

Powerlifting India
National Senior Equipped Powerlifting Championship 2026
Ghazipur, Uttar Pradesh - 29-08-2026 to 03-09-2026
Final Results

Place	Name	YOB	Team	Lot	Bd.	Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL	Points	BL.	RK.
Open - 47kg																									
1	Kajal BHAKARE	1997	MAH	16	44.38	0.229113	~~462.5~~	162.5	~~467.5~~	162.5 [1]	80.0	87.5	92.5	92.5 [1]	130.0	142.5	152.5	152.5 [2]	407.5	12	93.363548		3	☹	
2	Midhuna THOMAS	2001	KER	12	45.80	0.223506	140.0	~~450.0~~	150.0	150.0 [2]	60.0	65.0	~~70.0~~	65.0 [2]	140.0	150.0	155.0	155.0 [1]	370.0	9	82.697220		15		
3	Tulasi KOPPU	2001	TEL	11	45.60	0.224267	100.0	107.5	~~442.5~~	107.5 [3]	45.0	~~52.5~~	52.5	52.5 [4]	95.0	105.0	115.0	115.0 [4]	275.0	8	61.673425		35		
4	Tekkati LALITHA VYSHNAVI	2002	KAR	15	41.56	0.241799	80.0	~~87.5~~	X	80.0 [4]	37.5	40.0	42.5	42.5 [5]	80.0	90.0	X	90.0 [5]	212.5	7	51.382288		40		
-	Sangita DHOLE	1985	VID	13	46.05	0.222566	~~440.0~~	~~425.0~~	~~425.0~~	-	55.0	62.5	~~65.0~~	62.5 [3]	~~420.0~~	130.0	~~440.0~~	130.0 [3]	-	-			-	-	
Open - 52kg																									
1	Saloni	2001	U P	24	50.90	0.206713	160.0	177.5	187.5	187.5 [1]	~~80.0~~	85.0	95.0	95.0 [2]	145.0	~~160.0~~	165.0	165.0 [1]	447.5	12	92.504068		5		
2	Rohit ANJANA B	1999	GUJ	22	49.30	0.211488	180.0	185.0	~~490.0~~	185.0 [2]	~~95.0~~	~~97.5~~	97.5	97.5 [1]	145.0	155.0	162.5	162.5 [2]	445.0	9	94.112160		2	☹	
3	Sushmita DESHMAKH	1997	MAH	25	51.70	0.204472	~~465.0~~	165.0	~~475.0~~	165.0 [3]	~~65.0~~	65.0	X	65.0 [4]	85.0	~~430.0~~	137.5	137.5 [4]	367.5	8	75.143460		23		
4	Nisha A	2007	T N	19	50.26	0.208575	~~445.0~~	150.0	X	150.0 [4]	~~75.0~~	75.0	~~80.0~~	75.0 [3]	140.0	~~452.5~~	~~452.5~~	140.0 [3]	365.0	7	76.129875		21		
5	Sonali UKIL	1988	W B	21	50.70	0.207288	~~430.0~~	130.0	142.5	142.5 [5]	50.0	55.0	~~57.5~~	55.0 [7]	120.0	125.0	~~430.0~~	125.0 [6]	322.5	6	66.850380		29		
6	Riya SHIL	2004	W B	20	51.00	0.206428	105.0	115.0	~~425.0~~	115.0 [6]	55.0	60.0	~~65.0~~	60.0 [6]	112.5	125.0	132.5	132.5 [5]	307.5	5	63.476610		32		
7	Bhagya Laxmi VAISHANAV	2000	TEL	18	50.60	0.207578	110.0	~~447.5~~	~~420.0~~	110.0 [7]	55.0	57.5	60.0	60.0 [5]	110.0	~~420.0~~	X	110.0 [7]	280.0	4	58.121840		37		
Open - 57kg																									
1	Kriti KUMARI	1998	KER	32	56.90	0.191892	170.0	~~482.5~~	185.0	185.0 [1]	110.0	~~445.0~~	~~445.0~~	110.0 [1]	155.0	165.0	172.5	172.5 [3]	467.5	12	89.709510		9		
2	Riya KALYANE	2004	M P	33	56.20	0.193408	172.5	182.5	~~492.5~~	182.5 [2]	85.0	92.5	97.5	97.5 [2]	162.5	175.0	~~480.0~~	175.0 [2]	455.0	9	88.000640		10		
-	Konsam ITHOI DEVI	1982	MAN	28	56.05	0.193739	~~90.0~~	X	X	-	X	X	X	-	X	X	X	-	-	-			-	-	
-	Mayalaxmi MAIMOM	1998	MAN	29	55.52	0.194929	X	X	X	-	X	X	X	-	X	X	X	-	-	-			-	-	
