



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 SENIOR 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	2	[B] Leena Devatwal	93	RAJ	07.08.2003	43.640	40	40	43	43	4	50	53	55	55	4	98	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 SENIOR 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	34	[A] Jhilli Dalabehera	164	ORS	03.02.1999	49.000	65	68	71	71	1	85	89	--	85	1	156	1
2	5	[A] Th. Sanju Devi	157	MNP	17.04.2003	48.840	60	67	69	69	2	80	83	86	83	2	152	2
3	84	[A] Nilam Patel	155	U.P.	17.12.2004	48.920	63	66	68	66	3	80	85	87	80	3	146	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 SENIOR 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	101	[A] Ananya Patil	183	MHR	14.01.2001	54.760	77	80	82	82	1	95	98	102	102	1	184	1
2	133	[A] Sneha Soren	175	ORS	2.5.2001	54.660	74	77	80	77	3	97	104	--	97	2	174	2
3	123	[A] L. Nilam Devi	178	MNP	10.06.2004	54.680	73	76	80	80	2	90	98	98	90	3	170	3
4	15	[A] Vidhya Sharma	165	GUJ	20.01.2005	54.660	68	71	73	73	4	84	84	87	87	4	160	4
5	30	[B] Kumkum Yadav	158	U.P.	03.06.2004	54.540	65	68	68	68	5	80	86	89	86	5	154	5
6	68	[B] Riya Thakur	107	H.P.	25.07.2004	51.260	39	43	47	47	6	50	50	57	50	6	97	6



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RESULT SENIOR 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	2	181	1
2	152	[A] Balo Yalam	175	ARN	08.08.2004	59.000	74	77	79	79	2	97	101	101	97	3	176	2
3	109	[A] P. Shakhenbi Devi	171	MNP	03.04.1998	59.000	73	76	77	77	3	96	99	101	99	1	176	3
4	60	[A] Moti Jani	165	ORS	10.06.2000	58.960	68	72	72	72	4	90	94	94	90	4	162	4
5	128	[B] Natasha Negi	143	H.P.	20.02.1998	58.000	64	67	67	64	5	75	79	80	75	5	139	5
6	21	[B] Jagruti Harishbhai Sapkal	125	GUJ	22.06.1992	59.000	55	58	60	58	6	70	75	75	75	6	133	6



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RESULT SENIOR 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	76	[A] Sonali Yadu	181	C.G.	19.09.2002	59.070	71	75	78	78	1	92	96	97	97	1	175	1
2	89	[A] Epham Quasar Khanam	170	ARN	25.03.2001	59.140	74	77	77	77	2	91	96	99	96	2	173	2
3	29	[B] Bhawna	155	HRN	20.07.2005	64.000	73	77	77	73	3	90	94	94	90	3	163	3



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RESULT SENIOR 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	4	87	87	90	90	3	164	3
4	129	[A] Songita Sadhanidar	174	ASM	16.08.2004	66.960	75	75	78	75	3	86	86	86	86	5	161	4
5	105	[A] Srishti Yadav	170	U.P.	06.06.2005	70.960	70	73	75	73	5	83	87	90	87	4	160	5
6	16	[B] Kumkum	140	RAJ	02.11.2005	68.000	65	68	70	70	6	75	80	80	80	6	150	6



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RESULT SENIOR 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	75	[A] Maganti Keerthi	170	ORS	03.12.2001	76.000	74	76	78	76	1	88	95	101	95	1	171	1
2	36	[A] Jyoti Yadav	160	U.P.	31.12.2005	73.300	70	74	74	74	2	81	85	85	81	4	155	2
3	114	[A] Soweta Kundu	158	W.B.	28.12.2002	72.500	70	70	74	70	3	85	85	90	85	3	155	3
4	161	[B] Pragya Sharma	135	H.P.	20.02.2006	73.000	63	67	71	67	4	77	82	87	87	2	154	4



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RESULT SENIOR 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	2	98	102	108	108	1	189	1
2	23	[A] W. Sapana Devi	195	MNP	15.01.2003	81.000	76	79	80	80	3	101	104	110	104	2	184	2
3	137	[A] R.P. Keerthana	183	TND	20.01.2008	79.760	77	81	83	83	1	97	100	101	97	4	180	3
4	25	[A] Shreya Ganmukhi	178	MHR	24.02.2004	79.120	68	71	74	71	5	90	95	98	98	3	169	4
5	37	[B] Swetalina Nayak	163	ORS	02.01.2002	79.850	70	75	75	70	6	83	87	90	90	5	160	5
6	65	[B] Sunakshi Rana	93	H.P.	14.03.2005	80.540	40	46	50	46	7	48	56	63	56	6	102	6
	83	[B] Radhika Katoch	107	H.P.	22.08.2000	80.700	74	77	80	77	4	96	96	96	--		--	



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RESULT SENIOR 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	44	[B] Subhasmita Mohanty	165	ORS	27.11.1995	82.300	70	73	75	75	1	90	93	96	93	1	168	1
2	144	[B] Priti Pramod Deshmukh	158	MHR	25.02.2003	86.400	68	68	71	68	3	86	91	91	86	2	154	2
3	163	[C] Deepali Sharma	114	H.P.	19.02.2004	82.260	50	54	58	54	4	57	61	65	61	3	115	3
	50	[A] Priyanka	171	DEL	17.07.2003	82.600	68	70	73	70	2	85	85	85	--		--	



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15/03/2024 to 21/03/2024



RESULT SENIOR WOMEN +87 kg

Competition : 21.03.2024 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	103	[A] Dhore Ruchika Sameer	180	MHR	26.07.2001	94.000	74	77	81	81	1	95	101	105	105	1	186	1
2	49	[A] Ravneet Kaur	169	PUN	15.02.2002	99.200	67	72	75	75	2	88	94	95	88	2	163	2