

Women EQ. records					
WEIGHT CLASS	NAME	SQUAT	BENCHPRESS	DEADLIFT	TOTAL
44 kg class					
TEENAGE (13-15)	CYNTHIA JOHN	100	37.5	117.5	270
JUNIOR					
OPEN					
MASTER					
48 KG CLASS					
TEENAGE 13-15	VRIDHI SHARMA	72.5	40	105	217.5
JUNIOR					
OPEN					
MASTER					
52 KG CLASS					
TEENAGE 13-15	KOMAL	90	45	125	260
JUNIOR					
OPEN					
MASTER					
56 KG CLASS					
TEENAGE (13-15)	ANSHIKA	75	35	75	185
JUNIOR					
OPEN	AKBARI KHATOON	110	42.5	117.5	270
MASTER 40-45	MANSI MALIK	90	55	110	255
60 KG CLASS					
TEENAGE(16-17)	HARDEEP	140	55	110	305
JUNIOR	BASABTI THRIJU	112.5	42.5	130	285
OPEN	BADIGER ANSHWI	140	80	172.5	292.5
MASTER					
67.5 KG CLASS					
TEENAGE					
JUNIOR					
OPEN	ASRITA TIRKEY	145	95	150	390
MASTER					
75 KG CLASS					
TEENAGE(13-15)	PEARL MAURYA	80	42.5	82.5	205
TEENAGE (18-19)	SAPNA SEHRAWAT	142.5	57.5	152.5	352.5
JUNIOR	SIMRAN	145	80	145	370
OPEN					
MASTER(50-55)	ITI SEHGAL	177.5	90	150	417.5

82.5 KG CLASS					
TEENAGE					
JUNIOR					
OPEN					
MASTER(50-54)	MANMEET KAUR	100	50	110	260

90 KG CLASS					
TEENAGE					
JUNIOR					
OPEN	ANJALI RANI	125	50	150	325
MASTER					

90 PLUS KG CLASS					
TEENAGE					
JUNIOR					
OPEN					
MASTER					

MEN CLASSIC RAW					
WEIGHT CLASS	NAME	SQUAT	BENCHPRESS	DEADLIFT	TOTAL
52 kg class					
TEENAGE(13-15)	PRANSHU PATEL	60	30	95	185
TEENAGE(18-19)					
JUNIOR					
OPEN					
MASTER					
56 KG CLASS					
TEENAGE(18-19)	KHUSHAL	127.5	70	190	387.5
JUNIOR	KHUSHAL KUMAR	165	70	190	425
OPEN					
MASTER(40-44)	SACHIN GOSWAMI	115	77.5	132.5	325
60 KG CLASS					
TEENAGE (16-17)	OM SINGH	120	87.5	160	367.5
JUNIOR	DEEPTESH M	122.5	82.5	160	365
OPEN	VISHAL MAHOR	250	150	225	625
MASTER					
67.5 KG CLASS					
TEENAGE(16-17)	ROHIT KUMAR	170	105	200	475
TEENAGE (18-19)	ANSH	180	110	165	455

JUNIOR	KAYDEN SHANE	220	142.5	230	592.5
OPEN	RAVI SANKLA	170		195	450
	CHANDEEP SINGH		150		
MASTER					
75 KG CLASS					
TEENAGE(16-17)	NAVJOT VERMA	200	115	235	550
TEENAGE(18-19)	CHAVAN KARAN	130	97.5	155	382.5
JUNIOR	PRAJYOT PARESH	240	130	287.5	657.5
OPEN	SUMIT SHOKEAN	265		300	700
	SAHIL SHANKLA		160		
MASTER (55-59)	RAJ K MALHOTRA	90	90	125	305
MASTER (60-64)	ASHOK BAJAJ	40	50	100	190
82.5 KG CLASS					
TEENAGE(18-19)					
JUNIOR	TUSHAR TIWARI	252.5	125	225	602.5
OPEN	DEEPINDER SINGH	220	127.5	220	567.5
MASTER (40-44)	GOPAL THAKUR	120	125	175	420
MASTER (55-59)	SURENDER KADYAN	140	115	160	415
90 KG CLASS					
TEENAGE(13-15)	VIKRAMJEET SINGH	140	62.5	187.5	390
TEENAGE (16-17)	NAVJOT VERMA	265	150	250	665
TEENAGE(18-19)	BUNTY	190	105	220	515
JUNIOR	KAPIL YADAV	270	160		
	CHIRAG			277.5	672.5
OPEN	GAJRAJ SINGH	310	200	230	740
MASTER (40-45)	HARINDER KUMAR	280	145	225	650
MASTER (45-49)	PARAMPREET SINGH	195	140	200	535
MASTER (50-54)	SANJAY SAROHA	215	145	200	560
100 KG CLASS					
TEENAGE(16-17)	ATHELI RUSHIKESH	175	85	195	455
JUNIOR	PUSHRAJ NAIK	260	110	260	630
OPEN	KAPIL DEV TEOTIA	280		270	682.5
GAJRAJ YADAV			180		
MASTER (40-44)	GAURAV TANWAR	180	115	190	485
MASTER (45-49)	KOSAR ALI	170	132.5	180	482.5
MASTER (50-54)	RAJINDER SINGH	225	152.5		577.5
	JATINDER PAL SINGH			220	
MASTER (55-59)	SUNIL BHATA	155	55	170	380
MASTER (75-79)	BHAGWAN	100	85	105	290
110 KG CLASS					
TEENAGE					
JUNIOR	MUKUL CHOUDHARY	315	210	250	775
OPEN	SUKHPAL YADAV	390	190	270	850
MASTER (50-54)	NEERAJ CHAWLA	280	210	260	750
MASTER (65-69)	RAJKUMAR KHATANA	85	100	110	295
125 KG CLASS					
TEENAGE					
JUNIOR					

OPEN	VIKRAM PHOGAT	310	185	280	775
MASTER(40-44)	BIJIT TAW	225	170	220	615
140 KG CLASS					
TEENAGE					
JUNIOR	TEER KARAN	220	200	230	650
OPEN					
MASTER					
140+ KG CLASS					
TEENAGE					
JUNIOR					
OPEN					
MASTER					