

Maharashtra State Powerlifting Association
Sub-Junior, Junior & Master's Classic Benchpress Championship
Kamgar Krida Bhavan, Mumbai:- 2nd & 3rd November 2019

Detailed Results

No.	NAME	DISTRICT	BD. Wt.	BP1	BP2	BP3	BEST[PL]	TOTAL	PLACE
53Kg - SUBJUNIOR									
1	ROHIT KANOJIYA	MUMBAI	49.4	42.5	50X	50	50	50	2
2	TUSHAR KALEKAR	PUNE	47.3	47.5	52.5X	52.5	52.5	52.5	1
53Kg - JUNIOR									
1	PATHAN SHARIF	PUNE	45.5	50X	55	62.5X	55	55	9
2	INDRAJEET WAGHMARE	SUB-MUMBAI	48.9	72.5	75X	75X	72.5	72.5	4
3	SHIVAM MEHER	PUNE	50.1	55	65	70	70	70	5
4	MAHADEV GHADGE	RAIGAD	50.8	70	75	80X	75	75	3
5	SURAJ SING	MUMBAI	51.6	57.5	62.5	65	65	65	6
6	GAJANAN PATIL	PALGHAR	52.3	60	70X	70X	60	60	8
7	UTKARSH PATIL	THANE	52.5	90	92.5	97.5	97.5	97.5	1
8	VIRAJ PAWAR	SUB-MUMBAI	53	62.5	67.5	67.5X	67.5	67.5	7
9	KUNAL PINGALE	THANE	48.5	70	75	77.5	77.5	77.5	2
59Kg - SUBJUNIOR									
1	DEEPAK SHUKLA	PUNE	54.7	60	62.5	65X	62.5	62.5	3
2	AUM DESAI	PALGHAR	56.4	75	85	90	90	90	1
3	PRATHAM PALAMDE	THANE	58	72.5	80	85X	80	80	2
59Kg - JUNIOR									
1	BABAN ZORE	RAIGAD	55.3	90	95	97.5	97.5	97.5	2
2	KUNDAN SHISHUPAL	PUNE	59	80	87.5	92.5	92.5	92.5	3
3	TEJAS JADHAV	THANE	56.5	105	110	112.5	112.5	112.5	1
4	JISHAN KHAN	MUMBAI	55.1	70	75	80	80	80	5
5	SHARDUL BHUVAD	RATNAGIRI	59	65X	75	80	80	80	6
6	KAUSTUBH KOTKAR	MUMBAI	58.7	77.5	82.5	87.5	87.5	87.5	4
7	VISHAL PRABHU	SUB-MUMBAI	57.7	65	70	72.5	72.5	72.5	7
59Kg - SENIOR									
1	NILESH HINGE	MUMBAI	57.7	110	115	122.5X	115	115	2
2	DINESH GORIRALE	RAIGAD	52.7	90	95	102.5	102.5	102.5	4
3	BABAN ZORE	RAIGAD	55.3	90	95	97.5	97.5	97.5	5
4	OMKAR DHAGE	MUMBAI	55.9	95	100	105	105	105	3
5	SATYAM SHARMA	PALGHAR	57.1	75X	75	82.5	82.5	82.5	6
6	NITIN SHEJAL	THANE	57.5	115	120	122.5X	120	120	1
59Kg - MASTERS I									
1	MAHESH PATIL	RAIGAD	58.6	85	90X	90	90	90	2
2	VINAYAK PATIL	RAIGAD	58	82.5	87.5	90	90	90	1
59Kg - MASTERS IV									
1	ANIL KUMTHEKAR	PUNE	54	40	50X	50	50	50	1
66Kg - SUBJUNIOR									
1	ANURAG KAMBLE	RAIGAD	64.2	82.5	85X	85	85	85	1
2	ARYAN JADHAV	PUNE	63.9	50	60	70	70	70	4
3	SHAYAN CHAUDHARI	PUNE	60.8	60	70	75	75	75	3
4	AJAY JADHAV	THANE	66	75	77.5	80	80	80	2
66Kg - JUNIOR									
1	ADITYA KONDRA	PUNE	65.7	90	97.5	100	100	100	5
2	RATNESH PATIL	RAIGAD	62.7	95	100	100	100	100	4
3	AKHILESH KAMBLE	THANE	61.4	100	107.5	107.5	107.5	107.5	1
4	MANISH PATIL	RAIGAD	65.1	95	97.5	102.5	102.5	102.5	2
5	YADNIK MANDAVKAR	SUB-MUMBAI	59.6	90	100	100	100	100	3
