEEP	MALE	INDIA	56.2	Open			60/132.2	132				40F	40.0	45F
KUMAR	RAVI	MALE	INDIA	59.4		Junior (20-24)		60/132.2	132				35.0	40.0	42.5
SINGH	PALWINDER	MALE	INDIA	59.7		Junior (20-24)		60/132.2	132				35F	40.0	45F
SUKHYANI	MAYANK	MALE	INDIA	67		Teen (18-19)		67.5/148.8	148				40F	45.0	52.5F
MANDLIYA	KAPIL	MALE	INDIA	65.8		Teen (18-19)		67.5/148.8	148				35.0	40.0	42.5
PANCHAL	DEEPAK	MALE	INDIA	65.4		Teen (18-19)		67.5/148.8	148				30.0	37.5	42.5F
KHERA	RISHABH	MALE	INDIA	65.5	Open			67.5/148.8	148				35.0	37.5	42.5F
KUMAR	RAJESH	MALE	INDIA	67		Masters (50-54)		67.5/148.8	148				30F	35.0	40.0
	ANKUSH	MALE	INDIA	66.5		Teen (16-17)		67.5/148.8	148				35.0	42.5	45.0
	AYUSH	MALE	INDIA	61.6		Teen (16-17)		67.5/148.8	148				30.0	37.5	40.0
MALAKAR	JINTENDER	MALE	INDIA	63.9		Junior (20-24)		67.5/148.8	148				50F	50.0	55.0
JAYAF	ABDUL	MALE	INDIA	65.9		Junior (20-24)		67.5/148.8	148				30.0	40.0	50.0

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	VISHAL	MALE	INDIA	61		Junior (20-24)		67.5/148.8	148				30.0	40.0	47.5F
JUNEJA	PARAS	MALE	INDIA	66		Junior (20-24)		67.5/148.8	148				35.0	40.0	42.5
DESWAL	DEEPAK	MALE	INDIA	66.95		Junior (20-24)		67.5/148.8	148				40.0	45.0	47.5
SEN	BHAGWAN	MALE	INDIA	64.2		Junior (20-24)		67.5/148.8	148				30.0	32.5	35F
GUJJAR	MANOJ	MALE	INDIA	67		Junior (20-24)		67.5/148.8	148				30F	30.0	40.0
GAUTAM	GOVIND	MALE	INDIA	67.5		Junior (20-24)		67.5/148.8	148				30F	35.0	42.5
SIWAL	MOHIT	MALE	INDIA	66.7		Junior (20-24)		67.5/148.8	148				30.0	40.0	42.5
	ATUL	MALE	INDIA	70.7		Teen (14-15)		75/165.3	165				25.0	30.0	35.0
	DIPESH	MALE	INDIA	72.7		Teen (16-17)		75/165.3	165				35.0	40.0	45.0
ANSARI	RIYAZUDDIN	MALE	INDIA	74.9		Teen (16-17)		75/165.3	165				40.0	45.0	50F
ANSARI	AZHARUDDIN	MALE	INDIA	73.8		Teen (18-19)		75/165.3	165				40.0	45.0	50.0
SINGH	AMRITPAL	MALE	INDIA	75	Open			75/165.3	165				35.0	40.0	45.0
	MANDEEP	MALE	INDIA	72.85		Junior (20-24)		75/165.3	165				45.0	52.5	55.0
	VINAY	MALE	INDIA	71.7		Junior (20-24)		75/165.3	165				40.0	45.0	50F
SINGH	PREETPAL	MALE	INDIA	71		Junior (20-24)		75/165.3	165				30.0	35F	35FA
SHARMA	SURESHCHANDRA	MALE	INDIA	70		Masters (50-54)		75/165.3	165				22.5	27.5	32.5F
SHARMA	VIKAS	MALE	INDIA	72.65		Sub-Masters (35-39)		75/165.3	165				47.5	50.0	52.5
BAJAJ	AMIT	MALE	INDIA	72		Sub-Masters (35-39)		75/165.3	165				30.0	35.0	NA
SINGH	JASPREET	MALE	INDIA	70.9		Masters (40-44)		75/165.3	165				40.0	42.5	47.5F
ALI	SABIR	MALE	INDIA	71.8		Masters (40-44)		75/165.3	165				25F	40F	40.0
SINGH	LOVEJEET	MALE	INDIA	75	Open			75/165.3	165				35.0	40F	42.5F
SINGH	GAGANDEEP	MALE	INDIA	73.2	Open			75/165.3	165				30.0	40.0	45F
KUMAR	HEMANT	MALE	INDIA	71.75	Open			75/165.3	165				45.0	52.5	55.0
