

Powerlifting India
Federation Cup Equipped Powerlifting Championship 2025
Rait, Himachal Pradesh - 02-11-2025 to 05-11-2025
Final Results

Place	Name	DOB	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	Place
Open - 59kg																						
1	YASH	20-04-2007	U P	11	53.50	0.157514	160.0	170.0	172.5	172.5 [1]	100.0	105.0	112.5	112.5 [1]	190.0	205.0	205.0	190.0 [1]	475.0	12	74.819150	10
2	KUNAL SINGH	30-03-2009	HP	12	56.40	0.150861	90.0	97.5	102.5	102.5 [2]	62.5	70.0	75.0	70.0 [2]	105.0	115.0	125.0	125.0 [2]	297.5	9	44.881148	32
Open - 66kg																						
1	M VAMSI	10-08-2003	TEL	17	65.40	0.134821	290.0	307.5	316.5	316.5 [1]	135.0	140.0	145.0	140.0 [2]	235.0	245.0	252.5	245.0 [1]	701.5	12	94.576932	2 
2	LAVKUSH CHAUDHARY	07-07-2001	U P	14	65.10	0.135267	230.0	230.0	232.5	230.0 [2]	140.0	150.0	155.0	155.0 [1]	217.5	225.0	230.0	225.0 [2]	610.0	9	82.512870	6
3	CHE TAN DOGRA	21-11-1999	J&K	15	64.80	0.135718	190.0	190.0	200.0	200.0 [3]	100.0	130.0	140.0	130.0 [3]	150.0	185.0	200.0	185.0 [3]	515.0	8	69.894770	21
-	JITENDRA SINGH RANA	09-06-1999	UTK	16	65.40	0.134821	225.0	225.0	225.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 74kg																						
1	PAWAN RAJPUT	07-10-2003	HAR	25	73.60	0.124364	290.0	290.0	302.5	302.5 [1]	150.0	150.0	160.0	160.0 [2]	300.0	300.0	307.5	307.5 [1]	770.0	12	95.760280	1 
2	BIRENDRA KARKI	15-02-2000	CHN	19	72.10	0.126055	225.0	240.0	245.0	245.0 [2]	122.5	132.5	145.0	145.0 [3]	240.0	255.0	265.0	265.0 [2]	655.0	9	82.566025	5
3	M SHRENIK	29-08-1996	TEL	21	73.10	0.124918	210.0	220.0	232.5	220.0 [3]	100.0	110.0	117.5	110.0 [5]	235.0	240.0	252.5	240.0 [3]	570.0	8	71.203260	17
4	BHAVISHYA CHAUHAN	24-09-2005	UTK	26	72.20	0.125940	210.0	222.5	222.5	210.0 [4]	130.0	135.0	142.5	142.5 [4]	240.0	210.0	230.0	210.0 [5]	562.5	7	70.841250	18
5	SHAILAV JOSHI	05-08-1996	HP	20	73.70	0.124254	165.0	175.0	192.5	192.5 [5]	105.0	107.5	110.0	110.0 [6]	175.0	182.5	182.5	182.5 [6]	485.0	6	60.263190	27
-	OMKAR CHAURASIYA	20-06-2001	GOA	18	73.30	0.124695	245.0	245.0	245.0	-	155.0	X	X	-	X	X	X	-	-	-	-	-
-	VIVEK KUMAR GUPTA	05-12-1995	BIH	22	74.00	0.123927	262.5	262.5	262.5	-	182.5	185.0	192.5	185.0 [1]	232.5	232.5	250.0	232.5 [4]	-	-	-	-
-	JORAWAR SINGH	24-07-2007	PUN	23	73.30	0.124695	230.0	230.0	230.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 83kg																						
1	NISHANT SHARMA	15-05-2003	T N	34	80.30	0.117763	245.0	245.0	255.0	245.0 [2]	175.0	185.0	190.0	190.0 [1]	260.0	275.0	295.0	275.0 [1]	710.0	12	83.611730	4
2	HIMANSHU RANA	11-01-2003	DEL	31	82.10	0.116218	250.0	262.5	262.5	262.5 [1]	180.0	190.0	190.0	190.0 [2]	245.0	245.0	245.0	245.0 [2]	697.5	9	81.062055	7
3	YOGENDRA SOGARWAL	11-01-2004	RAJ	33	83.00	0.115477	235.0	235.0	235.0	235.0 [3]	155.0	170.0	172.5	155.0 [3]	220.0	235.0	242.5	242.5 [3]	632.5	8	73.039203	14
4	PAWAN KUMAR	15-02-1991	HP	27	81.50	0.116723	190.0	215.0	230.0	215.0 [4]	95.0	100.0	X	100.0 [5]	210.0	227.5	242.5	227.5 [4]	542.5	7	63.322228	25
5	SOHBIT RANA	27-10-2002	HP	32	82.20	0.116135	170.0	170.0	187.5	170.0 [5]	130.0	135.0	142.5	142.5 [4]	175.0	187.5	200.0	187.5 [5]	500.0	6	58.067500	29
Open - 93kg																						
1	RANJEET KUMAR MAURYA	06-07-1993	U P	36	92.00	0.109063	290.0	300.0	307.5	300.0 [2]	220.0	232.5	242.0	242.0 [1]	240.0	257.5	270.0	270.0 [1]	812.0	12	88.559156	3 
2	YASH CHAVAN	22-10-2001	GUJ	37	91.20	0.109569	275.0	282.5	282.5	282.5 [3]	160.0	170.0	175.0	170.0 [2]	230.0	240.0	250.0	250.0 [2]	702.5	9	76.972223	9
3	SHIV KUMAR	21-12-1985	HP	43	91.20	0.109569	290.0	300.0	305.0	305.0 [1]	100.0	120.0	140.0	100.0 [4]	220.0	245.0	255.0	245.0 [3]	650.0	8	71.219850	16
-	SUKHRAJ SINGH	11-11-1998	PUN	38	88.60	0.111292	290.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	ANANTBIR SINGH	27-04-2007	PUN	39	87.90	0.111778	232.5	232.5	232.5	-	125.0	X	X	-	X	X	X	-	-	-	-	-
-	AMOGH PUJARI	11-02-2004	MAH	40	92.80	0.108569	270.0	275.0	275.0	-	160.0	170.0	170.0	160.0 [3]	X	X	X	-	-	-	-	-
-	SANDEEP BANSAL	11-01-2004	U P	41	85.80	0.113298	310.0	315.0	315.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	ROHIT DAGAR	08-12-2006	DEL	42	90.70	0.109890	227.5	242.5	242.5	227.5 [4]	155.0	155.0	155.0	-	X	X	X	-	-	-	-	-
Open - 105kg																						
1	RONIT VERMA	19-02-1999	J&K	46	104.50	0.102436	302.5	302.5	X	302.5 [1]	160.0	170.0	175.0	170.0 [2]	240.0	255.0	265.0	255.0 [1]	727.5	12	74.522190	11

