



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 YOUTH WOMEN 40 kg

Competition : 16.03.2024 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	12	[A] Sripada Sreja	94	TEL	12.07.2008	39.850	35	41	46	46	1	45	51	55	51	1	97	1
2	85	[A] Anamika	73	H.P.	18.01.2009	39.870	28	31	31	31	2	35	40	40	35	2	66	2



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RESULT YOUTH 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	132	[B] Khushboo	92	PUN	27.01.2009	42.300	45	49	52	52	2	56	60	64	60	2	112	2
3	10	[B] Roli Verma	98	U.P.	07.07.2008	45.000	47	50	53	50	3	56	59	59	56	3	106	3
4	43	[B] Smridhi	63	H.P.	05.02.2008	44.740	30	33	36	33	4	40	44	48	44	4	77	4



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RESULT YOUTH WOMEN 49 kg

Competition : 17.03.2024 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	62	[B] Mansi Chamunda	141	U.P.	04.01.2007	47.400	63	66	68	66	1	81	84	87	84	1	150	1
2	88	[B] Sarika	128	PUN	15.12.2007	48.640	55	58	58	58	3	70	74	77	77	2	135	2
3	135	[B] Shivani Yadav	125	U.P.	01.07.2006	49.000	57	60	60	60	2	67	70	73	70	3	130	3
4	155	[B] N. Nirmala Devi	132	MNP	12.03.2006	48.760	55	59	59	55	4	68	74	76	68	4	123	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 YOUTH WOMEN 55 kg

Competition : 17.03.2024 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	158	[B] Mina Santa	156	ORS	07.03.2007	55.000	68	72	75	72	1	84	87	90	90	1	162	1
2	71	[B] Aisangfa Gogoi	154	ASM	16.12.2007	52.920	63	63	65	65	2	75	80	80	80	2	145	2
3	130	[B] Arshdeep Kaur	110	PUN	10.03.2007	53.320	47	53	56	56	3	60	66	66	60	3	116	3
4	80	[B] Shruti Pandey	102	U.P.	15.07.2006	54.780	43	46	49	49	4	52	57	60	60	4	109	4
5	140	[B] Sehajpreet Kaur	96	CHD	07.08.2010	54.120	40	43	45	45	5	54	57	57	57	5	102	5
6	6	[B] Sanjana Bhatt	88	H.P.	12.07.2007	53.500	30	34	39	34	6	43	47	51	51	6	85	6



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RESULT YOUTH WOMEN 59 kg

Competition : 18.03.2024 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	42	[B] Payal Rana	87	H.P.	22.03.2006	57.240	38	42	46	46	1	45	50	55	55	1	101	1



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RESULT YOUTH 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	2	168	1
2	100	[B] Tiki Mohini Malik	150	ORS	05.02.2008	63.430	64	67	69	69	2	82	84	87	87	1	156	2
3	142	[B] Reenumol P.R.	165	KRL	01.10.2007	63.540	65	68	68	68	3	80	83	84	80	3	148	3
4	13	[B] Tamanna	76	H.P.	12.09.2007	61.300	30	34	38	34	4	33	40	47	47	4	81	4



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RESULT YOUTH WOMEN 71 kg

Competition : 19.03.2024 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	118	[B] R. Harini	169	PON	02.06.2006	70.700	71	74	74	74	3	83	85	88	88	1	162	1
2	41	[B] Jashandeep Kaur	147	PUN	10.04.2006	69.800	70	70	74	74	2	82	87	87	87	2	161	2
3	164	[B] M.A. Hasina Shirin	168	TND	06.05.2008	70.340	73	76	78	76	1	82	85	87	82	3	158	3
4	122	[B] Aruhi Kumari	140	JKD	09.09.2007	69.300	55	60	61	55	4	77	81	84	81	4	136	4
5	55	[B] Bedika Kaushal	95	CHD	06.08.2010	70.600	38	38	42	42	5	54	57	60	57	5	99	5
6	61	[B] Anchal	90	H.P.	30.06.2007	65.900	30	32	34	34	6	40	45	49	49	6	83	6



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RESULT YOUTH 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	19	[A] Anandi Sangle	142	MHR	01.06.2010	74.260	67	71	74	71	1	78	81	87	87	2	158	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
3	32	[B] Jaismeen Kaur Sandhu	139	CHD	26.07.2008	75.720	63	63	67	67	3	80	84	88	84	3	151	3



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RESULT YOUTH 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	2	186	2
3	137	[A] R.P. Keerthana	183	TND	20.01.2008	79.760	77	81	83	83	1	97	100	101	97	3	180	3
4	113	[B] V. Sahasra	163	TEL	16.08.2008	76.500	67	72	72	67	4	76	81	86	81	4	148	4
5	126	[B] Gurleen Kaur	141	PUN	11.10.2008	79.900	60	63	66	66	5	75	75	80	80	5	146	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	24	[B] Manvi Mishra	68	H.P.	07.03.2009	76.100	25	29	32	29	7	30	34	41	41	7	70	7



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RESULT YOUTH WOMEN +81 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	93	[A] Rashmi Sharma	110	RAJ	12.10.2007	101.800	45	45	50	45	2	45	53	60	60	2	105	2
3	22	[A] Simran Rana	80	H.P.	15.11.2007	101.600	32	38	38	32	3	38	45	45	38	3	70	3