

OPL Format v1

Submit by err issues@openpowerlifting.org

Federation	Date	MeetCount	MeetStat	MeetTown	MeetName	Formula	RuleSet															
WPC INDIA	'2024-03-30	India			WPC NATIONAL	Glossbrer	CombineRawAndWraps	CombineSingleAndMulti														
Place	Name	Sex	Age	Equipment	Division	BodywtKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event
1	RAMAN SACHDEVA	F		Raw	J20-23	55	56	110	120	-125	120	-52.5	-52.5	60	60	150	165	172.5	172.5	352.5	372.23	SBD
2	AKRITI SINGH	F		Raw	J20-23	54.4	56	85	90	-97.5	90	-47.5	-47.5	50	50	-105	-105	105	105	245	261.02	SBD
1	HIMANI SINGH	F		Raw	J20-23	64	67.5	110	115	117.5	117.5	-50	-50	57.5	57.5	110	115	120	120	295	276.4	SBD
2	HIMADRI BUDANIA	F		Raw	J20-23	65.7	67.5	70	77.5	82.5	82.5	45	-50	-50	45	-110	115	120	120	247.5	227.35	SBD
1	AYUSHI JHA	F		Raw	J20-23	78	82.5	110	115	120	120	-40	-40	40	40	140	145	-150	145	305	248.64	SBD
2	NISHA	F		Raw	J20-23	76	82.5	-80	80	100	100	40	-50	50	50	-100	110		110	260	215.53	SBD
1	ANJALI CHAUHAN	F		Raw	M40-44	55	56	77.5	85	-87.5	85	-42.5	-42.5	45	45	95	102.5	110	110	240	253.44	SBD
1	NEETU	F		Raw	M40-44	71	75	-60	-60	60	60	30	-37.5	37.5	37.5	80	90	100	100	197.5	171.47	SBD
DQ	TRISHNA SAINI	F		Raw	M40-44	79	82.5	145	152.5		152.5	-55	-55	60	60	-175	-175	-175				SBD
1	RUCHI	F		Raw	M40-44	89	90	95	110	120	120	-45	-45	50	50	110	120	130	130	300	226.62	SBD
2	SHILPA DIGGAI	F	42	Raw	M40-44	84.5	90	80	85	-90	85	40	-45	-45	40	95	102.5	-112.5	102.5	227.5	176.76	SBD
1	MEGHNA BANGA	F		Raw	M45-49	72	75	140	145	150	150	-60	-60	70	70	170	175	180	180	400	343.9	SBD
1	ANJANA DESAI	F	46	Raw	M45-49	108	110	-40	40	45	45	-35	-40	45	45	80	90	100	100	190	132.11	SBD
1	SONALI MAZUMDAR	F		Raw	M50-54	73	75	-80	80	90	90	40	-47.5	50	50	80	90	-100	90	230	195.87	SBD
1	BALINDER KAUR	F		Raw	M50-54	81.5	82.5	70	75	82.5	82.5	45	-50	52.5	52.5	115	120	125	125	260	206.3	SBD
1	KUSUM SHEDHA	F		Raw	M60-64	62.8	67.5	-50	50	-60	50	30	-35	-35	30	85	87.5	95	95	175	166.36	SBD
1	SUSHILA MAWANI	F		Raw	Open	48	48	-85	85	-92.5	85	-47.5	-47.5	47.5	47.5	95	100	-105	100	232.5	274.08	SBD
1	ADITI NANDY	F		Raw	Open	52	52	70	80	-85	80	37.5	-42.5	42.5	42.5	95	105	-110	105	227.5	251.39	SBD
2	DIVYA JYOTI	F		Raw	Open	48.8	52	40	-42.5	-42.5	40	22.5	-25	25	25	67.5	70	72.5	72.5	137.5	159.95	SBD
1	KRISHNA	F		Raw	Open	53	56	100	105	-110	105	-50	-50	55	55	125	132.5	-137.5	132.5	292.5	318.27	SBD
2	AKSATITAS	F		Raw	Open	55	56	-60	60	-70	60	30	-35	35	35	70	80	92.5	92.5	187.5	198	SBD