Place	Name	DOB	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	Place
2	SACHINA TUKARAMA SALUNKE	18-01-2000	KAR	48	104.20	0.102571	300.0	300.0	X	300.0 [2]	170.0	180.0	180.0	180.0 [1]	235.0	245.0	265.0	245.0 [2]	725.0	9	74.363975	12
-	VISHWANATH B	09-01-1991	KAR	44	101.80	0.103689	280.0	280.0	280.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	HARI NARAYAN DUBEY	18-09-1986	U P	45	93.20	0.108326	200.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	SUNVEER SINGH	13-04-2000	CHN	47	94.70	0.107439	300.0	300.0	300.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	HARSHDEEP MAHANT	08-07-2004	CHN	49	101.20	0.103980	240.0	240.0	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	ABHINAV LODHI	20-07-2004	UTK	50	98.60	0.105293	280.0	280.0	280.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	UMESH RAINA	25-03-1979	J&K	51	100.90	0.104127	X	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 120kg																						
1	SANKET CHAVAN	18-05-1990	MAH	52	110.50	0.099936	300.0	312.5	325.0	325.0 [1]	210.0	222.5	230.0	230.0 [1]	250.0	X	X	250.0 [3]	805.0	12	80.448480	8
2	RAJESH KUMAR	08-02-1981	DEL	61	112.50	0.099180	285.0	285.0	305.0	285.0 [3]	180.0	192.5	197.5	197.5 [3]	230.0	245.0	255.0	255.0 [2]	737.5	9	73.145250	13
3	AJINKYA PRAKASH PADVANKAR	06-11-1987	MAH	53	107.10	0.101307	250.0	265.0	270.0	250.0 [6]	200.0	207.5	207.5	200.0 [2]	240.0	255.0	X	255.0 [1]	705.0	8	71.421435	15
4	K SAGAR	06-03-2000	TEL	54	115.50	0.098113	280.0	290.0	305.0	305.0 [2]	160.0	170.0	180.0	170.0 [4]	230.0	237.5	237.5	230.0 [5]	705.0	7	69.169665	22
5	VISHAL SINGH	28-09-2002	J&K	59	115.10	0.098251	270.0	270.0	282.5	282.5 [4]	165.0	165.0	165.0	165.0 [5]	245.0	255.0	255.0	245.0 [4]	692.5	6	68.038818	23
6	SANKET CHATURVEDI	29-10-2009	RAJ	57	105.10	0.102169	240.0	252.5	257.5	257.5 [5]	145.0	152.5	155.0	152.5 [6]	200.0	225.0	X	200.0 [7]	610.0	5	62.323090	26
7	GURMUKH RAM	22-11-2007	CHN	56	113.70	0.098744	240.0	240.0	240.0	240.0 [7]	125.0	140.0	142.5	140.0 [8]	220.0	260.0	260.0	220.0 [6]	600.0	4	59.246400	28
8	SUNNY YADAV	04-04-1993	GUJ	55	109.00	0.100526	170.0	170.0	185.0	185.0 [8]	145.0	150.0	150.0	150.0 [7]	160.0	170.0	180.0	170.0 [8]	505.0	3	50.765630	31
-	HEMANTH MALLEPOINA	15-11-2003	KAR	60	115.50	0.098113	260.0	260.0	260.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 120+Kg																						
1	SAGAR MIRASHI	30-09-1996	MAH	62	129.90	0.093898	280.0	300.0	310.0	300.0 [2]	180.0	190.0	190.0	190.0 [1]	250.0	250.0	260.0	260.0 [1]	750.0	12	70.423500	19
2	PALERU BHARGAV RAM	19-06-2004	TEL	65	127.50	0.094510	310.0	330.0	350.0	330.0 [1]	160.0	170.0	180.0	170.0 [3]	220.0	235.0	245.0	245.0 [2]	745.0	9	70.409950	20
3	JITENDRA SHARMA	04-07-2005	RAJ	66	120.30	0.096553	252.5	262.5	275.0	275.0 [3]	170.0	177.5	185.0	185.0 [2]	215.0	230.0	245.0	230.0 [3]	690.0	8	66.621570	24
4	ASHIF ALI KHAN	06-09-1994	CHT	63	142.50	0.091155	260.0	290.0	290.0	260.0 [4]	140.0	200.0	200.0	140.0 [4]	210.0	230.0	230.0	210.0 [4]	610.0	7	55.604550	30
-	ARAVIND V S	29-05-2002	KER	64	120.50	0.096491	290.0	290.0	290.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	ANIT PATIL	14-06-1980	GUJ	67	120.80	0.096400	170.0	170.0	170.0	-	X	X	X	-	X	X	X	-	-	-	-	-