SINGH	NASEEB	MALE	INDIA	75	Open			75/165.3	165				40.0	50.0	55.0
	RINKU	MALE	INDIA	73	Open			75/165.3	165				40.0	50.0	52.5F
SINGH	INDERJIT	MALE	INDIA	78.5	Open			82.5/181.8	181				40.0	47.5	50.0
KHARWAL	RAJEEV	MALE	INDIA	78.5	Open			82.5/181.8	181				40.0	45.0	50.0
SAINI	MANHAR	MALE	INDIA	82	Open			82.5/181.8	181				40F	50.0	52.5F
BAKSHI	DEEPAK	MALE	INDIA	77.1	Open			82.5/181.8	181				40.0	45.0	47.5
SINGH	BALBIR	MALE	INDIA	81.05	Open			82.5/181.8	181				40F	45F	45.0
DABAS	CHIRAG	MALE	INDIA	77.85	Open			82.5/181.8	181				30.0	40.0	47.5
	RAKSHIT	MALE	INDIA	78.25		Teen (18-19)		82.5/181.8	181				40.0	45.0	47.5F
NAGAR	DEEPAK	MALE	INDIA	81.5		Teen (16-17)		82.5/181.8	181				32.5	35.0	40.0
MEHTA	AVIRAL	MALE	INDIA	82		Teen (16-17)		82.5/181.8	181				20.0	30.0	37.5
BOYAT	TUSHAR	MALE	INDIA	81.8		Teen (16-17)		82.5/181.8	181				30.0	35F	35.0
SINGH	SATYANDRA	MALE	INDIA	81		Masters (50-54)		82.5/181.8	181				35.0	40.0	42.5F
CHAUDHARY	SIDDHARATH	MALE	INDIA	82.1	Open			82.5/181.8	181				40.0	45.0	50F
CHAUDHARY	VISHAL	MALE	INDIA	81.4		Junior (20-24)		82.5/181.8	181				55.0	60.0	70F
SHARMA	SHUBHAM	MALE	INDIA	77.4		Junior (20-24)		82.5/181.8	181				45.0	55.0	60F
PANCHAL	TARUN	MALE	INDIA	79		Teen (18-19)		82.5/181.8	181				35.0	45.0	47.5F
	SAGAR	MALE	INDIA	80.5		Teen (18-19)		82.5/181.8	181				45.0	47.5	50.0
KHATRI	SANDEEP	MALE	INDIA	80.6		Sub-Masters (35-39)		82.5/181.8	181				40.0	50.0	57.5
KUMAR	SURESH	MALE	INDIA	76		Sub-Masters (35-39)		82.5/181.8	181				40.0	45.0	47.5F
SINGH	BEANT	MALE	INDIA	77.1		Sub-Masters (35-39)		82.5/181.8	181				35.0	40.0	45.0
SHARMA	JAIDEEP	MALE	INDIA	88.2		Junior (20-24)		90/198.4	198				50.0	55.0	57.5F
MISHRA	ISHAAN	MALE	INDIA	88.2		Junior (20-24)		90/198.4	198				40.0	45.0	50F
SINGH	NISHAN	MALE	INDIA	85		Masters (45-49)		90/198.4	198				35.0	40.0	42.5F
SINGH	JITENDER	MALE	INDIA	83.6		Masters (50-54)		90/198.4	198				35.0	40F	40.0
VIRANG	RITESH	MALE	INDIA	86.4		Masters (40-44)		90/198.4	198				35.0	42.5	57.5
ALI	KOSAR	MALE	INDIA	89.1		Masters (40-44)		90/198.4	198				50.0	55.0	60F
KUMAR	ARUN	MALE	INDIA	88.5		Masters (40-44)		90/198.4	198				35.0	40.0	42.5
JUNEJA	RAHUL	MALE	INDIA	85		Masters (40-44)		90/198.4	198				30.0	35.0	42.5
DABAS	SUMIT	MALE	INDIA	89.5	Open			90/198.4	198				50F	57.5	62.5
ISSAR	MOHIT	MALE	INDIA	86	Open			90/198.4	198				55F	55.0	57.5
SINGH	SHUBHAMPARTAP	MALE	INDIA	84	Open			90/198.4	198				52.5	55.0	60F
SINGH	SHAMSHER	MALE	INDIA	87.6	Open			90/198.4	198				40.0	47.5	52.5
DHILLO	AJEET	MALE	INDIA	82.9	Open			90/198.4	198				35.0	40.0	45.0
MANAKTALA	SHIVAM	MALE	INDIA	84		Teen (18-19)		90/198.4	198				42.5	47.5	52.5
