



IWLF YOUTH JUNIOR AND SENIOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2022-23

NAGERCOIL - TAMIL NADU
27/12/2022 to 07/01/2023



YOUTH[Result]

WOMEN 49 kg

Competition : 30.12.2022 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	519	[A] PANCHAMI SONOWAL	150	ASM	05-05-2005	48.150	66	70	71	70	3	86	91	92	91	1	161	1
2	273	[B] V.SUSMITHA	140	A.P.	18-08-2008	48.320	64	68	70	70	2	79	82	85	82	2	152	2
3	364	[A] HIMANSHEE	158	HRN	14-03-2005	48.220	67	71	74	71	1	80	82	82	80	4	151	3
4	612	[B] KOYEL BAR	143	W.B.	22-06-2008	47.980	64	67	69	67	4	80	83	83	80	3	147	4
5	816	[B] AISANGFA GOGOI	140	ASM	16-12-2007	48.730	59	63	65	63	5	79	79	82	79	5	142	5
6	66	[B] MINA SANTA	132	ORS	27-03-2008	48.580	58	62	64	62	6	73	73	75	75	7	137	6
7	589	[B] YUKAR AMAK	130	ARN	08-02-2005	48.240	55	57	58	58	7	73	77	79	77	6	135	7
8	344	[B] RAJYASHREE HALDER	122	W.B.	20-10-2006	48.330	52	57	57	57	9	64	70	74	70	8	127	8
9	99	[B] SHERIN P. BENNY	112	KRL	09-12-2006	48.600	52	55	57	57	8	63	68	68	68	9	125	9
10	98	[B] SHIVANI YADAV	120	U.P.	01-07-2006	48.410	53	56	58	56	10	64	67	69	67	10	123	10
11	732	[B] NEETU	120	HRN	08-06-2005	47.750	50	54	54	54	11	62	66	68	66	11	120	11

BREAK RECORDS

YOUTH YOUTH WOMEN 49 kg SNATCH : PANCHAMI SONOWAL [ASM] 68 ---> V.SUSMITHA [A.P.] 70

YOUTH YOUTH WOMEN 49 kg SNATCH : V.SUSMITHA [A.P.] 70 ---> HIMANSHEE [HRN] 71

sig.

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