



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULTS BOOK



SENIOR



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL



02/02/2019 to 08/02/2020

SENIOR MEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
55 kg	TOTAL	1	243	SANKET SARGAR	16.10.2000	MHR
		2	241	A. GUNASEKAR	11.05.1996	RSPB
		3	239	CH. RISHIKANTA SINGH	05.07.1998	MNP
61 kg	TOTAL	1	272	SHUBHAM KOLEKAR	1.11.1999	MHR
		2	271	GURURAJA	15.08.1992	SSCB
		3	256	RAMKUMAR S.	05.05.1994	RSPB
67 kg	TOTAL	1	299	JEREMY LALRINUNGA	26.10.2002	MIZ
		2	272	APURBA CHETIA	03.03.1991	ASM
		3	271	GURJEET KUMAR	20.05.1996	SSCB
73 kg	TOTAL	1	310	N. AJITH	27.01.1999	TND
		2	306	ACHINTA SHEULI	24.01.2000	W.B.
		3	290	KANHU CH. SAHU	03.05.1997	ORS
81 kg	TOTAL	1	317	PAPUL CHANGMAI	01.01.1994	SSCB
		2	309	AMARJIT GURU	23.07.1995	RSPB
		3	307	U. SIVAPRAKASH	17.02.1996	PON
89 kg	TOTAL	1	333	SAMBO LAPUNG	06.03.1997	SSCB
		2	323	R.V. RAHUL	16.03.1997	RSPB
		3	314	RAM KARAN PRAJAPATI	15.07.1998	UKD
96 kg	TOTAL	1	346	VIKAS THAKUR	14.11.1993	SSCB
		2	327	JAGDISH VISHWAKARMA	11.08.1994	C.G.
		3	310	SURESH KR. YADAV	23.08.1994	ORS
102 kg	TOTAL	1	346	PARDEEP SINGH	04.01.1995	RSPB
		2	325	SHUBHAM	10.06.1994	SSCB
		3	316	ASHUTOSH KUMAR SINGH	17.12.1995	UKD
109 kg	TOTAL	1	330	CHANDRAKANT MALI	28.08.1987	SSCB
		2	316	ANKIT CHHOKER	02.03.1996	RSPB
		3	316	V.A. CHRISTOPHER	15.07.1986	RSPB
+109 kg	TOTAL	1	367	GURDEEP SINGH	01.10.1995	RSPB
		2	363	VIPAN KUMAR	30.01.1994	SSCB
		3	341	JASPREET SINGH	05.10.1992	AIPSCB



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SENIOR WOMEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
45 kg	TOTAL	1	160	JHILLI DALABEHERA	03.02.1999	RSPB
		2	159	M.V. THUSHMITA	15.10.1996	RSPB
		3	157	H. JINARANI DEVI	15.12.1996	MNP
49 kg	TOTAL	1	203	SAIKHOM MIRABAI CHANU	08.08.1994	RSPB
		2	185	KH. SANJITA CHANU	02.01.1994	RSPB
		3	168	T. PRIYADARSHINI	03.03.2000	TEL
55 kg	TOTAL	1	180	MANALISHA SONOWAL	01.01.1995	AIPSCB
		2	179	PH. RANIBALA DEVI	10.02.1998	MNP
		3	179	MANDEEP	10.04.1997	HRN
59 kg	TOTAL	1	203	E. DEEXITHA	25.09.1997	RSPB
		2	202	POPY HAZARIKA	08.12.1998	ASM
		3	198	DAVINDER KAUR	11.03.1995	PUN
64 kg	TOTAL	1	210	RAKHI HALDER	06.07.1993	RSPB
		2	200	HARJINDER KAUR	14.10.1996	CHD
		3	187	K. ROSHILATA DEVI	11.07.1999	MNP
71 kg	TOTAL	1	217	LALCHHANHIMI	14.04.1992	MIZ
		2	201	PRATIMA RANI	04.08.1992	PUN
		3	198	POOJA YADAV	15.07.1996	U.P.
76 kg	TOTAL	1	211	DEEPIKA HANDA	03.01.1985	CHD
		2	207	R. AROCKIYA ALISH	05.11.2000	TND
		3	187	A. TUMINA DEVI	26.01.1999	MNP
81 kg	TOTAL	1	205	SHARSTI SINGH	05.09.1988	RSPB
		2	195	BALJINDER KAUR	18.05.1985	CHD
		3	194	T. DHARSHINI	31.12.1998	TND
87 kg	TOTAL	1	219	P. ANURADHA	25.05.1992	AIPSCB
		2	200	MADHUSMITA BARUAH	01.02.1999	ASM
		3	196	ANU	09.09.1993	PUN
+87 kg	TOTAL	1	210	MONIKA	13.11.1992	RSPB
		2	208	ASHWINI MALAGE	24.08.1998	MHR
		3	206	JASBIR KAUR	08.08.1988	PUN



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KOLKATA - WEST BENGAL

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RESULT SENIOR MEN 55 kg

Competition : 04.02.2020 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	197	[A] SANKET SARGAR	240	MHR	16.10.2000	55.000	103	106	108	108	1	126	132	135	135	2	243	1
2	301	[A] A. GUNASEKAR	240	RSPB	11.05.1996	54.900	102	106	106	106	2	130	135	138	135	1	241	2
3	153	[A] CH. RISHIKANTA SINGH	241	MNP	05.07.1998	55.000	103	106	106	106	3	133	136	138	133	3	239	3
4	69	[A] SADAM HUSEN NAZEER	235	SSCB	24.01.1995	53.350	100	103	106	103	5	125	125	125	125	4	228	4
5	178	[A] M. RAJENDRA PRASATH	220	PON	18.10.1999	54.130	98	103	105	103	4	115	119	121	119	7	222	5
6	136	[A] KARAN LAHRE	207	C.G.	28.07.2000	54.930	93	96	98	96	7	115	120	123	120	5	216	6
7	176	[A] PIYUSH SINGH	210	M.P.	27.12.1999	54.950	93	97	101	97	6	116	124	124	116	8	213	7
8	311	[A] VIJAY MAHESHWARI	220	C.G.	15.02.1996	54.390	89	89	92	89	9	120	120	125	120	6	209	8
9	94	[A] K. EZHILARASAN	215	TND	25.01.1998	52.130	90	90	90	90	8	112	116	116	116	9	206	9
10	106	[A] NAGARAJ	200	KRN	05.10.1999	54.430	88	88	91	88	10	110	114	116	114	10	202	10
	336	[A] D. PRITHVIRAJ	210	FCI	14.07.2000	54.100	95	95	95	--		--	--	--	--		--	
	124	[A] PRADEEP BHOORE	198	M.P.	23.10.1990	53.200	88	88	88	--		--	--	--	--		--	

