



# ASMITA KHELO INDIA WOMEN'S WEIGHTLIFTING LEAGUE - NATIONAL

ASMITA KHELO INDIA WOMEN'S WEIGHTLIFTING LEAGUE - NATIONAL  
Rainbow International School - Nagrota Bagwan - Himachal Pradesh

15/03/2024 to 21/03/2024



## RESULT JUNIOR WOMEN 45 kg

Competition : 16.03.2024 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	153	[A] Akanksha Vyavahare	135	MHR	19.06.2007	43.900	55	58	60	60	1	68	71	75	75	1	135	1
2	74	[A] Rekhamoni Gogoi	120	ASM	11.12.2004	44.460	53	56	58	58	2	63	67	70	70	2	128	2
3	79	[B] Humanshi Gurjar	115	RAJ	26.09.2003	45.000	50	52	54	54	3	60	63	63	63	3	117	3
4	10	[B] Roli Verma	98	U.P.	07.07.2008	45.000	47	50	53	50	4	56	59	59	56	4	106	4
5	97	[B] Kashish	75	H.P.	03.02.2007	44.760	30	34	37	37	5	43	47	51	47	5	84	5



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## RESULT JUNIOR WOMEN 49 kg

Competition : 17.03.2024 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	5	[A] Th. Sanju Devi	157	MNP	17.04.2003	48.840	60	67	69	69	1	80	83	86	83	1	152	1
2	84	[A] Nilam Patel	155	U.P.	17.12.2004	48.920	63	66	68	66	2	80	85	87	80	2	146	2
3	146	[B] Sandhya Rani Nayak	144	ORS	04.04.2003	48.120	59	62	64	64	3	72	75	78	75	3	139	3
4	135	[B] Shivani Yadav	125	U.P.	01.07.2006	49.000	57	60	60	60	4	67	70	73	70	4	130	4
5	148	[B] Vanshika Patial	87	H.P.	03.12.2007	48.300	35	35	38	38	5	45	49	53	49	5	87	5



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## RESULT JUNIOR WOMEN 55 kg

Competition : 17.03.2024 16:30

Weigh in : 14:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	123	[A] L. Nilam Devi	178	MNP	10.06.2004	54.680	73	76	80	80	1	90	98	98	90	1	170	1
2	15	[A] Vidhya Sharma	165	GUJ	20.01.2005	54.660	68	71	73	73	2	84	84	87	87	2	160	2
3	4	[A] Khushi Kumari	165	BHR	17.11.2005	54.220	65	69	69	69	3	83	86	92	86	4	155	3
4	30	[B] Kumkum Yadav	158	U.P.	03.06.2004	54.540	65	68	68	68	4	80	86	89	86	3	154	4
5	6	[B] Sanjana Bhatt	88	H.P.	12.07.2007	53.500	30	34	39	34	5	43	47	51	51	5	85	5



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## RESULT JUNIOR WOMEN 59 kg

Competition : 18.03.2024 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	59	[A] Usha	179	HRN	09.02.2003	58.260	78	81	83	83	1	98	101	102	98	3	181	1
2	116	[A] Liza Kamsha	166	ARN	02.10.2003	58.800	73	76	78	76	3	101	106	106	101	1	177	2
3	152	[A] Balo Yalam	175	ARN	08.08.2004	59.000	74	77	79	79	2	97	101	101	97	4	176	3
4	108	[A] Sakshi Ranmale	175	MHR	04.12.2003	58.720	72	75	77	75	4	95	99	102	99	2	174	4
5	154	[B] Kajal	159	PUN	25.04.2004	58.900	68	72	72	68	5	84	89	89	84	5	152	5



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## RESULT JUNIOR WOMEN 64 kg

Competition : 18.03.2024 14:30

Weigh in : 12:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	9	[A] C. Harshika	174	PON	31.10.2007	63.160	74	78	81	81	1	87	92	--	87	3	168	1
2	29	[B] Bhawna	155	HRN	20.07.2005	64.000	73	77	77	73	2	90	94	94	90	1	163	2
3	100	[B] Tiki Mohini Malik	150	ORS	05.02.2008	63.430	64	67	69	69	3	82	84	87	87	2	156	3
4	98	[B] Janvi	55	H.P.	08.01.2009	62.200	21	25	25	21	4	25	25	25	25	4	46	4