	PRATEEK	MALE	INDIA	83.5		Teen (18-19)		90/198.4	198				35.0	40.0	42.5
SINGH	GURBAZ	MALE	INDIA	82.6		Sub-Masters (35-39)		90/198.4	198				45.0	55.0	60.0
KUMAR	SANJEEV	MALE	INDIA	82.6		Sub-Masters (35-39)		90/198.4	198				30.0	35.0	42.5
KUMAR	RAJ	MALE	INDIA	84		Sub-Masters (35-39)		90/198.4	198				40F	40FA	45F

National Powerlifting Bench Press, Dead Lift & Strict Curl Championship RAW 2019, India

July, 19th to 21th, 2019

Last Name	First Name	Gender	Country	Bwt	Open Division	Age Division	Other Division	Wt CIs	Wt CIs label	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3
RAYAKWAR	MANOHAR	MALE	INDIA	82.8		Masters (45-49)		90/198.4	198				35F	37.5F	37.5FA
	ASHISH	MALE	INDIA	87.1		Teen (18-19)		90/198.4	198				40F	40FA	40FB
DHIMAN	JAIDEEP	MALE	INDIA	94.5	Open			100/220.4	220				50.0	55.0	57.5
	SUNNY	MALE	INDIA	91.7	Open			100/220.4	220				45.0	52.5	55.0
	SOFIYAN	MALE	INDIA	98.3	Open			100/220.4	220				30.0	45.0	55.0
SINGH	PRABJYOT	MALE	INDIA	92.75	Open			100/220.4	220				20F	20FA	20FB
DABAS	YASHPAL	MALE	INDIA	100		Sub-Masters (35-39)		100/220.4	220				40.0	50.0	65.0
NAGAR	SUNIL	MALE	INDIA	95.7		Masters (40-44)		100/220.4	220				45F	50.0	60.0
DHIR	MANPREETSINGH	MALE	INDIA	94.9		Masters (40-44)		100/220.4	220				30F	40.0	45.0
SINGH	JATINDER	MALE	INDIA	91		Masters (40-44)		100/220.4	220				20.0	25.0	30F
SINGH	HARJIT	MALE	INDIA	93		Masters (45-49)		100/220.4	220				40.0	NA	NAA
SAXENA	HIND	MALE	INDIA	91		Teen (16-17)		100/220.4	220				35.0	42.5	47.5F
RAJAWAT	OMENDRASINGH	MALE	INDIA	96.3		Teen (16-17)		100/220.4	220				27.5	32.5	37.5F
VERMA	VIVEK	MALE	INDIA	92		Junior (20-24)		100/220.4	220				45.0	50F	50.0
CHEETA	SAWAN	MALE	INDIA	91		Teen (18-19)		100/220.4	220				45.0	50.0	55.0
SEHGAL	GULSHAN	MALE	INDIA	102.3		Masters (45-49)		110/242.5	242				35.0	42.5	50.0
SHARMA	SANJEEV	MALE	INDIA	102		Masters (40-44)		110/242.5	242				40.0	52.5	57.5
	AMAN	MALE	INDIA	103.5		Teen (18-19)		110/242.5	242				35.0	42.5	55F
SINGH	MANJEET	MALE	INDIA	108.65		Sub-Masters (35-39)		110/242.5	242				60.0	70.0	77.5
SINGH	GURVINDER	MALE	INDIA	102.5	Open			110/242.5	242				50.0	60F	60.0
	MANOJ	MALE	INDIA	100.3	Open			110/242.5	242				30.0	35.0	40.0
DABAS	RAHUL	MALE	INDIA	103		Junior (20-24)		110/242.5	242				40.0	55F	55FA
	SUNNY	MALE	INDIA	108.7		Junior (20-24)		110/242.5	242				25F	25FA	40.0
RANA	RAHUL	MALE	INDIA	113.6	Open			125/275.5	275				55.0	65.0	75F
	DIPESH	MALE	INDIA	113.85		Teen (16-17)		125/275.5	275				10.0	12.5	15.0
KUMAR	YOGESH	MALE	INDIA	111.5		Junior (20-24)		125/275.5	275				30.0	42.5	47.5
MARSHAL	KABIR	MALE	INDIA	139		Teen (18-19)		140/308.6	308				35.0	40.0	45.0
SINGH	GURPREET	MALE	INDIA	132		Sub-Masters (35-39)		140/308.6	308				50.0	55.0	60.0