-	Pooja M A	2000	T N	35	54.65	0.196948	~~477.5~~	~~477.5~~	177.5	177.5 [3]	~~95.0~~	~~95.0~~	~~95.0~~	-	160.0	175.0	~~480.0~~	175.0 [1]	-	-			-	-	
-	Suchitra BEHERA	1988	ODI	36	56.70	0.192320	~~405.0~~	~~440.0~~	~~440.0~~	-	60.0	70.0	~~80.0~~	70.0 [3]	120.0	130.0	~~435.0~~	130.0 [4]	-	-			-	-	
Open - 63kg																									
1	Jyoti SINGH	1997	U P	48	61.74	0.182638	182.5	190.0	195.0	195.0 [3]	~~495.0~~	105.0	110.0	110.0 [2]	180.0	187.5	192.5	192.5 [1]	497.5	12	90.862405		6		
2	Rekha ACHARYA	1987	RAJ	46	61.24	0.183505	195.0	202.5	~~207.5~~	202.5 [1]	115.0	117.5	120.0	120.0 [1]	167.5	172.5	~~477.5~~	172.5 [5]	495.0	9	90.834975		7		
3	Neha RANI	2003	BIH	39	61.60	0.182879	190.0	202.5	~~240.0~~	202.5 [2]	95.0	~~495.0~~	~~495.0~~	95.0 [4]	167.5	177.5	180.0	180.0 [2]	477.5	8	87.324723		12		
4	Deepthi RAJ B C	1999	T N	42	63.00	0.180535	165.0	~~475.0~~	~~475.0~~	165.0 [4]	95.0	~~490.0~~	~~490.0~~	95.0 [6]	180.0	~~490.0~~	~~490.0~~	180.0 [4]	440.0	7	79.435400		17		
5	Krishna	1995	HAR	47	62.50	0.181356	150.0	~~462.5~~	~~465.0~~	150.0 [6]	95.0	~~97.5~~	X	95.0 [5]	165.0	172.5	180.0	180.0 [3]	425.0	6	77.076300		20		
6	Khushbu SAHARIYA	1998	M P	43	60.60	0.184642	147.5	~~455.0~~	155.0	155.0 [5]	90.0	95.0	~~490.0~~	95.0 [3]	142.5	~~450.0~~	~~450.0~~	142.5 [7]	392.5	5	72.471985		27		
7	Anantaa BARUAH	1994	GOA	40	58.60	0.188410	130.0	~~445.0~~	~~447.5~~	130.0 [7]	52.5	57.5	62.5	62.5 [7]	145.0	152.5	~~462.5~~	152.5 [6]	345.0	4	65.001450		30		
8	Yashi SRIVASTAVA	2006	U P	38	61.04	0.183857	~~427.5~~	~~427.5~~	127.5	127.5 [8]	50.0	57.5	~~60.0~~	57.5 [8]	120.0	~~430.0~~	~~430.0~~	120.0 [8]	305.0	3	56.076385		38		
-	Nameirakpam Deval DEVI	1978	MAN	37	61.00	0.183928	~~90.0~~	X	X	-	X	X	X	-	X	X	X	-	-	-			-	-	
Open - 69kg																									
1	Prerana SALVI	2003	MAH	60	68.14	0.173012	225.0	235.0	245.0	245.0 [1]	120.0	127.5	132.5	132.5 [2]	190.0	202.5	~~245.0~~	202.5 [1]	580.0	12	100.346960		1	☹	
2	Poonam	1990	RAJ	56	68.16	0.172986	202.5	212.5	220.0	220.0 [2]	135.0	145.0	155.0	155.0 [1]	150.0	162.5	~~480.0~~	162.5 [6]	537.5	9	92.979975		4		
3	Sneha KUMARI	2005	DEL	53	68.46	0.172593	~~485.0~~	~~485.0~~	185.0	185.0 [3]	100.0	~~495.0~~	105.0	105.0 [4]	165.0	~~475.0~~	~~475.0~~	165.0 [5]	455.0	8	78.529815		18		
4	Meenakshi SINHA	2004	BIH	52	66.04	0.175896	177.5	~~487.5~~	~~490.0~~	177.5 [4]	65.0	75.0	X	75.0 [6]	162.5	175.0	~~480.0~~	175.0 [4]	427.5	7	75.195540		22		
5	Mansa MAURYA	1999	HAR	57	68.94	0.171975	~~445.0~~	~~445.0~~	145.0	145.0 [5]	60.0	~~65.0~~	~~65.0~~	60.0 [8]	150.0	160.0	~~462.5~~	160.0 [7]	365.0	6	62.770875		33		
6	Gudivada NAGA VENKATA SINDHUSHA	2001	A P	55	68.50	0.172541	140.0	~~455.0~~	~~460.0~~	140.0 [6]	60.0	72.5	75.0	75.0 [7]	110.0	122.5	130.0	130.0 [8]	345.0	5	59.526645		36		

