

Maharashtra State Powerlifting Association  
Senior (EQUIPPED) Powerlifting Championship,  
SAMAJ MANDIR HALL, MUMBAI:- 22nd & 24th JUNE 2023

Detailed Results

No.	Name	District	BD. Wt.	SQ1	SQ2	SQ3	BEST[PL]	BP1	BP2	BP3	BEST[PL]	DL1	DL2	DL3	BEST[PL]	TOTAL	PLACE
MEN																	
59Kg - OPEN																	
1	ROHIT SANJAY SHARMA	PUNE	51.70	100	110	NT	110	80	90	95/	90	100	120	130/	120	320	6
2	PRASHANT PADAVI	NANDURBAR	56.70	140/	140	155/	140	80	87.5	90	90	165	175	135/	175	405	5
3	VAIBHAV THORAT	SAMBHAJI NAGAR	58.30	210	217.5	222.5/	217.5	160	170/	170	170	230	242.5/	245/	230	617.5	2
4	NEERAJKUMAR YADAV	SUBURBAN MUMBAI	58.20	230	237.5/	242.5	242.5	130	140/	140/	130	207.5	215	222.5	222.5	595	3
5	AMOL KARGUTKAR	SUBURBAN MUMBAI	58.55	235	240	245	245	117.5	122.5	125/	122.5	225	232.5/	232.5/	225	592.5	4
6	DHARMENDRA YADAV	MUMBAI	58.60	245	255	262.5	262.5	160	167.5	172.5/	167.5	230	240/	240/	230	660	1
66Kg - OPEN																	
1	SURAJ SURYAWANSHI	KOLHAPUR	64.40	130	137.5	145/	137.5	90	100/	100	100	170	180	190	190	427.5	6
2	DEEPAK SAHOO	PALGHAR	64.20	210	225/	225/	210	120	130/	130/	120	210	220	230/	220	550	5
3	SIDDHESH KAJROLKAR	PUNE	65.90	230	245	252.5/	245	115	122.5/	122.5/	115	220	230	240/	230	590	3
4	MORESH KARALE	THANE	63.60	230	245/	245/	230	115	120	125	125	190/	190	200	200	555	4
5	SAHIL UTEKAR	MUMBAI	65.35	270	282.5	292.5	292.5	147.5	152.5	157.5	157.5	245	257.5	267.5/	257.5	707.5	2
6	VENKATESH KONAR	SUBURBAN MUMBAI	65.00	270	290/	300	300	150	155	160	160	270	290/	290/	270	730	1
74Kg - OPEN																	
1	SURAJ SINGH	MUMBAI	70.30	200/	210	220/	210	100	110	117.5	117.5	200/	200	210/	200	527.5	5
2	VIJAY FASALE	SUBURBAN MUMBAI	69.00	290/	290	300	300	160/	160	165/	160	260	272.5/	272.5/	260	720	1
3	YASHWANT GAIKWAD	PUNE	73.35	240/	240/	NT						ELIMINATED					
4	VIJAY SHELAR	NAVI-MUMBAI	73.25	270	280	290/	280	155	162.5/	165/	155	255	262.5/	262.5/	255	690	2
5	SIDDHANT KUDALKAR	THANE	73.00	230	245	252.5/	245	115	122.5/	122.5/	115	ELIMINATED					
6	OMKAR WANI	KOLHAPUR	72.60	260	267.5	275/	267.5	140	147.5	152.5	152.5	260	267.5	270/	267.5	687.5	3
7	AKSHAY PRAJAPATI	SUBURBAN MUMBAI	72.90	267.5	275/	275/	267.5	162.5	172.5	177.5	177.5	242.5	250/	250/	242.5	687.5	4
83Kg - OPEN																	
1	DHAIRYASHEEL GHATGE	KOLHAPUR	75.80	90/	95	105	105	50/	55/	57.5	57.5	110	120	130	130	292.5	9
2	JATIN SHENDAGE	KOLHAPUR	82.25	90	100/	100	100	50	57.5	65	65	110	125	135	135	300	8
3	MAHESH VERMA	NASHIK	79.50	202.5/	207.5/	215	215	120	130/	130/	120	110	202.5	212.5/	202.5	537.5	7
4	RAVINDRA SALVE	SAMBHAJI NAGAR	82.60	220	230/	235/	220	145	155/	162.5	162.5	220	227.5/	227.5/	220	602.5	5
5	MAYUR HODAGE	NAVI-MUMBAI	76.80	230/	230	245/	230	122.5/	122.5	130	130	230/	230	250/	230	590	6
6	ABHISHEK MEHENDALE	PUNE	81.30	240/	240	255/	240	150	157.5/	157.5/	150	230	240/	240/	230	620	4
7	KAIDAS SHELKE	THANE	77.50	255/	255	270	270	135	142.5	150	150	250	257.5	267.5/	257.5	677.5	2
8	JITENDRA YADAV	MUMBAI	82.15	265	275	280/	275	160	170	175/	170	220	232.5/	235/	220	665	3
9	NILESH GARATE	SUBURBAN MUMBAI	82.10	305	320	330	330	220	227.5	230	230	265	275/	275/	265	825	1
10	AKSHAY DIDWAGH	SATARA	82.90	200/	200/	200/						ELIMINATED					
93Kg - OPEN																	
1	ADITYA SHINDE	KOLHAPUR	89.70	120	125	135/	125	80	85/	85	85	160	165	170	170	380	7
2	AJINATH SHEKADE	SAMBHAJI NAGAR	92.30	220	240	250/	240	170	180	190	190	220	230/	230/	220	650	4
3	KAMLAKAR GHODVINDE	THANE	85.90	230	250/	260/	230	100	110	120/	110	220	240	250/	240	580	6
4	SHRIRAM RAI	NAVI-MUMBAI	91.50	245	255/	255	255	142.5	147.5/	147.5/	142.5	220	225/	225/	220	617.5	5
5	ASHWIN SOLANKI	MUMBAI	91.50	320	335	345/	335	190	195	200/	195	295	307.5/	312.5/	295	825	1
6	SAGAR MORE	PUNE	90.90	310	325/	325/	310	225	235	240	240	237.5/	237.5	NT	237.5	787.5	2
7	JAIKRISHNA TIWARI	THANE	91.65	260	290	300/	290	150	157.5	165	165	250/	257.5/	257.5	257.5	712.5	3