BREAK RECORDS

SENIOR SR MEN 55 kg SNATCH : R. MADHAVAN [PON] 106 ---> CH. RISHIKANTA SINGH [MNP] 106

SENIOR SR MEN 55 kg SNATCH : CH. RISHIKANTA SINGH [MNP] 106 ---> SANKET SARGAR [MHR] 108

SENIOR SR MEN 55 kg CLEAN&JERK : SHUBHAM TODKAR [MHR] 134 ---> A. GUNASEKAR [RSPB] 135

SENIOR SR MEN 55 kg TOTAL : CH. RISHIKANTA SINGH [MNP] 239 ---> CH. RISHIKANTA SINGH [MNP] 239

SENIOR SR MEN 55 kg TOTAL : CH. RISHIKANTA SINGH [MNP] 239 ---> A. GUNASEKAR [RSPB] 241

SENIOR SR MEN 55 kg TOTAL : A. GUNASEKAR [RSPB] 241 ---> SANKET SARGAR [MHR] 243



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RESULT SENIOR MEN 61 kg

Competition : 03.02.2020 13:30

Weigh in : 11:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	38	[A] SHUBHAM KOLEKAR	270	MHR	1.11.1999	60.660	112	115	115	115	2	147	152	157	157	1	272	1
2	184	[A] GURURAJA	265	SSCB	15.08.1992	60.660	115	119	121	119	1	147	152	157	152	2	271	2
3	19	[A] RAMKUMAR S.	260	RSPB	05.05.1994	60.820	113	113	117	113	3	139	143	150	143	4	256	3
4	75	[A] JIMJANG DERU	242	ARN	01.10.1998	60.920	103	107	111	107	7	138	138	144	144	3	251	4
5	48	[A] LALZUIDIKA	250	MIZ	26.06.1997	60.910	111	111	111	111	4	136	136	142	136	6	247	5
6	50	[A] TBC LALCHHANHIMA	250	MIZ	21.03.1997	60.970	104	108	110	104	10	143	143	148	143	5	247	6
7	7	[A] JACOB VANLALTLUANGA	250	NGL	17.02.2002	60.950	110	114	114	110	5	131	131	136	131	7	241	7
8	273	[B] HRUSHIKESH CHAVAN	225	MHR	18.01.1998	60.960	103	107	110	107	6	128	135	135	128	10	235	8
9	219	[B] JAGDISH NAHAK	230	ORS	13.08.1998	60.960	100	105	105	105	9	130	130	130	130	8	235	9
10	93	[A] L. CHINGLENMANI	240	MNP	16.02.1999	59.860	100	104	108	104	11	130	130	135	130	9	234	10
11	310	[B] GANESH R.	230	NGL	12.05.1996	59.900	105	108	108	105	8	122	122	131	122	12	227	11
12	148	[A] SUBHASH LAHRE	230	C.G.	12.11.2002	59.530	96	99	100	96	13	120	125	130	125	11	221	12
13	155	[B] SUBHAM	211	CHD	29.08.1998	60.610	95	95	97	97	12	118	121	121	118	13	215	13
14	323	[B] SOURABH S.	215	KRL	23.09.1999	59.260	93	96	96	93	16	118	121	121	118	14	211	14
	183	[A] PANCHAM GEORGE	230	BHR	15.11.2000	60.820	95	99	100	95	14	120	120	120	--		--	
	21	[B] M. RAJ KUMAR	211	TEL	15.05.2003	60.640	94	94	97	94	15	118	118	--	--		--	
	250	[B] AMEER M.P.	216	KRL	09.02.2000	60.700	93	93	95	93	17	118	118	118	--		--	
	220	[B] ABHISHEK	220	H.P.	27.08.1996	60.980	93	93	93	93	18	--	--	--	--		--	

BREAK RECORDS

SENIOR SR MEN 61 kg SNATCH : GURURAJA [SSCB] 118 ---> GURURAJA [SSCB] 119
 SENIOR SR MEN 61 kg CLEAN&JERK : M. RAJA [RSPB] 148 ---> GURURAJA [SSCB] 152
 SENIOR SR MEN 61 kg CLEAN&JERK : GURURAJA [SSCB] 152 ---> SHUBHAM KOLEKAR [MHR] 157
 SENIOR SR MEN 61 kg TOTAL : M. RAJA [RSPB] 265 ---> GURURAJA [SSCB] 271
 SENIOR SR MEN 61 kg TOTAL : GURURAJA [SSCB] 271 ---> SHUBHAM KOLEKAR [MHR] 272



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RESULT SENIOR MEN 67 kg

Competition : 03.02.2020 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	309	[A] JEREMY LALRINUNGA	290	MIZ	26.10.2002	65.550	132	132	132	132	1	160	167	170	167	1	299	1
2	348	[A] APURBA CHETIA	270	ASM	03.03.1991	64.130	120	125	127	125	2	147	152	152	147	4	272	2
3	65	[A] GURJEET KUMAR	265	SSCB	20.05.1996	66.870	120	120	125	120	3	146	151	154	151	2	271	3
4	303	[A] NAVEEN CHANDRA	270	KRN	01.03.1989	66.950	113	116	119	119	6	144	148	154	148	3	267	4
5	213	[A] NITU TAMULI	260	ASM	16.03.1997	66.830	108	114	119	119	5	140	140	146	140	7	259	5
6	74	[A] RUSTAM SARANG	260	AIPSCB	12.12.1988	66.950	109	113	115	113	9	137	141	145	145	5	258	6
7	129	[A] T. SUDHEER	255	A.P.	10.08.1995	66.950	110	115	115	115	7	135	141	146	141	6	256	7
8	101	[A] ROBO MECH	250	NGL	07.10.1995	66.960	114	114	117	114	8	124	--	--	124	13	238	8
9	115	[B] KARTHIK KUMAR	227	KRN	13.04.1996	66.960	100	105	108	108	11	127	--	--	127	11	235	9
10	316	[B] RAGHUNATH KHILLA	235	ORS	28.03.2002	63.590	99	105	105	105	12	129	131	131	129	9	234	10
11	352	[B] P. SRINIVASA RAO	221	M.P.	07.06.1999	66.990	98	102	105	102	13	123	128	131	131	8	233	11
12	113	[B] NIRBHAY PRATAP SINGH PATHANIA	221	J.K.	22.06.2003	67.000	100	105	105	100	14	123	128	128	128	10	228	12
13	149	[B] SHANKAR KUMAR	230	BHR	15.06.2003	65.130	98	100	102	100	15	123	127	130	127	12	227	13
14	4	[B] MITHLESH SONKAR	230	C.G.	09.01.2001	66.400	99	104	104	99	16	123	--	--	123	14	222	14
15	139	[B] YASHMIT SHARMA	228	M.P.	07.09.2000	66.510	99	99	103	99	18	123	123	127	123	16	222	15
16	188	[B] SARATH SANKAR	222	KRL	09.10.1998	66.420	98	98	100	98	19	123	126	126	123	15	221	16
17	225	[A] SAURAYA PRATAP SINGH	235	BHR	01.07.2004	66.830	98	100	100	98	20	123	123	123	123	17	221	17
	246	[A] SACHIN RAUTA	270	ORS	10.04.1997	66.960	112	112	119	119	4	143	143	145	--		--	



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Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	203	[A] SHUBHAM LANDE	270	MHR	09.12.1995	66.660	110	115	115	110	10	140	140	140	--		--	
	55	[B] VINESH	230	RAJ	06.07.1996	64.740	99	--	--	99	17	123	--	--	--		--	
	317	[B] ZAKHUMA	235	MIZ	01.04.2001	62.300	100	--	--	--		--	--	--	--		--	
	287	[B] GURKERIT SINGH	221	CHD	14.07.1995	66.930	98	98	98	--		--	--	--	--		--	
	15	[A] AJAY KUMAR	235	J.K.	25.07.1993	66.950	98	98	98	--		--	--	--	--		--	
	241	[B] TARUN	221	H.P.	10.08.1997	66.500	98	98	98	--		--	--	--	--		--	
	295	[B] SUMAN DAS	225	W.B.	22.06.1991	66.980	98	98	98	--		--	--	--	--		--	

