

Men Benchpress (Sub-Junior) / Teen

52 Kg

1st Ankit Raj - HZg - 60 Kg - 60.73 P

56 Kg

1st Nishant Kr. Mahto - Ichak - 75 Kg - 69.63 P

2nd Niraj Kr. Ram - Koderma - 70 Kg

3rd Prem Kr. Sharma - Giridih - 55 Kg

60 Kg

1st Bhim Kr. Mahto - Bokaro - 115 Kg - 98.68 P

2nd Farhan Khan - Koderma - 85 Kg

3rd Ashish Kumar - HBZ - 75 Kg

67.5 Kg

1st Ankit Raj - Koderma - 97.5 - 75.90 P

2nd Anshu Kumar - Garhwa - 80

3rd Ayush Kumar - Bokaro - 80

75 Kg

1st Ronit Kayal - Bokaro - 110 Kg - 78.38 P

2nd Karan Yadav - HBZ - 97.5 Kg -

3rd MD Arshad - HBZ - 90 Kg

82.5 Kg

1st Sidhant Gupta - Dhanbad - 120 Kg - 83.98 P

2nd Sourabh Kumar - Koderma - 65 Kg

90 Kg

1st Rashan Gupta - Bokaro - 95 Kg - 62.28 P

110 + Kg

1st Mahi Abdur Rahim - HBZ - 105 Kg - 59.54

Men Deadlift Junior

52 kg

- 1st ASAD KURESHI - Giridih - 155 kg - 157.23 P
2nd Sumit Kumar - Koderma - 145 kg
3rd Arpo Arman Ansari - Giridih - 145 kg

56 kg

- 1st Rahul Kumar - Koderma - 117.5 - 113.26 P
2nd Md: Shoab Akhter - Giridih - 110

60 kg

- 1st Hasmuddin Ansari - Giridih - 162.5 kg - 138.87 P
2nd Vivek Kumar - Koderma - 140 kg
3rd Suraj Kumar - Koderma - 110 kg

67.5 kg

- 1st Raj Kumar - Ranchi - 170 kg - 137.74 P

75 kg

- 1st Sumit Kr. Saw - Dhanbad - 237.5 kg - 174.26 P
2nd Anish Kumar - HBZ - 185 kg
3rd Ashwani Kumar - HBZ - 155 kg

82.5 kg

- 1st Ahmed Pathan - Ranchi - 250 kg - 170.27 P
2nd MD. Arbaz Khan - Giridih - 190 kg

90 kg

- 1st Tushar Kumar - Koderma - 187.5 kg - 120.96
2nd Kishlay Raj - Koderma - 185 kg

110 kg

- 1st Hari Harshvardhan Dubey - Bokaro - 225 kg - 134.75
2nd Akash Kr. Verma - Koderma - 185 kg

110+ kg

- 1st Prashant Gandhi - Koderma - 160 kg - 92.67 P

MEN Deadlift Open

: 52 kg

1st Sumit Kumar - HBZ - 170 kg - 169.57 P

56 kg

1st Akash Kr. Rawani - Dhanbad - 195 - 177.52 P

60 kg

1st Stephen Murmu - Dumka - 200 kg - 170.83 P

2nd Piyush Kumar - Koderma - 190 kg

67.5 kg

1st Sumit Kr. Nayak - ~~Patna~~ Ranchi - 202.5 kg - 157.13 P

2nd Ankit Kumar - Bokaro - 185 kg

3rd Vishal Bhardwaj - Koderma - 182.5 kg

82.5 kg

1st Ahmed Pathan - Ranchi - 250 kg - 170.27 P

2nd Osama Ali Ahmed - Dhanbad - 210 kg

3rd Estiyar Ansari - Bokaro - 210 kg

90 kg

1st Ranjit Prasad Yadav - Giridih - 217.5 kg - 141.00 P

100 kg

1st Yash Raj - HBZ - 202.5 kg - 127.87 P

Men Deadlift Teen

52 kg

- 1st Sumit Kumar - HB3 - 170 kg -
2nd sagar kr. yadav - Koderma - 142.5 kg
3rd Ankit Raj - HB3 - 140 kg

169.57 P

56 kg

- 1st ARyan kr. Deo - Koderma - 172.5 kg - 157.59 P
2nd Md. Saib Ansari - Giridih - 170 kg
3rd Nishant kr. Mehta - Ichek - 155 kg

60 kg

- 1st Piyush Kumar - Koderma - 190 kg - 162.29 P
2nd Rajbir Singh - Gaya - 155 kg

67.5 kg

- 1st Ankit Kr. - Bokaro - 185 kg - 146.55 P
2nd Ankit Raj - Koderma - 182.5 kg
3rd MD. Fuzail Raza - Giridih - 172.5 kg

75 kg

- 1st MD. Monu - Bokaro - 207.5 kg - 155.50 P
2nd Ronit Kayal - Bokaro - 202.5 kg
3rd Talha Bin Habib - Giridih - 160 kg

82.5 kg

- 1st Shidhant Gupta - Dhanbad - 240 kg - 167.97 P
2nd Rajan Kumar - Koderma - 180 kg
3rd Rishant Kr. Vishwakarma - Bokaro - 175 kg