105Kg - OPEN																	
1	ADARSH SHEWALE	SUBURBAN MUMBAI	96.20	280	300/	300/	280	170	185/	185	185	260	270/	270/	260	725	4
2	TAUFIQ KHAN	PUNE	93.50	285	300/	300/	285	140	147.5	155	155	240/	240	255	255	695	5
3	RUTURAJ PATIL	KOLHAPUR	102.25	312.5	325	335/	325	182.5	192.5	197.5	197.5	287.5	302.5/	302.5/	287.5	810	2
4	SANKET CHAVAN	SUBURBAN MUMBAI	103.05	310/	310	325/	310	212.5	220	227.5	227.5	277.5	290/	292.5/	277.5	815	1
5	APOORV SORATE	NAVI-MUMBAI	96.20	230	240	250	250	125	127.5/	127.5	127.5	220	230	240/	230	607.5	6
6	GANESH TOTE	THANE	100.85	290/	300	320/	300	202.5	212.5/	212.5/	202.5	240	255/	255/	240	742.5	3
7	VIKRANT GAIKWAD	RAIGAD	96.20	170	NT	NT	170	100	NT	NT	100	170	NT	NT	170	440	7
120Kg - OPEN																	
1	AKSHAY BALKAWDE	PUNE	119.50	250/	270	300/	270	150	160	167.5	167.5	200	230	250/	230	667.5	3
2	RAJAT DANGARE	THANE	117.90	340	355	365/	355	200	210	215/	210	310	322.5/	325/	310	875	1
3	RAJESH SHETYE	MUMBAI	117.80	230	245	255	255	107.5	115	120	120	200	215	230	230	605	4
4	AJINKYA PADVANKAR	MUMBAI	109.50	305	312.5	317.5	317.5	200	212.5	220	220	275	290	310/	290	827.5	2
120+Kg - OPEN																	
1	SAGAR MIRASHI	MUMBAI	133.90	310	330	345/	330	210	222.5	232.5	232.5	290	305	315/	305	867.5	1
2	SUMIT JADHAV	KOLHAPUR	143.40	260/	270	280/	270	120	127.5	132.5/	127.5	260/	260	270	270	667.5	2
3	CHAITANYA SHASTRI	PUNE	127.45	180/	180	200	200	110	122.5/	122.5	122.5	160	180	190/	180	502.5	3
4	HRITIK POL	RAIGAD	122.30	150	157.5	160/	157.5	100	105/	105/	100	150	160	167.5/	160	417.5	4
WOMEN																	
47Kg - OPEN																	
1	SHIFA SHAIKH	SUBURBAN MUMBAI	46.80	70	95	110	110	40	50	55/	50	90	105	117.5	117.5	277.5	4
2	AMRUTA BHAGAT	RAIGAD	46.60	112.5	122.5	125	125	55	62.5	65	65	117.5	127.5	132.5	132.5	322.5	3
3	KAJAL BHAKARE	THANE	47.00	140	152.5	160	160	92.5	100/	100	100	140	150	155	155	415	1
4	HARSHADA GHOLE	SUBURBAN MUMBAI	44.80	150/	150	162.5	162.5	70	77.5/	77.5	77.5	140	150/	150/	140	380	2
52Kg - OPEN																	
1	MONIKA AGAWANE	SUBURBAN MUMBAI	51.50	125	140	145/	140	55	62.5	95/	62.5	135	142.5/	142.5/	135	337.5	3
2	SHUBHANGI PATIL	KOLHAPUR	51.50	140/	140/	150/											
3	KAMINEE BOSTE	THANE	52.00	170/	180/	180	180	92.5	102.5	110	110	150	162.5	172.5/	162.5	452.5	1
4	SUCHITA DESHMUKH	THANE	50.75	157.5/	162.5	172.5/	162.5	80	87.5	92.5/	87.5	162.5/	162.5	167.5	167.5	417.5	2
57Kg - OPEN																	
1	PRIYANKA BHAGWAT	PUNE	56.80	80	90	100/	90	40	47.5	52.5/	47.5	90	102.5	112.5/	102.5	240	4
2	NIVEDITA KHARKAR	MUMBAI	57.00	160	170	180	180	87.5	95	100	100	150	160	165/	160	440	2
3	NARSAMMA BASWAL	SUBURBAN MUMBAI	56.50	160/	160/	160	160	75	80	85/	80	160/	100	170	170	410	3
4	SEJAL MAKWANA	SUBURBAN MUMBAI	56.10	167.5	175	180	180	92.5	100	105	105	155	102.5	167.5	167.5	452.5	1
63Kg - OPEN																	
1	JYOTI LONDHE	NAVI-MUMBAI	61.55	45/	45/	45	45	20	25	30	30	50	60	70	70	145	6
2	PRIYA MUNDE	BEED	61.55	80/	80/	85	85	40/	40	45	45	80	92.5	100/	92.5	222.5	5
3	SWATI KHOPKAR	PUNE	61.60	100/	100	115	115	42.5	50	55	55	100	115	125/	115	285	4
4	RAJSHRI PELNEKAR	MUMBAI	57.50	135	142.5	147.5	147.5	47.5	55	57.5/	55	130	137.5/	137.5	137.5	340	3
5	PRIYA KANDALKAR	SUBURBAN MUMBAI	62.95	150/	150	160	160	85	90	95	95	140	147.5/	147.5/	140	395	2
6	SALONI MORE	RAIGAD	60.60	155	167.5	182.5	182.5	70	77.5	82.5	82.5	140	155	162.5/	155	420	1
69Kg - OPEN																	
1	TANIYA GAIKAR	THANE	65.90	55	65	70	70	25	27.5	32.5/	27.5	60	70/	75	75	172.5	8
2	DIPALI PATIL	NAVI-MUMBAI	67.50	80	90/	95	95	40	45	50	50	80	90	100	100	245	7
3	SNEHA THAKUR	NASHIK	68.75	110/	120	130/	120	45	55/	57.5	57.5	100	112.5	125/	112.5	290	6
4	SHEETAL KAMBLE	SUBURBAN MUMBAI	67.30	120/	120	135	135	60	70	75	75	120	130	135/	130	340	3
5	VAISHNAVI SHETTY	PUNE	66.70	120	130	140/	130	70	77.5	85	85	120/	127.5	137.5/	127.5	342.5	2
6	RUPALI PARAB	THANE	68.10	130	145	152.5	152.5	40	50	55/	50	135	145/	145/	135	337.5	4