BREAK RECORDS

SENIOR SR MEN 67 kg CLEAN&JERK : JEREMY LALRINUNGA [MIZ] 166 ---> JEREMY LALRINUNGA [MIZ] 167



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RESULT SENIOR MEN 73 kg

Competition : 04.02.2020 11:00

Weigh in : 9:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	344	[A] N. AJITH	290	TND	27.01.1999	72.900	135	140	144	140	1	165	170	175	170	1	310	1
2	296	[A] ACHINTA SHEULI	300	W.B.	24.01.2000	72.830	134	138	141	138	2	160	168	173	168	2	306	2
3	265	[A] KANHU CH. SAHU	287	ORS	03.05.1997	72.100	123	128	128	128	5	152	158	162	162	3	290	3
4	145	[A] RANJEET CHAVAN	290	MHR	20.02.1998	72.950	124	127	129	127	7	159	164	164	159	4	286	4
5	232	[A] KAPIL SINGH RATHORE	288	RAJ	16.03.1993	72.240	123	125	129	129	4	156	161	163	156	5	285	5
6	341	[A] K. LALHANBA MEETEI	290	MNP	02.03.1988	72.980	126	126	126	126	8	156	161	161	156	6	282	6
7	12	[A] DEVA PREEDHAN	290	KRL	08.10.1998	72.710	125	129	129	125	9	155	155	163	155	7	280	7
8	221	[A] AKSHAY GAIKWAD	290	MHR	16.04.1996	73.000	125	128	128	125	10	150	156	--	150	8	275	8
9	337	[A] RAJESH MITTAL	290	RAJ	30.05.1985	72.070	128	128	128	128	6	145	152	155	145	12	273	9
10	49	[B] R. VARUN	255	A.P.	08.04.1990	72.380	110	115	115	115	14	135	142	148	148	9	263	10
11	165	[B] AKASH	259	U.P.	11.04.2002	72.950	111	115	119	119	13	138	143	149	143	15	262	11
12	215	[A] ATISH PATIL	270	C.G.	27.03.1996	72.070	115	115	120	115	15	145	145	150	145	13	260	12
13	31	[B] L. SUNDERJIT SINGH	260	MNP	20.01.1999	72.950	111	115	116	111	17	141	146	150	146	10	257	13
14	6	[B] ADITYA PANWAR	250	U.P.	01.04.1997	73.000	105	110	113	110	19	140	144	144	144	14	254	14
15	120	[B] R. SHIVALINGESWARA SAI	251	TEL	25.07.2001	72.950	104	104	108	108	20	140	145	145	145	11	253	15
16	206	[B] GAGANDEEP KUMAR	250	PUN	04.07.1996	69.620	110	115	115	110	18	130	140	--	130	16	240	16
17	25	[B] VISHAL PANWAR	220	J.K.	29.12.1993	72.550	103	106	106	106	21	129	132	132	129	17	235	17
18	122	[B] DHILJITH D.S.	230	KRL	19.02.2001	72.150	102	102	105	102	24	129	--	--	129	18	231	18



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RESULT SENIOR MEN 73 kg

Competition : 04.02.2020 11:00

Weigh in : 9:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
19	138	[B] KANHAIYA KUMAR	235	BHR	03.03.2002	67.190	102	102	106	102	25	128	--	--	128	19	230	19
	284	[A] DEEPAK LATHER	294	HRN	25.03.2000	72.800	133	137	141	137	3	159	159	159	--		--	
	154	[A] LALU TAKU	280	ARN	08.12.1998	72.840	121	121	125	121	11	157	157	157	--		--	
	252	[A] BADAL BAR	275	W.B.	04.04.1998	72.430	120	120	120	120	12	152	152	152	--		--	
	212	[B] GANGA SINGH	250	CHD	22.09.1994	73.000	112	112	115	112	16	140	140	140	--		--	
	54	[B] BHAVESH SARANG	245	C.G.	27.05.2002	72.100	105	110	110	105	22	128	128	128	--		--	
	305	[B] D. GANESH	240	TEL	13.06.2004	72.430	105	110	110	105	23	135	135	135	--		--	
	190	[B] NARINDER KUMAR	230	H.P.	19.03.1998	72.850	102	102	102	--		--	--	--	--		--	
	276	[B] SHEKHAR REHAN	230	H.P.	25.06.1998	68.200	102	102	102	--		--	--	--	--		--	
	86	[A] MIHIR KANTA SETHI	290	SSCB	21.11.1996	72.620	126	126	126	--		--	--	--	--		--	

BREAK RECORDS

SENIOR SR MEN 73 kg SNATCH : ACHINTA SHEULI [W.B.] 137 ---> DEEPAK LATHER [HRN] 137
 SENIOR SR MEN 73 kg SNATCH : DEEPAK LATHER [HRN] 137 ---> ACHINTA SHEULI [W.B.] 138
 SENIOR SR MEN 73 kg SNATCH : ACHINTA SHEULI [W.B.] 138 ---> N. AJITH [TND] 140
 SENIOR SR MEN 73 kg CLEAN&JERK : ACHINTA SHEULI [W.B.] 170 ---> N. AJITH [TND] 170
 SENIOR SR MEN 73 kg TOTAL : ACHINTA SHEULI [W.B.] 305 ---> ACHINTA SHEULI [W.B.] 306
 SENIOR SR MEN 73 kg TOTAL : ACHINTA SHEULI [W.B.] 306 ---> N. AJITH [TND] 310



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02/02/2019 to 08/02/2020

RESULT SENIOR MEN 81 kg

Competition : 05.02.2020 11:00

Weigh in : 9:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	263	[A] PAPUL CHANGMAI	314	SSCB	01.01.1994	80.310	138	145	151	145	1	172	186	--	172	1	317	1
2	182	[A] AMARJIT GURU	305	RSPB	23.07.1995	77.550	137	137	137	137	3	166	172	176	172	2	309	2
3	256	[A] U. SIVAPRAKASH	300	PON	17.02.1996	80.610	127	132	136	136	4	167	171	174	171	3	307	3
4	185	[A] GAURAV DUBEY	295	U.P.	12.10.1990	80.780	131	135	138	135	5	162	168	173	168	4	303	4
5	233	[A] GOURAV	310	AIPSCB	28.06.1995	80.570	136	140	140	140	2	162	167	167	162	6	302	5
6	121	[A] S. ARVIND SINGH	305	MNP	08.03.2001	80.890	128	128	132	128	8	165	165	170	165	5	293	6
7	238	[A] ANIL KUMAR SAHU	290	ORS	12.10.1994	80.900	125	125	131	125	11	160	169	169	160	7	285	7
8	266	[A] LAKSHY MEENA	291	RAJ	23.09.1994	80.990	128	133	133	128	7	155	161	161	155	10	283	8
9	112	[A] V. ARUN ADAIKALRAJ	290	MHR	16.03.1992	80.770	125	129	129	125	9	156	156	161	156	8	281	9
10	2	[A] SANKAR GANESH	290	GOA	06.06.1992	78.290	128	133	133	128	6	152	160	160	152	12	280	10
11	237	[A] KH. JOJO MEETEI	290	ARN	05.03.1998	80.990	125	125	128	125	10	155	155	160	155	11	280	11
12	346	[B] SKILTIN PAUL	270	KRL	12.05.2000	75.550	117	123	124	124	12	150	155	160	155	9	279	12
13	292	[B] A. ARJUN SINGH	270	MNP	01.02.1998	79.570	120	120	123	123	13	145	145	---	145	16	268	13
14	231	[B] HARINDER SINGH	270	CHD	12.12.2001	80.070	120	120	125	120	14	147	147	147	147	13	267	14
15	242	[B] N. JAMALUDEEN	265	TND	27.07.2001	80.490	116	116	120	120	15	146	149	149	146	14	266	15
16	307	[B] ANANT MANDAVI	250	C.G.	07.08.1998	79.870	111	111	115	115	17	141	146	146	141	17	256	16
17	107	[B] ANSHUL	270	HRN	20.07.1998	79.770	110	116	116	110	19	140	145	148	145	15	255	17
18	135	[B] K. SRINU	260	A.P.	24.11.2001	75.470	106	106	111	111	18	134	138	141	138	19	249	18