Place	Name	YOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF	GL	Points	BL	RK.
-	Jaswinder KOUR	1997	UTK	61	68.80	0.172154	~~190.0~~	~~190.0~~	~~190.0~~	-	90.0	100.0	~~140.0~~	100.0 [5]	~~170.0~~	170.0	177.5	177.5 [3]	-	-	-	-	-	-	
-	Madhu RATHI	2000	HAR	58	68.10	0.173065	~~220.0~~	~~220.0~~	~~220.0~~	-	110.0	~~125.0~~	~~127.5~~	110.0 [3]	170.0	180.0	~~192.5~~	180.0 [2]	-	-	-	-	-	-	
Open - 76kg																									
1	Rajeswari VINAYAGAMOORTHY	2002	T N	65	73.68	0.166447	210.0	220.0	225.0	225.0 [2]	~~95.0~~	95.0	100.0	100.0 [4]	210.0	218.0	~~222.0~~	218.0 [1]	543.0	12		90.380721		8	
2	Sejal MOIKAR	2002	MAH	68	73.40	0.166747	220.0	~~230.0~~	230.0	230.0 [1]	112.5	115.0	117.5	117.5 [2]	180.0	~~187.5~~	~~197.5~~	180.0 [3]	527.5	9		87.959043		11	
3	Seera Chandra KALA	1992	A P	63	75.60	0.164473	205.0	215.0	~~222.5~~	215.0 [3]	~~112.5~~	112.5	~~115.0~~	112.5 [3]	172.5	182.5	~~187.5~~	182.5 [2]	510.0	8		83.881230		14	
4	Nivedita KHARKAR	2002	MAH	67	75.92	0.164158	~~200.0~~	200.0	~~207.5~~	200.0 [4]	117.5	122.5	127.5	127.5 [1]	167.5	175.0	~~185.0~~	175.0 [5]	502.5	7		82.489395		16	
5	Santosh KOUR	1995	UTK	70	76.00	0.164079	~~170.0~~	170.0	180.0	180.0 [5]	80.0	90.0	~~97.5~~	90.0 [5]	170.0	180.0	~~187.5~~	180.0 [4]	450.0	6		73.835550		26	
6	Rakhi SARMA	1971	ASA	69	73.70	0.166426	100.0	105.0	110.0	110.0 [7]	57.5	62.5	~~65.0~~	62.5 [7]	100.0	~~107.5~~	107.5	107.5 [7]	280.0	5		46.599280		44	
-	Priyadharshini G	1997	T N	64	72.92	0.167268	172.5	~~187.5~~	X	172.5 [6]	X	X	X	-	X	X	X	-	-	-	-	-	-	-	
-	Km KATYAYANI	2000	U P	66	74.80	0.165279	~~147.5~~	~~150.0~~	~~150.0~~	-	75.0	82.5	~~95.0~~	82.5 [6]	105.0	110.0	~~115.0~~	110.0 [6]	-	-	-	-	-	-	
Open - 84kg																									
1	Pratibha Arun LONE	2001	MAH	78	81.10	0.159520	230.0	240.0	~~250.0~~	240.0 [1]	90.0	97.5	102.5	102.5 [2]	170.0	182.5	192.5	192.5 [1]	535.0	12		85.343200		13	
2	Sanhita MALLICK	1986	MAH	77	83.92	0.157325	~~170.0~~	175.0	185.0	185.0 [2]	125.0	132.5	~~140.0~~	132.5 [1]	160.0	172.5	~~182.5~~	172.5 [2]	490.0	9		77.089250		19	
3	A MADHURI	2007	A P	75	83.50	0.157639	160.0	175.0	182.5	182.5 [3]	70.0	82.5	90.0	90.0 [3]	140.0	150.0	157.5	157.5 [3]	430.0	8		67.784770		28	
4	Pragya UPADHYAY	2005	U P	72	82.50	0.158404	~~135.0~~	135.0	~~155.0~~	135.0 [5]	65.0	75.0	85.0	85.0 [5]	120.0	~~135.0~~	~~140.0~~	120.0 [5]	340.0	7		53.857360		39	
5	Ayisha FIRDOUS	2003	T N	74	82.90	0.158095	~~145.0~~	~~145.0~~	145.0	145.0 [4]	~~55.0~~	55.0	~~85.0~~	55.0 [7]	~~120.0~~	120.0	~~127.5~~	120.0 [6]	320.0	6		50.590400		41	
-	Priya DHAKAD	1995	UTK	73	83.60	0.157564	~~160.0~~	~~160.0~~	~~160.0~~	-	80.0	90.0	~~95.0~~	90.0 [4]	~~130.0~~	X	X	-	-	-	-	-	-	-	
-	Shweta RAUNIYAR	1993	U P	76	82.20	0.158638	~~150.0~~	~~165.0~~	~~165.0~~	-	~~62.5~~	~~67.5~~	67.5	67.5 [6]	142.5	147.5	~~157.5~~	147.5 [4]	-	-	-	-	-	-	
Open - 84+Kg																									
1	D ANUSHA	1995	A P	84	117.58	0.141957	207.5	217.5	222.5	222.5 [1]	125.0	~~132.5~~	135.0	135.0 [1]	165.0	~~172.5~~	X	165.0 [1]	522.5	12		74.172533		25	
2	Gouri R	2005	KER	79	85.70	0.156044	190.0	200.0	207.5	207.5 [2]	105.0	115.0	120.0	120.0 [2]	140.0	147.5	152.5	152.5 [2]	480.0	9		74.901120		24	
3	Swarangi PATIL	2001	MAH	83	91.00	0.152647	160.0	~~175.0~~	175.0	175.0 [3]	95.0	102.5	107.5	107.5 [3]	~~125.0~~	132.5	142.5	142.5 [5]	425.0	8		64.874975		31	
4	Sneha SHARMA	1999	UTK	82	102.36	0.147032	~~172.5~~	~~172.5~~	172.5	172.5 [4]	80.0	90.0	100.0	100.0 [4]	142.5	~~150.0~~	150.0	150.0 [3]	422.5	7		62.121020		34	
5	Radha GAUR	2002	U P	85	98.96	0.148512	~~120.0~~	120.0	130.0	130.0 [6]	75.0	~~80.0~~	~~80.0~~	75.0 [6]	125.0	130.0	~~140.0~~	130.0 [6]	335.0	6		49.751520		42	
6	Aparna S NAIR	2001	KER	80	107.70	0.144991	~~140.0~~	~~140.0~~	140.0	140.0 [5]	60.0	70.0	~~75.0~~	70.0 [7]	120.0	~~130.0~~	~~130.0~~	120.0 [7]	330.0	5		47.847030		43	
-	Neha SAHU	2002	M P	81	91.40	0.152414	~~200.0~~	~~202.5~~	~~202.5~~	-	85.0	92.5	~~97.5~~	92.5 [5]	~~140.0~~	~~140.0~~	145.0	145.0 [4]	-	-	-	-	-	-	