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	PAWAN RAJPUT	HAR	74kg	73.60	0.124364	770.0	95.760280
2	M VAMSI	TEL	66kg	65.40	0.134821	701.5	94.576932
3	RANJEET KUMAR MAURYA	U P	93kg	92.00	0.109063	812.0	88.559156

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	TELANGANA	36	12+9+8+7	305.359807
2	HIMACHAL PRADESH	36	9+8+7+6+6	297.753916
3	UTTAR PRADESH	33	12+12+9	245.891176
4	MAHARASHTRA	32	12+12+8	222.293415
5	JAMMU AND KASHMIR	26	12+8+6	212.455778
6	RAJASTHAN	21	8+8+5	201.983863

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
7	DELHI	18	9+9	154.207305
8	CHANDIGARH	13	9+4	141.812425
9	HARYANA	12	12	95.760280
10	TAMIL NADU	12	12	83.611730
11	GUJARAT	12	9+3	127.737853
12	KARNATAKA	9	9	74.363975
13	UTTARAKHAND	7	7	70.841250
14	CHHATTISGARH	7	7	55.604550
-	PUNJAB	-	-	-
-	KERALA	-	-	-
-	GOA	-	-	-
-	BIHAR	-	-	-

Abbreviations:

BIH = Bihar CHN = Chandigarh CHT = Chhattisgarh DEL = Delhi GOA = Goa GUJ = Gujarat HAR = Haryana HP = Himachal Pradesh J&K = Jammu and Kashmir KAR =
Karnataka KER = Kerala MAH = Maharashtra PUN = Punjab RAJ = Rajasthan T N = Tamil Nadu TEL = Telangana U P = Uttar Pradesh UTK = Uttarakhand