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN 81 kg

Competition : 05.02.2020 11:00

Weigh in : 9:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
19	108	[B] SUCHIN KUMAR M.	240	KRN	26.06.1998	79.230	105	114	118	118	16	130	140	140	130	23	248	19
20	228	[B] NIMMA SAINI	255	H.P.	20.08.1996	79.870	105	112	115	105	21	130	140	144	140	18	245	20
21	299	[B] SANDEEP KUMAR	240	DEL	19.07.1998	81.000	105	108	111	105	22	135	140	140	135	20	240	21
22	20	[B] NATARAJA N.E.	240	KRN	01.06.1991	80.750	105	105	105	105	24	130	134	137	134	21	239	22
23	10	[B] SOUVIK MONDAL	235	W.B.	16.08.2003	73.700	105	105	108	105	23	130	131	136	131	22	236	23
	71	[B] SAHIL KUTLEHRIA	250	H.P.	25.11.1997	79.870	105	108	110	105	20	130	130	130	--		--	
	180	[A] PAWAN	285	HRN	09.09.1999	80.980	125	125	125	--		--	--	--	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN 89 kg

Competition : 05.02.2020 15:30

Weigh in : 13:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	349	[A] SAMBO LAPUNG	320	SSCB	06.03.1997	88.650	140	145	145	145	1	175	180	188	188	1	333	1
2	226	[A] R.V. RAHUL	320	RSPB	16.03.1997	88.900	137	141	144	144	2	173	179	183	179	2	323	2
3	18	[A] RAM KARAN PRAJAPATI	320	UKD	15.07.1998	89.000	135	138	138	138	4	171	176	176	176	3	314	3
4	189	[A] SANDEEP KUMAR	310	CHD	06.01.1996	88.900	135	139	142	139	3	167	171	171	171	4	310	4
5	17	[A] SUNIL KUMAR	290	HRN	11.11.1991	88.350	131	135	138	135	5	169	174	176	169	5	304	5
6	53	[A] MANISH	310	HRN	20.12.1998	88.770	132	135	135	132	6	166	166	171	166	7	298	6
7	13	[A] GURPREET RALH	285	PUN	23.05.1998	88.350	120	127	130	130	9	162	168	168	168	6	298	7
8	324	[A] NARENDRA SINGH	291	RAJ	08.04.1997	88.700	131	136	136	131	7	160	166	166	160	8	291	8
9	126	[A] SATISH RAJ	290	MHR	18.08.1992	83.680	125	130	131	131	8	155	165	165	155	9	286	9
10	216	[A] KU. VISHWAJEET SINGH	284	M.P.	31.12.1999	89.000	120	120	125	125	12	152	158	158	152	10	277	10
11	76	[B] ASHOK KUMAR	258	M.P.	17.10.1987	87.870	121	126	130	126	10	147	147	147	147	11	273	11
12	85	[B] MANISH SHARMA	255	U.P.	05.08.1999	88.100	115	117	125	125	11	136	136	136	136	14	261	12
13	248	[B] JANIS ABBAS	250	KRL	17.01.2000	84.200	110	110	115	110	16	140	146	146	140	12	250	13
14	150	[B] TANUSH MEHTA	260	DEL	08.10.1994	87.790	111	114	114	111	14	136	136	139	136	13	247	14
15	313	[B] BHOLA SINGH	245	BHR	05.05.2004	88.800	110	110	117	110	17	135	135	140	135	15	245	15
	260	[B] ABHISHEK	260	H.P.	18.01.1998	82.000	110	115	119	115	13	136	136	136	--		--	
	63	[B] NINGANAGOWDA S.H.	250	KRN	26.06.2000	88.660	110	113	113	110	15	135	135	135	--		--	
	95	[A] H. KARTHIK	271	TEL	24.06.2003	87.630	115	115	115	--		--	--	--	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN 89 kg

Competition : 05.02.2020 15:30

Weigh in : 13:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	72	[B] UJJWAL SHARMA	245	J.K.	24.07.2001	87.430	110	110	111	--		--	--	--	--	--	--	
	245	[B] PANKAJ SAINI	265	H.P.	30.05.2001	85.220	110	110	110	--		--	--	--	--	--	--	
	40	[A] SATISH S.	310	GOA	10.03.1996	85.400	134	134	134	--		--	--	--	--	--	--	
	207	[B] VICKY	260	BHR	25.06.1998	88.160	125	125	125	--		--	--	--	--	--	--	
	200	[B] RAFEEQUE C.	235	KRL	06.04.1998	81.800	110	110	110	--		--	--	--	--	--	--	

BREAK RECORDS

SENIOR SR MEN 89 kg CLEAN&JERK : HARSHAD WADEKAR [RSPB] 187 ----> SAMBO LAPUNG [SSCB] 188



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN 96 kg

Competition : 06.02.2020 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	230	[A] VIKAS THAKUR	330	SSCB	14.11.1993	95.730	147	151	154	154	1	185	192	198	192	1	346	1
2	24	[A] JAGDISH VISHWAKARMA	336	C.G.	11.08.1994	94.600	142	147	151	147	2	180	193	193	180	2	327	2
3	314	[A] SURESH KR. YADAV	320	ORS	23.08.1994	94.480	135	140	144	140	3	170	185	188	170	3	310	3
4	223	[A] SHIVAM SAINI	310	RSPB	25.05.1996	96.000	131	131	135	135	4	160	165	170	165	6	300	4
5	98	[A] HIMANSHU	285	PUN	06.10.1993	89.900	125	129	131	129	7	162	167	172	167	4	296	5
6	210	[A] JASWANT SINGH	280	U.P.	01.01.1990	93.720	128	133	137	133	5	155	160	165	160	9	293	6
7	57	[B] SAURAV GOGOI	275	ASM	01.03.1995	90.230	116	121	126	121	11	153	160	165	165	5	286	7
8	236	[A] AMAN	280	HRN	08.03.2003	95.480	120	125	125	125	9	161	169	169	161	7	286	8
9	80	[A] VIJENDRA SINGH	280	M.P.	05.08.1997	95.410	125	130	133	130	6	155	159	159	155	11	285	9
10	277	[A] B. SURESH	285	A.P.	23.06.1992	95.440	115	118	121	121	13	150	160	166	160	8	281	10
11	68	[B] RAKESH JENA	275	ORS	24.06.1994	95.580	120	120	125	125	8	155	155	155	155	10	280	11
12	279	[B] SACHIN SHINDE	280	MHR	27.08.1996	84.060	121	121	127	121	12	150	156	156	150	12	271	12
13	102	[B] BUNTI CHAUDHARY	265	U.P.	25.12.2001	89.910	116	120	120	120	14	141	146	150	146	13	266	13
	171	[B] P. KARTHICK	258	TND	15.02.1997	91.590	118	123	127	123	10	151	151	151	--		--	
	119	[B] BHEEM SINGH	260	UKD	05.10.1992	95.890	115	--	--	115	15	140	140	140	--		--	
	272	[B] PRINCE KUMAR	270	DEL	05.01.1996	94.490	115	117	117	115	16	140	140	--	--		--	
	127	[A] PREM NARAYAN	285	RAJ	02.07.1981	92.080	128	130	130	--		--	--	--	--		--	
	87	[B] CHHAGAN LAL	257	RAJ	29.01.1997	93.130	115	115	115	--		--	--	--	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN 96 kg

Competition : 06.02.2020 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	288	[B] ASHWANI GURRA	255	CHD	15.07.2001	91.230	115	115	115	--		--	--	--	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN 102 kg