6	ALVIN DSOUZA	SUB-MUMBAI	64.9	80X	95	95	95	95	6
66Kg - SENIOR									

1	HARSHADA BHOIR	RAIGAD	62.9	87.5	90	95	95	95	4
2	AMEYA PAWASKAR	MUMBAI	62.3	85	92.5	95X	92.5	92.5	5
3	PRITAM MANDAL	RAIGAD	65.2	107.5	112.5	115X	112.5	112.5	2
4	NILESH PATIL	RAIGAD	62.8	125	130X	130X	125	125	1
5	AJINKYA JOSHI	PUNE	66	87.5	92.5X	92.5X	87.5	87.5	6
6	PUSHKAR CHANDWADKAR	PUNE	66	100	102.5	105	105	105	3
66Kg - MASTER I									
1	RAJESH PADDAR	PALGHAR	63.2	80	100	105X	100	100	1
2	NAVNATH DABHADE	THANE	65.8	92.5	97.5	102.5X	97.5	97.5	3
3	T.UMAMAHESWARA RAO	THANE	65.3	90	100	105X	100	100	2
74Kg - Subjunior									
1	GAUTAM RAVARIA	NAVI-MUMBAI	66.6	40	47.5X	47.5	47.5	47.5	1
74Kg - JUNIOR									
1	MOHAMMAD KURESHI	MUMBAI	69.6	85	95	102.5X	95	95	4
2	SANDEEP RATUDI	THANE	68.7	85	95	100	100	100	3
3	SIDDHARTH UPADHYAY	PALGHAR	70	80	90	100X	90	90	5
4	SURAJ CHAUHAN	PALGHAR	72	70	85	95X	85	85	7
5	MAYUR HODGE	NAVI-MUMBAI	72	92.5	97.5	102.5	102.5	102.5	2
6	TEJAS SAHASTRABUDHE	PUNE	66.1	75	85	92.5X	85	85	4
7	AAKASH CHORGHE	MUMBAI	73.8	120	130	135	135	135	1
74Kg - SENIOR									
1	PRAKASH PATIL	RAIGAD	73	105X	110	115X	110	110	6
2	SHANMUGHAN AKSHAY	RAIGAD	73.6	145	150	152.5X	150	150	1
3	AVINASH CHORGHE	SUB-MUMBAI	73.7	125	130	140	140	140	2
4	DINESH PAWAR	RAIGAD	72	130X	130	140X	130	130	4
5	MOHAMMAD KHAN	MUMBAI	71.8	105X	110	117.5	117.5	117.5	5
6	SUNIL KONEWADKAR	KOLHAPUR	71.5	130	140X	140X	130	130	3
74Kg - MASTER I									
1	DINESH PAWAR	RAIGAD	72	130X	130	140X	130	130	1
2	RITESH RANE	THANE	72.8	80	85X	85X	80	80	3
3	SANJAY SHARMA	PUNE	73.2	80	90	95	95	95	2
74Kg - MASTER II									
1	SANJAY LALGE	THANE	68.7	72.5X	72.5	75	75	75	2
2	GULAM SHAIKH	MUMBAI	72.3	85	90	92.5	92.5	92.5	1
74Kg - MASTER III									
1	SUHAS VENGURLEKAR	MUMBAI	70.8	70X	70	77.5	77.5	77.5	1
2	AJAYKUMAR SALVI	THANE	68.8	70	75	77.5X	75	75	2
83Kg - SUBJUNIOR									
1	GAURAV VIKARI	PUNE	76.8	60	65	70	70	70	1
83Kg - JUNIOR									
1	SAIRAJ GHOSALKAR	MUMBAI	80	95	100X	100X	95	95	4
2	PRASAD SHINDE	RAIGAD	78.9	90	92.5	100X	92.5	92.5	5
3	MAYUR DHANVI	PALGHAR	81.3	102.5	110	112.5X	110	110	3
4	SOUTRIK KAR	NAVI-MUMBAI	79.7	105	110	112.5X	110	110	2
5	ASHWIN SOLANKI	MUMBAI	81.6	105	115	120	120	120	1
83Kg - SENIOR									
1	ARUN SINGH	MUMBAI	81.6	130	137.5	140	140	140	2
2	SUNIL RAI	THANE	82.7	132.5	132.5	135	135	135	3
3	RAKESH KADAM	SUB-MUMBAI	82.5	85	87.5	97.5	97.5	97.5	5
4	NITIN PAGAR	NAVI-MUMBAI	81.4	90	95	100	100	100	4

