



India Powerlifting Records

Ed Kutin

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Weight Class: 44 / 97 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	75.0 kgs / 165.3 lbs Sumaya Shakir (India) 11/2014	42.5 kgs / 93.6 lbs Sumaya Shakir (India) 11/2014	85.0 kgs / 187.3 lbs Sumaya Shakir (India) 11/2014	202.5 kgs / 446.4 lbs Sumaya Shakir (India) 11/2014

Weight Class: 75 / 165 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	107.5 kgs / 236.9 lbs Chiraq Lambert (India) 2/2018	82.5 kgs / 181.8 lbs Chiraq Lambert (India) 2/2018	165.0 kgs / 363.7 lbs Chiraq Lambert (India) 2/2018	355.0 kgs / 782.6 lbs Chiraq Lambert (India) 2/2018
20-24	107.5 kgs / 236.9 lbs Chiraq Lambert (India) 2/2018	82.5 kgs / 181.8 lbs Chiraq Lambert (India) 2/2018	165.0 kgs / 363.7 lbs Chiraq Lambert (India) 2/2018	355.0 kgs / 782.6 lbs Chiraq Lambert (India) 2/2018

Weight Class: 90 / 198 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	135.0 kgs / 297.6 lbs Shubham Singh (India) 10/2018	130.0 kgs / 286.5 lbs Shubham Singh (India) 10/2018	170.0 kgs / 374.7 lbs Shubham Singh (India) 10/2018	435.0 kgs / 959.0 lbs Shubham Singh (India) 10/2018
20-24	135.0 kgs / 297.6 lbs Shubham Singh (India) 10/2018	130.0 kgs / 286.5 lbs Shubham Singh (India) 10/2018	170.0 kgs / 374.7 lbs Shubham Singh (India) 10/2018	435.0 kgs / 959.0 lbs Shubham Singh (India) 10/2018

Weight Class: 100 / 220 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	190.0 kgs / 418.8 lbs Tarandeep Singh (India) 11/2022	140.0 kgs / 308.6 lbs Tarandeep Singh (India) 11/2022	237.5 kgs / 523.5 lbs Tarandeep Singh (India) 11/2022	567.5 kgs / 1251.1 lbs Tarandeep Singh (India) 11/2022
35-39	190.0 kgs / 418.8 lbs Tarandeep Singh (India) 11/2022	140.0 kgs / 308.6 lbs Tarandeep Singh (India) 11/2022	237.5 kgs / 523.5 lbs Tarandeep Singh (India) 11/2022	567.5 kgs / 1251.1 lbs Tarandeep Singh (India) 11/2022

Weight Class: 110 / 242 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	165.0 kgs / 363.7 lbs Sanjeev Sharma (India) 11/2022	130.0 kgs / 286.5 lbs Sanjeev Sharma (India) 11/2022	205.0 kgs / 451.9 lbs Sanjeev Sharma (India) 11/2022	500.0 kgs / 1102.3 lbs Sanjeev Sharma (India) 11/2022

40-44	165.0 kgs / 363.7 lbs Sanjeev Sharma (India) 11/2022	130.0 kgs / 286.5 lbs Sanjeev Sharma (India) 11/2022	205.0 kgs / 451.9 lbs Sanjeev Sharma (India) 11/2022	500.0 kgs / 1102.3 lbs Sanjeev Sharma (India) 11/2022
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