Competition : 06.02.2020 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	104	[A] PARDEEP SINGH	330	RSPB	04.01.1995	101.400	143	147	151	151	1	185	195	203	195	1	346	1
2	151	[A] SHUBHAM	324	SSCB	10.06.1994	98.220	145	149	149	145	2	180	192	192	180	2	325	2
3	89	[A] ASHUTOSH KUMAR SINGH	320	UKD	17.12.1995	101.720	135	140	140	140	4	169	176	176	176	3	316	3
4	304	[A] VISHAL RAJWAR	320	UKD	04.07.1995	99.800	138	143	146	143	3	164	170	176	170	6	313	4
5	300	[A] KRISHNAKUMAR C.R.	300	KRL	17.05.1994	99.400	126	127	133	133	9	168	175	181	175	4	308	5
6	218	[A] SK. MD. ABUZAR ASLAM	300	A.P.	02.07.1995	99.600	127	132	137	137	5	163	170	177	170	5	307	6
7	172	[A] LUCKY MARKAM	310	C.G.	04.10.1994	101.450	130	134	137	137	6	160	165	166	166	8	303	7
8	9	[A] SARVANAN KUMAR	300	MHR	14.09.1996	100.480	130	130	136	130	11	160	167	171	167	7	297	8
9	278	[A] YATHISH SHETTY K.	295	KRN	04.09.1995	97.730	126	126	131	126	14	163	163	172	163	9	289	9
10	166	[A] IMRAN KHAN	290	M.P.	06.04.1994	101.780	128	133	137	133	8	155	160	160	155	11	288	10
11	302	[A] MANGAL SINGH	305	J.K.	09.10.1990	97.020	130	130	134	130	12	157	157	164	157	10	287	11
12	297	[A] AKASH KAUSHAL	285	M.P.	27.12.2002	100.680	117	122	127	127	13	150	154	156	154	12	281	12
13	90	[A] S. ATHIYAPAN	270	TND	02.05.1994	99.500	118	125	130	125	15	150	157	157	150	14	275	13
14	118	[A] AMANDEEP SINGH	260	CHD	13.03.1990	101.100	117	117	117	117	16	152	157	157	152	13	269	14
	244	[A] MOHD. JAVED	285	U.P.	17.02.1997	101.490	131	134	134	134	7	152	152	152	--		--	
	261	[A] C.S. NIVESH	290	FCI	19.06.1997	101.300	125	130	133	130	10	158	158	158	--		--	

BREAK RECORDS

SENIOR SR MEN 102 kg SNATCH : PARDEEP SINGH [RSPB] 150 ---> PARDEEP SINGH [RSPB] 151



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL



02/02/2019 to 08/02/2020

RESULT SENIOR MEN 109 kg

Competition : 07.02.2020 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	99	[A] CHANDRAKANT MALI	328	SSCB	28.08.1987	108.750	146	149	149	149	1	181	191	--	181	1	330	1
2	192	[A] ANKIT CHHOKER	330	RSPB	02.03.1996	108.950	144	148	148	144	3	166	172	177	172	5	316	2
3	342	[A] V.A. CHRISTOPHER	320	RSPB	15.07.1986	108.950	135	140	144	140	4	165	171	176	176	2	316	3
4	132	[A] BHUPINDER SINGH	310	CHD	13.03.1994	108.560	134	134	137	134	8	168	174	183	174	3	308	4
5	202	[A] MOHIT TEAVITYA	311	U.P.	14.10.1992	107.160	136	141	141	136	5	165	171	177	171	6	307	5
6	298	[A] B.S.D. VISHNU VARDHAN	300	A.P.	14.06.1998	107.640	130	135	135	130	10	165	173	179	173	4	303	6
7	274	[A] MANISH KUMAR	300	AIPSCB	24.03.1998	108.430	129	134	138	134	7	166	178	--	166	7	300	7
8	174	[A] ASWIN MENON K.	300	KRL	18.04.1995	108.900	127	133	133	133	9	164	174	177	164	8	297	8
9	97	[A] CHAMPAK DUTTA	305	ASM	30.12.1995	108.130	122	127	127	122	12	163	163	166	163	9	285	9
10	270	[A] B. MUKESH	293	TND	29.03.1999	103.970	121	121	124	121	13	161	161	167	161	10	282	10
	137	[A] GURBHINDER SINGH	300	PUN	04.12.1996	108.340	142	147	149	147	2	161	161	161	--	--	--	--
	109	[A] V. PRABHAKAR	302	A.P.	29.12.1991	108.900	130	136	139	136	6	160	160	160	--	--	--	--
	271	[A] R. RAHUL DARSHAN	305	TEL	14.12.1990	109.000	125	125	130	125	11	165	165	165	--	--	--	--
	27	[A] BHAGWAN SINGH	265	RAJ	05.04.1986	108.980	120	120	124	120	14	--	--	--	--	--	--	--
	257	[A] DHARAMENDRA PALIWAL	300	M.P.	16.02.1984	106.780	135	135	135	--	--	--	--	--	--	--	--	--
	333	[A] MD. JAMEER HUSSAIN	340	ASM	03.04.1993	105.970	145	145	145	--	--	--	--	--	--	--	--	--
	251	[A] AKASH VIRDHY	310	J.K.	15.05.1994	108.900	140	140	142	--	--	--	--	--	--	--	--	--
	227	[A] SURAJ JOSHI	310	UKD	10.12.1993	106.920	135	135	135	--	--	--	--	--	--	--	--	--

BREAK RECORDS

SENIOR SR MEN 109 kg SNATCH : ANKIT CHHOKER [RSPB] 148 ---> CHANDRAKANT MALI [SSCB] 149

SENIOR SR MEN 109 kg CLEAN&JERK : ANKIT CHHOKER [RSPB] 176 ---> V.A. CHRISTOPHER [RSPB] 176

SENIOR SR MEN 109 kg CLEAN&JERK : V.A. CHRISTOPHER [RSPB] 176 ---> CHANDRAKANT MALI [SSCB] 181

SENIOR SR MEN 109 kg TOTAL : ANKIT CHHOKER [RSPB] 324 ---> CHANDRAKANT MALI [SSCB] 330



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR MEN +109 kg

Competition : 07.02.2020 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	60	[A] GURDEEP SINGH	340	RSPB	01.10.1995	150.900	150	157	162	162	1	197	205	212	205	2	367	1
2	36	[A] VIPAN KUMAR	340	SSCB	30.01.1994	156.400	152	158	163	158	2	195	205	210	205	1	363	2
3	294	[A] JASPREET SINGH	350	AIPSCB	05.10.1992	132.200	152	152	156	156	3	185	198	202	185	3	341	3
4	312	[A] KEDAR SATPUTE	330	RSPB	22.05.1994	140.800	141	150	150	141	5	172	185	201	185	4	326	4
5	103	[A] AVINASH	300	PUN	20.08.2000	120.300	140	145	148	148	4	152	160	160	160	9	308	5
6	164	[A] VISHAL SAVAGAVE	310	NGL	05.06.1994	114.300	136	138	142	138	7	162	166	172	166	5	304	6
7	179	[A] VIPIN KUMAR	290	UKD	30.05.1988	109.100	132	137	141	141	6	161	161	162	162	7	303	7
8	181	[A] GURPREET SINGH	310	GOA	19.11.1992	130.500	130	130	137	130	11	165	175	175	165	6	295	8
9	196	[A] MOHNISH SHARMA	275	CHD	08.08.1994	111.500	130	136	139	136	8	156	162	163	156	10	292	9
10	5	[A] HITESH KUMAR	310	HRN	12.09.1997	124.350	130	140	--	130	10	160	--	--	160	8	290	10
	175	[A] SHYOPAT SINGH	310	RAJ	17.11.1989	121.150	135	140	140	135	9	--	--	--	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 45 kg