5	RAKESH PATIL	RAIGAD	74.4	95X	95	102.5X	95	95	6
6	VIKRANT VILE	PUNE	83	140	145	150X	145	145	1
83Kg - SENIOR									
1	ARUN SINGH	MUMBAI	81.6	130	137.5	140	140	140	2
2	SUNIL RAI	THANE	82.7	132.5	132.5	135	135	135	3
3	RAKESH KADAM	SUB-MUMBAI	82.5	85	87.5	97.5	97.5	97.5	5
4	NITIN PAGAR	NAVI-MUMBAI	81.4	90	95	100	100	100	4
5	RAKESH PATIL	RAIGAD	74.4	95X	95	102.5X	95	95	6
6	VIKRANT VILE	PUNE	83	140	145	150X	145	145	1
83KG - MASTER I									
1	ANIL BARE	MUMBAI	81.5	115	120	122.5 X	120	120	1
2	AMOL GOSAVI		80.2	100	105	110	110	110	2
3	SANJAY TAMBE	PALGHAR	81.75	80	95	102.5 X	95	95	6
4	SACHIN THORAT	PUNE	78.6	50	65	80 X	65	65	7
5	GANESH NALE	PALGHAR	80.2	95	97.5	102.5 X	97.5	97.5	5
6	NAVNATH SHINDE	PUNE	75.4	80	90	100	100	100	4
7	SACHIN DESHMUKH	THANE	76.7	100	105	107.5	107.5	107.5	3
83KG - MASTER II									
1	SANJAY NAGVEKAR	PUNE	74.5	40	50	55 X	50	50	4
2	VIJAY CHAVAN	PALGHAR	81.5	70	90	95	95	95	2
3	AJAY TARIBAGIL	PUNE	77.9	100	107.5	112.5	112.5	112.5	1
4	GANESH ZAVDE	THANE	80.5	80	85	90 X	85	85	3
83KG - MASTER III									
1	KANTILAL TAKLE	PUNE	80.7	80	NT	NT	80	80	1
93KG - SUBJUNIOR									
1	AKASH PAWAR	PUNE	92	50	60	70 X	60	60	3
2	SHUBHAM VICHARE	RAIGAD	88.8	65	70	75 X	70	70	2
3	SHRICHAND JAYASWAL	THANE	91.1	95	100	105	105	105	1
93KG - JUNIOR									
1	VAIBHAV MORE	THANE	86.6	90	95 X	95	95	95	3
2	AMIT PATIL	MUMBAI	88.4	87.5	95	102.5 X	95	95	4
3	ROHAN CHAVAN	PUNE	90.5	70	80	87.5X	80	80	5
4	RAHUL SHINDE	PUNE	89.9	115	120	127.5X	120	120	2
5	SHRI RAM RAI	NAVI MUMBAI	88.8	85	105	125	125	125	1
93KG - SENIOR									
1	WASIM MULLA	PUNE	88.5	110	117.5	122.5	122.5	122.5	4
2	DEVRAJ BHATT	THANE	87.5	105	115	122.5	122.5	122.5	3
3	RAHUL PATIL	RATNAGIRI	92.1	112.5	122.5	125	125	125	2
4	ZAHID ANSARI	THANE	85.4	115	125	130 X	125	125	1
93KG - MASTER I									
1	GANESH WAGH	THANE	84.9	90 X	90	95 X	90	90	2
2	MOHAMMAD SHAIKH	MUMBAI	87.7	145	152.5	160	160	160	1
3	BHARAT AHIR	PUNE	88.5	75	82.5	87.5 X	82.5	82.5	3
93KG - MASTER II									
1	ARUN KHARAT	THANE	91.7	90	95	100	100	100	1
2	TUSHAR MODAK	THANE	85.9	75 X	80 X	85	85	85	3
3	BENEDICT GABRIEL	PUNE	86.3	85	95	105 X	95	95	2
93KG - MASTER III									
1	SURESH BANSODE	AHMEDNAGAR	85.4	50	60	65	65	65	1
2	ANANT KAMAT	THANE	83.5	55	62.5	65 X	62.5	62.5	2
105KG - SUBJUNIOR									
1	RAJ CHAUHAN	THANE	94.8	100 X	100	105 X	100	100	1

105KG - JUNIOR									
1	GORKHA SOKENDRA	PUNE	104.6	120	130	135	135	135	1