7	AKSHAYA SHEDGE	NAVI-MUMBAI	66.90	190	200	207.5	207.5	100	107.5	110	110	185	197.5/	197.5	197.5	515	1
8	GITANJALI DASTOOR	MUMBAI	68.10	120	130	140/	130	60	67.5	77.5/	67.5	120	130	137.5/	130	327.5	5
76Kg - OPEN																	
1	LAMIYA TARWADI	THANE	72.00	150	160	167.5	167.5	72.5	80	85	85	120	130	140/	130	382.5	4
2	PRENA SALVI	THANE	71.00	165	175	182.5	182.5	85	92.5	97.5	97.5	147.5	157.5	165/	157.5	437.5	2
3	RUBI DAS	MUMBAI	72.10	170	180	190	190	72.5	80	NT	80	130	140	150	150	420	3
4	JANHAVI SAVARDEKAR	KOLHAPUR	76.00	202.5	212.5	220/	212.5	120	125	130/	125	172.5	180	187.5	187.5	525	1
84Kg - OPEN																	
1	PRATIBHA LONE	THANE	80.50	110/	110	130	130	35	37.5	45	45	70	80	100	100	275	3
2	PORNIMA SHINDE	PUNE	81.90	215	227.5/	227.5	227.5	105	110	117.5	117.5	185	195	200	200	545	1
3	ASHLESHA GUDEKAR	SUBURBAN MUMBAI	81.90	220	230/	230/	220	100	107.5	110/	107.5	185	195	200/	195	522.5	2
84+Kg - OPEN																	
1	VAISHALI TANDEL	MUMBAI	91.50	110	120	130	130	45	52.5	57.5	57.5	110	125	135	135	322.5	2
2	SHREYA BORDAWEKAR	MUMBAI	137.00	240	260	280	280	120/	120	135/	120	180	200	210	210	610	1