Competition : 03.02.2020 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	29	[A] JHILLI DALABEHERA	160	RSPB	03.02.1999	44.780	67	69	71	69	1	88	91	93	91	2	160	1
2	195	[A] M.V. THUSHMITA	160	RSPB	15.10.1996	45.000	66	69	69	66	4	89	93	93	93	1	159	2
3	339	[A] H. JINARANI DEVI	157	MNP	15.12.1996	44.050	63	66	69	66	6	87	91	91	91	3	157	3
4	201	[A] POOJA GUPTA	152	U.P.	08.10.1998	44.740	64	67	67	67	3	85	89	89	85	4	152	4
5	340	[A] DIPALI GURSALE	155	MHR	10.11.1996	44.890	65	65	69	69	2	82	82	86	82	6	151	5
6	330	[A] CHANDRIKA TARAFDAR	140	W.B.	12.10.1996	44.740	62	62	65	65	7	83	87	87	83	5	148	6
7	162	[A] VEENA THAKUR	135	C.G.	19.03.1998	44.520	60	60	63	63	8	81	81	84	81	7	144	7
8	160	[A] SAKSHI MAHSKE	155	MHR	23.03.2001	44.890	63	66	69	66	5	76	81	81	76	9	142	8
9	22	[A] TECHI NADAM	130	ARN	25.03.1999	45.000	55	57	59	57	9	75	78	81	78	8	135	9
10	59	[A] B. JYOTHI	123	A.P.	03.01.2004	43.960	50	54	56	56	10	63	67	70	70	10	126	10
11	105	[A] MANISH KUMARI	130	H.P.	22.07.1995	42.190	55	55	62	55	11	65	67	70	67	12	122	11
12	1	[A] SANDHYA RANI NAYAK	115	ORS	04.04.2003	44.980	50	50	53	50	12	64	68	70	68	11	118	12



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 49 kg

Competition : 04.02.2020 13:00

Weigh in : 11:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	258	[A] SAIKHOM MIRABAI CHANU	200	RSPB	08.08.1994	48.920	85	88	90	88	1	111	115	117	115	1	203	1
2	321	[A] KH. SANJITA CHANU	195	RSPB	02.01.1994	49.000	80	80	85	80	2	105	110	110	105	2	185	2
3	322	[A] T. PRIYADARSHINI	160	TEL	03.03.2000	46.760	65	70	70	70	3	90	94	98	98	3	168	3
4	51	[A] EPHAM QUASAR KHANAM	175	ARN	25.03.2001	48.960	69	73	73	69	4	90	90	94	90	5	159	4
5	110	[A] KH. ROSHIBINA DEVI	162	MNP	05.03.2001	48.680	63	67	70	67	6	87	91	94	91	4	158	5
6	83	[A] SUSHILA MAJHI	150	ORS	25.01.1995	48.620	64	68	71	68	5	85	88	92	88	6	156	6
7	198	[A] CHETANA GHOJAGE	160	MHR	05.08.1996	48.660	66	70	70	66	7	83	86	88	86	7	152	7
8	152	[A] P. AKILA	133	TND	16.01.2001	48.620	55	60	65	60	9	78	81	--	81	8	141	8
9	315	[A] V. RITHIKA	130	TND	25.07.2004	48.950	55	60	63	60	10	70	75	--	70	9	130	9
10	280	[A] KHNBS MANIKANTESWARI	135	A.P.	07.05.1998	48.780	55	58	61	61	8	68	68	71	68	10	129	10
	334	[A] MONIKA DHARUW	135	C.G.	05.08.2000	48.080	59	59	62	59	11	75	75	75	--		--	
	291	[A] DHAPU LOHAR	116	RAJ	28.01.1994	48.680	49	52	52	49	12	67	--	--	--		--	

BREAK RECORDS

SENIOR SR WOMEN 49 kg SNATCH : S. MIRABAI CHANU [RSPB] 87 ---> SAIKHOM MIRABAI CHANU [RSPB] 88

SENIOR SR WOMEN 49 kg CLEAN&JERK : S. MIRABAI CHANU [RSPB] 114 ---> SAIKHOM MIRABAI CHANU [RSPB] 115

SENIOR SR WOMEN 49 kg TOTAL : S. MIRABAI CHANU [RSPB] 201 ---> SAIKHOM MIRABAI CHANU [RSPB] 203



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 55 kg

Competition : 04.02.2020 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	26	[A] MANALISHA SONOWAL	165	AIPSCB	01.01.1995	54.620	75	78	81	81	1	95	99	103	99	2	180	1
2	58	[A] PH. RANIBALA DEVI	173	MNP	10.02.1998	53.720	78	81	81	81	2	95	98	102	98	5	179	2
3	328	[A] MANDEEP	180	HRN	10.04.1997	54.800	76	80	80	80	3	99	99	103	99	3	179	3
4	293	[A] S. BINDYARANI DEVI	175	MNP	27.01.1999	51.150	72	72	75	75	6	95	100	105	100	1	175	4
5	163	[A] B. USHA	170	A.P.	30.03.1991	53.360	74	77	79	79	4	95	95	95	95	7	174	5
6	240	[A] GAURI PANDEY	177	U.P.	15.06.1998	54.900	70	75	77	75	5	98	104	105	98	4	173	6
7	133	[A] SNEHA SOREN	165	ORS	02.01.2001	51.390	69	72	74	72	10	95	95	99	95	6	167	7
8	77	[B] PRAMILA KRISANI	160	ORS	09.01.1996	52.560	67	71	73	71	12	89	94	94	94	8	165	8
9	320	[A] HARSHDEEP KAUR	170	PUN	25.08.1994	54.840	74	74	74	74	7	91	97	97	91	10	165	9
10	239	[B] SHRABANI DAS	145	W.B.	16.03.2002	54.960	65	68	70	70	14	85	89	93	93	9	163	10
11	283	[A] LAKSHMI B.	163	KRN	25.06.1998	54.890	73	76	76	73	8	90	94	94	90	11	163	11
12	332	[A] G. SINDHU	166	TEL	06.08.1998	54.980	65	68	72	72	11	89	89	94	89	12	161	12
13	32	[B] ABHIRAMI P. MATHEW	160	KRL	21.03.2000	53.800	68	68	72	72	9	87	91	91	87	13	159	13
14	329	[B] DIPTI SAIKIA	135	RAJ	06.05.1995	54.310	63	68	71	71	13	76	82	82	82	15	153	14
15	331	[B] B. KRISHNA KALA	150	TEL	15.05.2000	51.200	62	66	66	62	16	85	89	89	85	14	147	15
16	130	[B] VANLALRINMAWII	140	MIZ	18.11.2001	51.980	58	63	63	63	15	72	77	77	77	16	140	16
17	253	[B] PREETHIKA D.	125	KRN	18.01.1998	53.690	52	57	62	57	17	72	76	76	76	17	133	17
18	92	[B] KIRAN POTAI	132	C.G.	24.08.1996	50.060	52	55	57	55	18	72	74	--	72	18	127	18



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 55 kg

Competition : 04.02.2020 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
19	211	[B] K. NANDHINI	126	TND	01.07.1998	52.250	53	53	56	53	19	72	75	--	72	19	125	19
20	275	[B] GOPIKA V.S.	120	KRL	12.11.2000	54.000	52	52	52	52	20	72	72	72	72	20	124	20