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## RESULT JUNIOR WOMEN 71 kg

Competition : 19.03.2024 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	45	[A] Navdeep Kaur	180	PUN	15.11.2003	69.670	74	77	79	77	1	94	95	97	97	2	174	1
2	131	[A] Shandrella Huyam	171	MNP	10.06.2005	68.100	71	74	76	76	2	91	94	97	97	1	173	2
3	121	[A] Kritika Rana	173	H.P.	12.07.2003	68.900	70	74	76	74	6	87	87	90	90	3	164	3
4	118	[B] R. Harini	169	PON	02.06.2006	70.700	71	74	74	74	5	83	85	88	88	4	162	4
5	41	[B] Jashandeep Kaur	147	PUN	10.04.2006	69.800	70	70	74	74	4	82	87	87	87	5	161	5
6	129	[A] Songita Sadhanidar	174	ASM	16.08.2004	66.960	75	75	78	75	3	86	86	86	86	7	161	6
7	105	[A] Srishti Yadav	170	U.P.	06.06.2005	70.960	70	73	75	73	7	83	87	90	87	6	160	7



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## RESULT JUNIOR WOMEN 76 kg

Competition : 19.03.2024 16:30

Weigh in : 14:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	36	[A] Jyoti Yadav	160	U.P.	31.12.2005	73.300	70	74	74	74	1	81	85	85	81	2	155	1
2	161	[B] Pragya Sharma	135	H.P.	20.02.2006	73.000	63	67	71	67	2	77	82	87	87	1	154	2



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## RESULT JUNIOR WOMEN 81 kg

Competition : 20.03.2024 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	94	[A] Oviya K.	180	TND	11.02.2007	79.600	76	81	83	81	3	98	102	108	108	1	189	1
2	162	[A] Heena	182	PUN	11.02.2006	76.140	70	75	82	82	2	92	101	104	104	3	186	2
3	23	[A] W. Sapana Devi	195	MNP	15.01.2003	81.000	76	79	80	80	4	101	104	110	104	2	184	3
4	137	[A] R.P. Keerthana	183	TND	20.01.2008	79.760	77	81	83	83	1	97	100	101	97	5	180	4
5	25	[A] Shreya Ganmukhi	178	MHR	24.02.2004	79.120	68	71	74	71	5	90	95	98	98	4	169	5
6	47	[B] Aaishu Barua	119	ASM	26.02.2006	76.600	45	50	55	50	6	63	65	70	65	6	115	6
7	65	[B] Sunakshi Rana	93	H.P.	14.03.2005	80.540	40	46	50	46	7	48	56	63	56	7	102	7





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## RESULT JUNIOR WOMEN 87 kg

Competition : 20.03.2024 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	95	[A] Amritha P. Suni	178	KRL	16.01.2007	86.400	74	77	80	77	1	95	101	101	95	1	172	1
2	87	[B] Abhishiktha Kaduluri	154	ORS	26.04.2004	82.100	70	72	74	74	2	85	88	91	91	2	165	2
3	144	[B] Priti Pramod Deshmukh	158	MHR	25.02.2003	86.400	68	68	71	68	4	86	91	91	86	3	154	3
4	163	[C] Deepali Sharma	114	H.P.	19.02.2004	82.260	50	54	58	54	5	57	61	65	61	4	115	4
	50	[A] Priyanka	171	DEL	17.07.2003	82.600	68	70	73	70	3	85	85	85	--		--	



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## RESULT JUNIOR WOMEN +87 kg

Competition : 20.03.2024 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	110	[C] Palak Rana	118	H.P.	14.02.2004	93.940	45	45	48	45	1	54	59	59	54	1	99	1
2	111	[C] Smile Saini	60	HRN	30.01.2004	115.720	35	40	40	40	2	40	45	48	48	2	88	2