90 kg

- 1st Roshan Gupta - Bokaro - 220 kg - 144.22 P

100 kg

- 1st Kamal Chatterjee - Ramgarh - 205 kg - 130 P

110 kg

- 1st Mahi Abdur Rahim - HBZ - 200 kg - 113.41 P

Man Bench Press (Senior) / open

56 Kg

1st MD Saif - Hbz - 80 Kg - 73.50 P

60 Kg

1st Raj Kumar - Koderma - 97.5 Kg - 84.32 P

2nd MD Asif - HBZ - 90 Kg

67.5 Kg

1st Vishal Bhardwaj - Koderma - 100 Kg - 83.41 P

75 Kg

1st Goutambudh Tudu - Bokaro - 120 Kg - 86.48 P

2nd Saddam Ansari - Bokaro - 110 Kg

3rd Shiva Kr. Raw - Ranchi - 82.5 Kg

82.5 Kg

1st Abhishek Sony - Ranchi - 157.5 Kg - 105.55 P

2nd Estiyar Ansari - Bokaro - 137.5 Kg

3rd Ganesh Kumar - Koderma - 110 Kg

90 Kg

1st Ranjit Prasad Yadav - Giridih - 112.5 Kg - 72.93 P

2nd Rahul Sahu - Khunti - 110 Kg

100 Kg

1st Vishal Kr. Jha - Ranchi - 142.5 Kg - 90.22 P

110 Kg

1st Shreshank Kashi - HBZ - 137.5 Kg - 81.37 P

Men Benchpress Championship - (Junior)

Body weight - 52 Kg (Junior)

- 1st Asad Kureshi - Giridih - 80 Kg - 81.15 P
2nd Aryan Ansari - Giridih - 65 Kg
3rd MD Rakib - Giridih - 45 Kg

~~52 Kg (Sub-Junior)~~

~~1st Ankit Raj - Hazaribagh - 60 Kg - 60.73 P~~

56 Kg

- 1st MD Shoaib Akhtar - Giridih - 75 Kg - 68.52 P
2nd Chandan Verma - Koderma - 65 Kg

60 Kg

- 1st Hasnuddin Ansari - Giridih - 90 Kg - 76.91 P
2nd Rohit Kumar - Koderma - 87.5 Kg

67.5 Kg

- 1st Deepak Kr. Yadav - Koderma - 80 Kg - 66.83 P
2nd Kedar Kr. Yadav - Koderma - 70 Kg

75 Kg

- 1st Goutambudh Tudu - Bokaro - 120 Kg - 86.48 P
2nd Avinash Kumar - Koderma - 92.5 Kg
3rd Ashwani Kumar - HBZ - 80 Kg

82.5 Kg

- 1st Deepak Kr. Mishra - Ranchi - 115 Kg - 80.84 P
2nd MD. Kaif Khan - Ranchi - 112.5 Kg

90 Kg

- 1st Kundan Singh - Koderma - 97.5 Kg - 63.69 P
2nd Kishlay Raj - Koderma - 80 Kg

Men Benchpress Championship (Junior)

110 Kg

- 1st Aman Bhardwaj - Deoghar - 140Kg - 83.94 P
2nd Hari Harshwardhan Debey - Bokaro - 135 Kg
3rd Akash Kr. Verma - Koderma - 105 Kg

110+ Kg

- 1st Prashant Gandhi - Koderma - 85 Kg - 49.23

WOMEN BENCHPRESS CHAMPIONSHIP.

Body weight - 48 kg.

1st Muskan Kumari - Bokaro - 27.5 - 33.59 P -

56 kg

1st Annu Kumari - Bokaro - 45 kg - 48.73

75 kg

1st Shalini Kumari - Koderma - 32.5 - 28.8 P

Deadlift Championship

Body weight - 44 kg

1st Sweety Kumari - Koderma - 55 kg - 83.07 P

48 kg.

1st Muskan Kumari - Bokaro - 85 kg - 116.44 P

2nd Komal Kumari - 80 kg

56 kg

1st Annu Kumari - 125 kg - 152.43 P

60 kg

1st Kajal Kumari - Koderma - 80 kg - 89.17 P

67.5 kg

1st Ravisha Jaiswal - Koderma - 75 kg - 76.55 P

75 kg

1st Shalini Kumari - Koderma - 95 kg - 95.56 P

2nd Shiveni Kumari - Koderma - 90 kg

Bench Press

Champion of Champion (Sub - Junior / Teen)

Bhim Kr. Mahto - Bokaro - 115 kg - 98.68 P

Champion of Champion (Junior)

Goutambudh Tudu - Bokaro - 120 kg - 86.48 P

Champion of Champion (Open)

Abhishek Sony - Ranchi - 157.5 kg - 105.55 P

Dead lift

Champion of Champion (Teen / Sub - Junior)

Sumit Kr. - HBZ - 170 kg - 169.57 P

Champion of Champion (Junior)

Sumit Kr. Saw - Dhanbad - 237.5 kg - 174.26 P

Champion of Champion (Open)

AKash Kr. Rawani - Dhanbad - 195 kg - 177.52 P

Women Champion of Champion in Bench Press

~~1st~~ Annu Komari -

-45 Kg - 48.73 P

Women Champion of Champion in Deadlift

Annu Komari -

-125 Kg - 152.43 P