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL



02/02/2019 to 08/02/2020

RESULT SENIOR WOMEN 59 kg

Competition : 04.02.2020 17:30

Weigh in : 15:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	158	[A] E. DEEXITHA	200	RSPB	25.09.1997	58.870	85	88	90	88	2	109	115	120	115	1	203	1
2	209	[A] POPY HAZARIKA	190	ASM	08.12.1998	56.270	88	91	94	94	1	108	113	113	108	4	202	2
3	187	[A] DAVINDER KAUR	180	PUN	11.03.1995	58.500	80	84	87	84	3	105	109	114	114	2	198	3
4	208	[A] K. SHIREESHA	200	RSPB	19.06.1993	58.950	82	87	87	82	5	102	109	114	109	3	191	4
5	140	[A] RUPA HANAGANDI	180	MHR	22.05.1998	58.810	80	80	80	80	6	101	106	106	106	5	186	5
6	11	[A] AMANDEEP KAUR	186	PUN	15.09.1994	58.330	81	84	86	84	4	101	101	106	101	6	185	6
7	100	[A] P. SAKHENBI DEVI	170	MNP	03.04.1998	58.690	75	80	80	75	7	95	100	100	95	7	170	7
8	52	[A] V. DHANA LAKSHMI	150	A.P.	28.11.2001	58.820	65	70	70	70	9	85	90	93	90	9	160	8
9	229	[A] K. PRIYATHARSHINI	152	TND	07.02.2000	55.560	60	64	64	64	11	87	92	95	92	8	156	9
10	82	[B] P. PADMAVATHI	148	A.P.	07.12.1998	58.720	60	65	70	70	8	80	85	85	80	11	150	10
11	306	[B] B. GANGOTHRI	130	TEL	18.06.2004	57.600	55	60	60	60	16	82	82	85	82	10	142	11
12	286	[B] SONALI YADU	140	C.G.	19.09.2002	56.270	60	64	64	60	13	80	83	83	80	12	140	12
13	173	[B] SUSHMA DHIMAR	140	C.G.	14.09.2000	57.100	55	60	65	60	15	72	79	79	79	13	139	13
14	157	[B] SANGEETA PADHY	142	ORS	21.03.2003	58.620	61	65	68	65	10	73	76	77	73	16	138	14
15	222	[B] TANUSHREE MONDAL	140	W.B.	28.02.2003	55.340	57	61	66	61	12	75	81	81	75	15	136	15
16	64	[B] POOJA POOJARY	130	KRN	16.06.1999	56.140	55	60	63	60	14	72	76	80	76	14	136	16
17	243	[B] SANIGA P.V.	124	KRL	12.10.1998	58.040	52	57	62	57	17	72	72	76	72	17	129	17
	45	[B] SATROOPA KUSHWAHA	124	M.P.	18.02.2000	58.820	52	55	55	55	18	72	72	72	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 59 kg

Competition : 04.02.2020 17:30

Weigh in : 15:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
	81	[B] ARTI VERMA	124	RAJ	12.01.1994	56.450	52	--	--	52	19	72	72	--	--	--	--	

BREAK RECORDS

SENIOR SR WOMEN 59 kg SNATCH : DAVINDER KAUR [PUN] 87 ---> E. DEEXITHA [RSPB] 88

SENIOR SR WOMEN 59 kg SNATCH : E. DEEXITHA [RSPB] 88 ---> POPY HAZARIKA [ASM] 94

SENIOR SR WOMEN 59 kg CLEAN&JERK : E. DEEXITHA [TEL] 115 ---> E. DEEXITHA [RSPB] 115

SENIOR SR WOMEN 59 kg TOTAL : E. DEEXITHA [TEL] 200 ---> POPY HAZARIKA [ASM] 202

SENIOR SR WOMEN 59 kg TOTAL : POPY HAZARIKA [ASM] 202 ---> E. DEEXITHA [RSPB] 203



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 64 kg

Competition : 05.02.2020 12:30

Weigh in : 10:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	194	[A] RAKHI HALDER	210	RSPB	06.07.1993	63.800	88	91	93	93	1	117	121	125	117	1	210	1
2	217	[A] HARJINDER KAUR	200	CHD	14.10.1996	63.810	85	85	90	90	2	110	115	115	110	2	200	2
3	14	[A] K. ROSHILATA DEVI	185	MNP	11.07.1999	62.410	80	80	83	80	5	105	107	110	107	3	187	3
4	205	[B] S. NIRUPAMA DEVI	170	ARN	05.10.2000	63.950	75	80	83	80	4	100	105	108	105	4	185	4
5	147	[A] PRAJKTA KHALKAR	180	MHR	27.04.1999	63.840	77	80	83	83	3	96	101	101	101	6	184	5
6	345	[A] SHIVANI MORE	175	MHR	12.02.1999	59.640	73	76	76	76	8	95	99	103	103	5	179	6
7	39	[A] SARASWATI ROUT	170	ORS	10.06.1995	62.020	73	76	79	76	7	95	95	97	95	8	171	7
8	67	[A] SUKARNA ADAK	170	W.B.	29.09.2003	60.450	70	75	80	75	9	95	100	100	95	7	170	8
9	37	[B] DEBAKI KHILLA	150	ORS	27.03.2002	63.510	62	66	68	66	12	86	89	92	89	9	155	9
10	267	[B] R. RAMYA	155	A.P.	08.06.1994	63.520	60	65	68	68	11	80	85	88	85	10	153	10
11	249	[B] SONAM	159	U.P.	05.07.1999	62.960	64	69	74	69	10	81	--	--	81	11	150	11
12	268	[B] NAGASHREE	140	KRN	12.03.2001	62.540	60	60	64	60	16	80	80	80	80	12	140	12
13	116	[B] GAGANDEEP KAUR	135	RAJ	05.10.1999	61.530	58	65	65	58	17	78	82	85	78	13	136	13
	255	[A] SWATI	180	HRN	13.02.1995	62.400	78	78	81	78	6	105	105	105	--		--	
	168	[B] T. THANIJA	137	TND	19.01.2001	60.330	58	62	65	62	13	78	78	--	--		--	
	111	[B] KAJAL CHAUDHARY	150	H.P.	07.07.2002	60.090	58	58	62	62	14	78	--	--	--		--	
	123	[B] RAKSHA DEVI	150	H.P.	08.08.1996	63.950	57	60	62	60	15	78	--	--	--		--	
	79	[A] KH. NUNGSHITON CHANU	185	MNP	02.03.1998	59.630	83	83	83	--		--	--	--	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 71 kg

Competition : 05.02.2020 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	290	[A] LALCHHANHIMI	210	MIZ	14.04.1992	70.990	90	90	95	95	1	116	116	122	122	1	217	1
2	125	[A] PRATIMA RANI	195	PUN	04.08.1992	69.540	87	87	90	90	2	109	109	111	111	2	201	2
3	62	[A] POOJA YADAV	200	U.P.	15.07.1996	69.690	85	88	90	90	3	105	108	108	108	5	198	3
4	326	[A] POMPI SAIKIA	195	AIPSCB	09.01.1996	68.600	84	88	90	88	4	103	108	108	108	4	196	4
5	28	[A] MANPREET KAUR	200	AIPSCB	02.01.1996	70.480	83	86	89	86	5	110	110	115	110	3	196	5
6	33	[A] KH. SARJUBALA	190	MNP	10.01.1999	69.010	83	86	90	86	6	104	104	110	104	6	190	6
7	177	[A] NIKEETA KALE	175	MHR	22.07.2000	68.040	75	80	82	82	7	98	102	105	102	7	184	7
8	56	[A] SNEHA M.S.	170	KRL	25.02.1996	67.410	72	76	80	76	8	95	100	100	100	8	176	8
9	254	[A] ANJANA SREEJITH	160	KRL	25.02.2003	67.510	68	72	76	76	9	88	94	100	94	10	170	9
10	193	[A] PH. ROSHNI	175	ARN	12.08.2000	69.580	75	79	80	75	10	95	100	100	95	9	170	10
11	143	[A] KOMAL GUPTA	140	C.G.	25.02.1996	69.900	59	65	67	67	11	80	84	88	84	11	151	11
12	343	[A] RADHIKA	138	H.P.	22.08.2000	69.380	58	62	65	65	12	80	83	83	80	12	145	12
	234	[A] POOJA	138	H.P.	23.06.1996	70.060	58	58	60	60	13	80	--	--	--		--	