105KG - SENIOR									
1	SANJAY YADAV	PALGHAR	102.2	120	125	130 X	125	125	3
2	CHANDRAKANT HOLE	PUNE	99	120	127.5	130	130	130	2
3	RAJESH SHETYE	MUMBAI	104	110	117.5	122.5	122.5	122.5	4
4	SUNIL JADHAV	THANE	103.7	145	152.5	155 X	152.5	152.5	1
105KG - MASTERS I									
1	PRASHANT JAGTAP	PUNE	99.2	110	120	127.5	127.5	127.5	1
2	YUVRAJ BHAMBID	THANE	95.4	85	92.5	97.5	97.5	97.5	3
3	SURESH KOLKAR	MUMBAI	101.3	110	117.5	125	125	125	2
105KG - MASTERS II									
1	ANAT BALLAL	THANE	93.4	70	75	80X	75	75	1
105KG - MASTERS III									
1	SALIM SAYYED	PUNE	94.8	55	60	NT	60	60	1
120KG - JUNIOR									
1	AMATYA NALAWDE	PUNE	117.6	120	127.5	130X	127.5	127.5	1
2	SARWAR PATIL	RAIGAD	108.9	120	125	130X	125	125	2
120KG - SENIOR									
1	ASHISH TRIVEDI	MUMBAI	109.1	100	105	110X	105	105	2
2	TUSHAR BHOGALE	MUMBAI	108	85	90	95X	90	90	3
3	AMUL KODUSKAR	THANE	115	150	160	NT.	160	160	1
4	SAMIR SONI	PALGHAR	108.8	100X	110X	115X			
120KG - MASTERS I									
1	GIRISH BINJWE	PUNE	105.5	90	100	110	110	110	1
120+KG - SENIOR									
1	NIKHIL MORE	PUNE	128	120	132.5	135	135	135	1
WOMEN									
43KG - SUBJUNIOR									
1	ROHINI MODAK	THANE	41.5	30	32.5	35X	32.5	32.5	1
43KG - JUNIOR									
1	SUSHIMITA DESHMUKH	THANE	41.8	50	52.5	55X	52.5	52.5	1
2	MADHURI BOHARE	THANE	41.5	27.5	30X	30X	27.5	27.5	2
47KG - SUBJUNIOR									
1	SHALU PRAJAPATI	PUNE	45.5	30	32.5	35X	32.5	32.5	1
2	SANCHITA BHOIR	THANE	46.8	27.5	30X	30X	27.5	27.5	2
3	ADITI AVINASH PARANGE	THANE	46.5	20	22.5	25X	22.5	22.5	3
47KG - JUNIOR									
1	AFSHANEESHA M.	PUNE	46.2	27.5	30	32.5X	30	30	1
47KG - SENIOR									
1	YADNIKA PATIL	THANE	46	25	27.5	30X	27.5	27.5	1
52KG - JUNIOR									
1	VAISHANAVI CHAVAN	RAIGAD	48.8	30	35	40X	35	35	2
2	RUPALI SINA	PUNE	51.3	42.5	50X	50X	42.5	42.5	1
3	VINAYA MHATRE	THANE	50.6	25	27.5X	27.5X	25	25	3
52KG - SENIOR									
1	SHIVANI SHINDE	THANE	47.1	30	35X	35X	30	30	2
2	JYOTI KANDHARE	PUNE	50.9	50	55X	55	55	55	1
57KG - SUBJUNIOR									
1	PRERANA RARANE	THANE	52.9	30	32.5	35X	32.5	32.5	1
2	AKSHATA BHOSALE	RAIGAD	52.8	22.5	25	27.5	27.5	27.5	2
57KG - JUNIOR									
1	PADMJA CHANNEWADKAR	PUNE	54.9	45X	45	50	50	50	1

2	SHRADHA SAWANT	THANE	55.7	25	27.5X	27.5	27.5	27.5	5
3	ANKITA SINGH	THANE	55	27.5	30	32.5X	30	30	3
4	AKSHATA BHOSALE	RAIGAD	52.8	22.5X	22.5	27.5	27.5	27.5	4
5	MAMTA MALLAH	PALGHAR	54.4	30	35	37.5	37.5	37.5	2
57KG - SENIOR									
1	TRUPTI SAWANT	MUMBAI	55.3	42.5	47.5	52.5	52.5	52.5	3
