



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

NAGERCOIL - TAMIL NADU

27/12/2022 to 07/01/2023



YOUTH[Result]

WOMEN 81 kg

Competition : 06.01.2023 10:30

Weigh in : 8:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	49	[B] AMRITHA P.SUNI	173	KRL	16-01-2007	79.870	73	76	78	76	1	91	94	96	96	1	172	1
2	41	[B] R.P.KEERTHANA	160	TND	20-01-2008	79.850	72	72	75	75	2	85	90	96	90	2	165	2
3	544	[B] MUSKAN	160	HRN	02-03-2005	78.400	70	74	74	70	3	88	96	96	88	3	158	3
4	495	[B] R.PRIYA	120	TND	20-01-2005	79.900	60	65	65	60	5	82	87	91	87	4	147	4
5	448	[B] PUNAM YADAV	140	U.P.	29-08-2006	76.460	62	66	68	66	4	75	80	80	75	5	141	5

BREAK RECORDS

JUNIORS-NLS JUNIOR WOMEN 81 kg SNATCH : KALPANA YADAV [U.P.] 90 ---> PUNAM YADAV [RSPB] 100

JUNIORS-NLS JUNIOR WOMEN 81 kg CLEAN&JERK : AKSHATA KAMATI [KRN] 120 ---> PUNAM YADAV [RSPB] 122

JUNIORS-NLS JUNIOR WOMEN 81 kg TOTAL : KALPANA YADAV [U.P.] 201 ---> PUNAM YADAV [RSPB] 222

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg SNATCH : PUNAM YADAV [RSPB] 99 ---> PUNAM YADAV [RSPB] 100

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg CLEAN&JERK : SWAPNA PRIYA BARIAH [ASM] 121 ---> PUNAM YADAV [RSPB] 122

NATIONAL RECORDS-3-8-2022 SENIOR WOMEN 81 kg TOTAL : PUNAM YADAV [RSPB] 220 ---> PUNAM YADAV [RSPB] 222

YOUTH YOUTH WOMEN 81 kg SNATCH : CH. SRILAKSHMI [A.P.] 81 ---> PUNAM YADAV [RSPB] 100

YOUTH YOUTH WOMEN 81 kg CLEAN&JERK : CH. SRILAKSHMI [A.P.] 104 ---> PUNAM YADAV [RSPB] 122

YOUTH YOUTH WOMEN 81 kg TOTAL : CH. SRILAKSHMI [A.P.] 185 ---> PUNAM YADAV [RSPB] 222

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