BREAK RECORDS

SENIOR SR WOMEN 71 kg SNATCH : LALCHHANHIMI [MIZ] 93 ---> LALCHHANHIMI [MIZ] 95

SENIOR SR WOMEN 71 kg CLEAN&JERK : LALCHHANHIMI [MIZ] 115 ---> LALCHHANHIMI [MIZ] 122

SENIOR SR WOMEN 71 kg TOTAL : LALCHHANHIMI [MIZ] 207 ---> LALCHHANHIMI [MIZ] 217



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 76 kg

Competition : 06.02.2020 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	141	[A] DEEPIKA HANDA	200	CHD	03.01.1985	74.760	85	89	92	92	1	114	119	119	119	1	211	1
2	199	[A] R. AROCKIYA ALISH	180	TND	05.11.2000	74.170	80	85	89	89	2	110	118	123	118	2	207	2
3	264	[A] A. TUMINA DEVI	175	MNP	26.01.1999	74.980	75	80	83	83	3	100	104	104	104	4	187	3
4	43	[A] SWATHI KISHOR	180	KRL	09.02.1998	73.050	76	76	77	77	7	102	106	111	106	3	183	4
5	44	[A] OINAM GEETA DEVI	170	ARN	26.10.1993	74.150	75	78	78	78	5	98	101	101	98	5	176	5
6	144	[A] NEELAM PATEL	177	U.P.	10.12.1991	74.760	73	77	77	77	6	95	95	101	95	6	172	6
7	96	[A] ANUSHA S.P.	150	KRN	03.07.2000	74.080	60	64	68	68	8	85	85	88	85	9	153	7
8	128	[A] NICEMOL THOMAS	145	KRL	09.12.1999	74.110	63	63	67	67	9	85	88	88	85	7	152	8
9	167	[A] MANEESHA SHARMA	145	H.P.	18.02.1993	74.530	60	66	66	60	11	85	90	90	85	8	145	9
	42	[A] N. LALITHA	180	A.P.	13.05.1996	75.990	78	78	82	82	4	98	98	98	--		--	
	169	[A] MANISHA	145	H.P.	14.11.1997	73.900	60	65	68	65	10	85	85	85	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 81 kg

Competition : 05.02.2020 11:00

Weigh in : 9:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	41	[A] SHARSTI SINGH	205	RSPB	05.09.1988	81.000	85	90	93	93	1	105	112	122	112	1	205	1
2	114	[A] BALJINDER KAUR	190	CHD	18.05.1985	76.310	77	81	83	83	4	108	112	115	112	2	195	2
3	131	[A] T. DHARSHINI	185	TND	31.12.1998	76.300	85	90	90	85	2	105	109	109	109	3	194	3
4	66	[A] SWAPNA PRIYA BARUAH	180	ASM	24.09.1996	80.890	78	81	84	84	3	105	105	108	108	4	192	4
5	191	[A] JASMAIL KAUR	170	DEL	28.04.1991	80.190	75	80	84	80	6	98	104	111	104	6	184	5
6	61	[A] AKSHATA BASAVANT KAMATI	185	KRN	02.08.1999	80.560	75	75	78	75	10	107	115	118	107	5	182	6
7	350	[A] VAISHALI SHARMA	185	DEL	07.07.1995	78.280	78	78	78	78	7	97	102	106	102	7	180	7
8	70	[A] RAJESWARI BEHERA	180	ORS	05.05.1997	77.570	77	81	84	81	5	96	96	96	96	10	177	8
9	161	[A] SHASHI YADAV	175	U.P.	17.09.1993	79.350	77	81	81	77	8	95	99	99	99	9	176	9
10	259	[A] MAYURI DEVARE	182	MHR	28.02.1999	80.390	75	79	79	75	9	92	97	101	101	8	176	10
11	289	[A] CHRISTINA TAYENG	155	ARN	11.07.1998	80.690	65	69	72	72	11	87	87	90	90	12	162	11
12	84	[A] T. SATYAJYOTHI	165	A.P.	30.08.1998	78.650	70	75	75	70	13	90	95	95	90	11	160	12
13	285	[A] MUNNI	160	HRN	05.02.1995	80.870	64	68	71	71	12	87	87	89	87	14	158	13
14	262	[A] PRATHIBHA KUMARI M.P.	155	KRL	17.05.2001	76.050	63	66	70	66	15	87	91	91	87	13	153	14
	30	[A] SHALINI	160	H.P.	06.11.1997	76.900	63	63	67	67	14	87	87	87	--		--	



72ND MEN AND 35TH WOMEN SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS

SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS - 2019-2020
KOLKATA - WEST BENGAL

02/02/2019 to 08/02/2020



RESULT SENIOR WOMEN 87 kg

Competition : 06.02.2020 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	156	[A] P. ANURADHA	205	AIPSCB	25.05.1992	85.720	91	94	97	97	1	116	116	122	122	1	219	1
2	35	[A] MADHUSMITA BARUAH	190	ASM	01.02.1999	85.910	87	87	87	87	3	113	113	115	113	2	200	2
3	8	[A] ANU	185	PUN	09.09.1993	86.000	82	86	89	86	4	105	110	115	110	4	196	3
4	34	[A] KOMAL WAKLE	200	MHR	01.11.1990	85.310	84	88	88	88	2	101	107	112	107	5	195	4
5	281	[A] B.N. USHA	210	RSPB	02.04.1995	87.000	85	89	89	85	5	110	116	116	110	3	195	5
6	325	[A] M. OOHA SAI	170	A.P.	18.02.1997	85.840	68	72	74	74	7	98	105	105	98	6	172	6
7	247	[A] BANITA GHADEI	165	ORS	15.06.1998	82.650	67	72	74	74	6	90	95	95	90	8	164	7
8	347	[A] USHA S.R.	160	KRN	21.08.2000	84.990	68	68	68	68	8	90	95	98	95	7	163	8



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RESULT SENIOR WOMEN +87 kg

Competition : 06.02.2020 18:30

Weigh in : 16:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	235	[A] MONIKA	210	RSPB	13.11.1992	114.860	90	93	95	95	1	110	115	120	115	3	210	1
2	88	[A] ASHWINI MALAGE	205	MHR	24.08.1998	106.270	85	89	92	89	2	112	116	119	119	1	208	2
3	282	[A] JASBIR KAUR	200	PUN	08.08.1988	100.800	89	89	93	89	3	112	117	120	117	2	206	3
4	159	[A] ANNMARIYA M.T.	190	KRL	21.08.1998	109.140	83	83	84	84	5	105	112	118	105	4	189	4
5	335	[A] T. SEETHA BHAWANI	175	A.P.	27.11.1993	94.370	70	75	75	75	7	95	101	110	101	5	176	5
6	269	[A] MEHAK SHARMA	155	H.P.	01.04.1995	107.320	70	75	80	75	6	90	95	100	100	6	175	6
	3	[A] MANPREET KAUR	195	PUN	15.09.1989	112.290	88	91	91	88	4	114	114	115	--		--	
	204	[A] T. SUKANYA	164	TEL	15.12.1995	87.200	74	78	78	74	8	90	90	90	--		--	

BREAK RECORDS

SENIOR SR WOMEN +87 kg CLEAN&JERK : PARDEEP KAUR [PUN] 110 ---> MONIKA [RSPB] 115

SENIOR SR WOMEN +87 kg CLEAN&JERK : MONIKA [RSPB] 115 ---> JASBIR KAUR [PUN] 117

SENIOR SR WOMEN +87 kg CLEAN&JERK : JASBIR KAUR [PUN] 117 ---> ASHWINI MALAGE [MHR] 119

SENIOR SR WOMEN +87 kg TOTAL : PARDEEP KAUR [PUN] 194 ---> JASBIR KAUR [PUN] 206

SENIOR SR WOMEN +87 kg TOTAL : JASBIR KAUR [PUN] 206 ---> ASHWINI MALAGE [MHR] 208

SENIOR SR WOMEN +87 kg TOTAL : ASHWINI MALAGE [MHR] 208 ---> MONIKA [RSPB] 210