1	SHALU	F		Raw	Open	57.5	60	130	137.5	-142.5	137.5	-75	-75	75	75	155	165	-172.5	165	377.5	384.64	SBD
2	ANAMIKA	F		Raw	Open	58.5	60	-110	-110	110	110	-40	-40	50	50	110	115	120	120	280	281.4	SBD
1	RIYA GUPTA	F		Raw	Open	66	67.5	130	137.5	142.5	142.5	-82.5	-82.5	85	85	115	125	132.5	132.5	360	329.56	SBD
2	NIDHIKA SEHRAWAT	F		Raw	Open	65.9	67.5	95	-107.5	-107.5	95	-47.5	-47.5	52.5	52.5	120	125	130	130	277.5	254.32	SBD
3	REENA DEVI	F		Raw	Open	66	67.5	50	-60	-65	50	-45	-45	45	45	70	80	82.5	82.5	177.5	162.49	SBD
1	SHANIA JAMES	F		Raw	Open	73.5	75	85	-100	-100	85	45	-50	-50	45	90	105	115	115	245	207.68	SBD
2	ARPITA	F		Raw	Open	73	75	30	-40	40	40	22.5	-30	30	30	55	70	75	75	145	123.48	SBD
1	SHILPA DIGGAI	F	42	Raw	Open	84.5	90	80	85	-90	85	40	-45	-45	40	95	102.5	-112.5	102.5	227.5	176.76	SBD
1	VIRDDHI SHARMA	F		Raw	T13-15	41	44	-55	-60	60	60	25	-30	-30	25	87.5	-95	97.5	97.5	182.5	243.29	SBD
1	PEARL MAURYA	F		Raw	T13-15	66	67.5	65	70	75	75	35	-37.5	-37.5	35	70	72.5	-80	72.5	182.5	167.07	SBD
1	ANNU	F		Raw	T16-17	62	67.5	45	-50	-55	45	45	-47.5	-47.5	45	80	90	100	100	190	182.42	SBD
1	HANSIKA	F		Raw	T18-19	56	56	80	90	-100	90	40	-50	-50	40	100	115	125	125	255	265.39	SBD
1	SNEHA	F		Raw	T18-19	62	67.5	105	-117.5	117.5	117.5	-45	-45	52.5	52.5	127.5	-132.5	-132.5	127.5	297.5	285.64	SBD
1	SAPNA SEHRAWAT	F		Raw	T18-19	71.9	75	-112.5	115	120	120	-50	-50	50	50	122.5	-130	-135	122.5	292.5	251.72	SBD
DQ	AISHWARYA ROY	F		Raw	T18-19	71	75	-100	105	-112.5	105	-52.5	-52.5	52.5	52.5	-125	-130	-130				SBD
1	ITI SEHGAL	F	45	Single-ply	M40-44	70	75	132.5	-140	145	145	-80	-80	85	85	130	142.5	-147.5	142.5	372.5	326.66	SBD
1	ITI SEHGAL	F	45	Single-ply	Open	70	75	132.5	-140	145	145	-80	-80	85	85	130	142.5	-147.5	142.5	372.5	326.66	SBD
1	KANAK GURJAR	F		Single-ply	T13-15	52	52	40	55	65	65	20	-25	27.5	27.5	60	75	-85	75	167.5	185.09	SBD
1	SONU RAM	M		Raw	J20-23	58	60	160	-170	170	170	115	120	122.5	122.5	160	175	-182.5	175	467.5	402.59	SBD
2	BALJOT SINGH	M		Raw	J20-23	58.6	60	100	110	-122.5	110	65	-70	70	70	155	165	-170	165	345	294.06	SBD
3	MAKHAN HARSH SINGH	M		Raw	J20-23	58	60	-55	-55	55	55	-55	-55	55	55	90	110	-130	110	220	189.45	SBD
1	BHAVYA	M		Raw	J20-23	67	67.5	175	185	-195	185	-107	-107.5	115	115	210	220	-225	220	520	391.64	SBD
2	JASPREET SINGH	M		Raw	J20-23	65	67.5	120	-125	-130	120	-75	-75	80	80	130	-140	-140	130	330	255.18	SBD
DQ	YASH KHURANA	M		Raw	J20-23	66.7	67.5	-170	180	187.5	187.5	-90	-90	97.5	97.5	-220	-230	-230				SBD