2	MITHILA CHAVAN	NASHIK	55.4	60	65X	65X	60	60	2
3	SHARVARI INAMDAR	PUNE	54.8	65	67.5	70X	67.5	67.5	1
63KG - SUBJUNIOR									
1	HRITIKA PAWAR	THANE	60.1	20	25	30	30	30	3
2	PRACHI SHINDE	PUNE	58.7	30	32.5	35X	32.5	32.5	2
3	SEJAL MAKWANA	SUB-MUMBAI	63	40	45	47.5	47.5	47.5	1
63KG - JUNIOR									
1	SEJAL MAKWANA	SUB-MUMBAI	63	40	45	47.5	47.5	47.5	2
2	MARREL GOMES	PALGHAR	58.5	40	45X	45X	40	40	3
3	KHUSHBOO CHAUHAN	THANE	61.8	32.5	37.5	40X	37.5	37.5	4
4	ADITI PARSHETTY	PUNE	61.8	52.5	57.5	60	60	60	1
5	PRAJAKTA DETHE	PUNE	62.5	22.5	25	27.5X	25	25	5
63KG - SENIOR									
1	RAKHI WANKHEDE	NAVI-MUMBAI	58.6	35	40	45X	40	40	3
2	BHAKTI KAMTHE	PUNE	60	50	52.5	55X	52.5	52.5	2
3	RAHI SHIRSAT	PUNE	53.3	55	62.5	65X	62.5	62.5	1
63KG - MASTER I									
1	KIRAN JNGULE	PUNE	58.8	25	27.5	30X	27.5	27.5	3
2	NIRMALA YADAV	MUMBAI	60.5	40	45	52.5X	45	45	2
3	GITANJALI DASTOOR	MUMBAI	61	45	50	55X	50	50	1
63KG - MASTER III									
1	LORAIN MORE	PUNE	57.7	20	22.5	25	25	25	1
72KG - SUBJUNIOR									
1	MUSKAN SAYYAD	PUNE	70.2	30	32.5	35X	32.5	32.5	1
72KG - JUNIOR									
1	SHRADDHA PADALAKAR	RATNAGIRI	68.8	30	35X	35X	30	30	3
2	UNNATI SONAVANE	PALGHAR	65.7	42.5	45	47.5X	45	45	2
3	CHANDRAKALA SALVI	SUB-MUMBAI	71.2	45X	62.5X	62.5	62.5	62.5	1
72KG - MASTER I									
1	DR. KIRTI SHANKHADHAR	SUB-MUMBAI	64.1	35	37.5	40	40	40	1
2	JYOTI BHADEKAR	PUNE	66.4	30	32.5	35	35	35	2
72KG - SENIOR									
1	SUNITA PARMAR	SUB-MUMBAI	63.9	40	47.5X	47.5X	40	40	5
2	ANURADDHA PANDEY	PALGHAR	66.7	50	55X	55X	50	50	3
3	CHANDRAKALA SALVI	SUB-MUMBAI	71.2	45X	62.5X	62.5	62.5	62.5	1
4	MANALI LAYAL	PUNE	71	37.5	40	45	45	45	4
5	SARASWATI KARADE	SUB-MUMBAI	67.2	47.5	52.5	55	55	55	2
84KG - SUBJUNIOR									
1	LAMIYA TARWADI	THANE	76.5	37.5	40	42.5X	40	40	1
2	ANUSHKA SARODE	PUNE	82.1	30	37.5	42.5X	37.5	37.5	2
84KG - JUNIOR									
1	ANJALI PAWADE	THANE	72.5	37.5	40	45X	40	40	2
2	SNEHA SHINDE	PUNE	77.2	52.5	57.5	60X	57.5	57.5	1
84KG - SENIOR									
1	GAURI GODEKAR	PUNE	79	50	55	57.5X	55	55	2
2	RANJITA MISHRA	SUB-MUMBAI	73.2	57.5	62.5	65X	62.5	62.5	1
3	SHUBHANGI PATOLE	PUNE	79.4	45	50	52.5	52.5	52.5	3
84KG - MASTER I									

1	RANJITA MISHRA	SUB-MUMBAI	73.2	57.5	62.5	65X	62.5	62.5	1
84+KG - SUBJUNIOR									
1	JENNIFER FURTADO	SUB-MUMBAI	90	25	30	35X	30	30	1
84+KG - JUNIOR									
1	PRATIKSHA SALVI	RATNAGIRI	85	65	70	75	75	75	1
84+KG - MASTER I									
1	NEETA CHAPLE	THANE	90.1	30	35X	35	35	35	1