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	Prerana SALVI	MAH	69kg	68.14	0.173012	580.0	100.346960
2	Rohit ANJANA B	GUJ	52kg	49.30	0.211488	445.0	94.112160
3	Kajal BHAKARE	MAH	47kg	44.38	0.229113	407.5	93.363548

Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	Maharashtra	54	12+12+12+9+9	444.102001
2	Uttar Pradesh	40	12+12+7+6+3	343.051738
3	Kerala	35	12+9+9+5	295.154880
4	Andhra Pradesh	33	12+8+8+5	285.365178
5	Tamil Nadu	32	12+7+7+6	296.536396
6	Rajasthan	18	9+9	183.814950
7	Bihar	15	8+7	162.520263

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
8	Madhya Pradesh	14	9+5	160.472625
9	Uttarakhand	13	7+6	135.956570
10	Telangana	12	8+4	119.795265
11	Haryana	12	6+6	139.847175
12	West Bengal	11	6+5	130.326990
13	Gujarat	9	9	94.112160
14	Delhi	8	8	78.529815
15	Karnataka	7	7	51.382288
16	Assam	5	5	46.599280
17	Goa	4	4	65.001450
-	Odisha	-	-	-
-	Manipur	-	-	-
-	Vidarbha	-	-	-

Abbreviations:

A P = Andhra Pradesh ASA = Assam BIH = Bihar DEL = Delhi GOA = Goa GUJ = Gujarat HAR = Haryana KAR = Karnataka KER = Kerala M P = Madhya Pradesh MAH = Maharashtra MAN = Manipur ODI = Odisha PUN = Punjab RAJ = Rajasthan T N = Tamil Nadu TEL = Telangana U P = Uttar Pradesh UTK = Uttarakhand VID = Vidarbha W B = West Bengal

TD = Technical Disqualification