



India Powerlifting Records

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12/5/2024

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: 60 / 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	65.0 kgs / 143.2 lbs Vanaja Nair (India) 11/2024	35.0 kgs / 77.1 lbs Vanaja Nair (India) 11/2024	95.0 kgs / 209.4 lbs Vanaja Nair (India) 11/2024	195.0 kgs / 429.8 lbs Vanaja Nair (India) 11/2024
50-54	65.0 kgs / 143.2 lbs Vanaja Nair (India) 11/2024	35.0 kgs / 77.1 lbs Vanaja Nair (India) 11/2024	95.0 kgs / 209.4 lbs Vanaja Nair (India) 11/2024	195.0 kgs / 429.8 lbs Vanaja Nair (India) 11/2024

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	150.0 kgs / 330.6 lbs Chandraveer Singh (India) 7/2024	95.0 kgs / 209.4 lbs Chandraveer Singh (India) 7/2024	180.0 kgs / 396.8 lbs Chandraveer Singh (India) 7/2024	425.0 kgs / 936.9 lbs Chandraveer Singh (India) 7/2024
16-17	150.0 kgs / 330.6 lbs Chandraveer Singh (India) 7/2024	95.0 kgs / 209.4 lbs Chandraveer Singh (India) 7/2024	180.0 kgs / 396.8 lbs Chandraveer Singh (India) 7/2024	425.0 kgs / 936.9 lbs Chandraveer Singh (India) 7/2024
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: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	175.0 kgs / 385.8 lbs Vikrant Yadav (India) 7/2024	150.0 kgs / 330.6 lbs Vikrant Yadav (India) 7/2024	230.0 kgs / 507.0 lbs Vikrant Yadav (India) 7/2024	555.0 kgs / 1223.5 lbs Vikrant Yadav (India) 7/2024

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
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Weight Class: 100 / 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	202.5 kgs / 446.4 lbs Naveen Singh Dahiya (India) 7/2024	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
16-17	165.0 kgs / 363.7 lbs Akash Yadav (India) 7/2024	107.5 kgs / 236.9 lbs Akash Yadav (India) 7/2024	190.0 kgs / 418.8 lbs Akash Yadav (India) 7/2024	462.5 kgs / 1019.6 lbs Akash Yadav (India) 7/2024
18-19	135.0 kgs / 297.6 lbs Lokesh . (India) 7/2024	105.0 kgs / 231.4 lbs Lokesh . (India) 7/2024	202.5 kgs / 446.4 lbs Lokesh . (India) 7/2024	442.5 kgs / 975.5 lbs Lokesh . (India) 7/2024
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

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	150.0 kgs / 330.6 lbs Dhiraj Kumar (India) 7/2024	120.0 kgs / 264.5 lbs Dhiraj Kumar (India) 7/2024	190.0 kgs / 418.8 lbs Dhiraj Kumar (India) 7/2024	460.0 kgs / 1014.1 lbs Dhiraj Kumar (India) 7/2024