1	HARDIK VOHRA	M		Raw	J20-23	72	75	150	160	-170	160	-90	110		110	210			210	480	340.88	SBD
2	LALIT	M		Raw	J20-23	72.8	75	150	160	170	170	-80	90		90	210			210	470	330.94	SBD
3	PANKAJ JANAGAL	M		Raw	J20-23	75	75	130	142.5	147.5	147.5	-87.5	100		100	192.5			192.5	440	302.94	SBD
DQ	JAGJIT SINGH	M		Raw	J20-23	69.4	75	125	130	135	135	-80	-80			150			150			SBD

Place	Name	Sex	Age	Equipment	Division	BodywtKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event	
1	CHIRAG	M		Raw	J20-23	82	82.5	205	212.5	217.5	217.5	125			125	245			245	587.5	380.19	SBD	
2	SACHIN YADAV	M		Raw	J20-23	82	82.5	210	-225	225	225	132.5			132.5	225			225	582.5	376.95	SBD	
3	HIMANSHU PANDEY	M		Raw	J20-23	80.7	82.5	170	-182.5	182.5	182.5	112.5			112.5	202.5			202.5	497.5	325.35	SBD	
4	DAMAN MEHTA	M		Raw	J20-23	80.6	82.5	-150	155	165	165	127.5			127.5	202.5			202.5	495	323.98	SBD	
5	YOGPREET RAI	M		Raw	J20-23	78.8	82.5	-110	-120	120	120	77.5			77.5	185			185	382.5	254.22	SBD	
1	RAHUL SHARMA	M		Raw	J20-23	89	90	210	220	230	230	130			130	262.5			262.5	622.5	383.25	SBD	
2	AKS CHAUHAN	M		Raw	J20-23	88.8	90	155	165	175	175	107.5			107.5	230			230	512.5	315.93	SBD	
3	VANSH ARORA	M		Raw	J20-23	86.3	90	-165	170	185	185	102.5			102.5	222.5			222.5	510	319.67	SBD	
1	VANSH TOMAR	M		Raw	J20-23	99	100	260	-277.5	280	280	147.5			147.5	250			250	677.5	395.49	SBD	
1	YASHVEER	M		Raw	J20-23	110	110	150	165	172.5	172.5	130			130	210			210	512.5	288.26	SBD	
2	NIKHIL SHARMA	M		Raw	J20-23	105	110	80	90	-100	90	75			75	140			140	305	174.03	SBD	
1	HARSHIT CHAUHAN	M		Raw	J20-23	113	125	200	-220	230	230	135			135	250			250	615	343.49	SBD	
2	SAURAV PANU	M		Raw	J20-23	118.7	125	155	175	185	185	115			115	170			170	470	259.56	SBD	
1	ASHISH KUMAR SINGH	M		Raw	M40-44	70	75	140	150	-160	150	-75	90		90	172.5			172.5	412.5	299.57	SBD	
1	HARDEEP SINGH	M		Raw	M40-44	80	82.5	160	170	175	175	100			100	200			200	475	312.46	SBD	
1	RAJEEV SHARMA	M		Raw	M40-44	87	90	-195	195	207.5	207.5	120			120	220			220	547.5	341.53	SBD	
2	KOSAR ALI	M		Raw	M40-44	89.7	90	140			140	130			130	180			180	450	275.84	SBD	
1	PARAMPREET SINGH	M		Raw	M45-49	89.3	90	140	150	-155	150	85			85	182.5			182.5	417.5	256.55	SBD	
1	DR. SANJAY	M		Raw	M50-54	82.5	82.5	120	140	-160	140	90			90	165			165	395	254.61	SBD	
1	RAJINDER SINGH	M		Raw	M50-54	97	100	180	215	225	225	152.5			152.5	200			200	577.5	340.18	SBD	
2	ANUPAM GOEL	M		Raw	M50-54	93	100	120	130	140	140	140			140	170			170	450	270.56	SBD	
3	CHANDER SHAKHAR	M		Raw	M50-54	95.5	100	110	125	130	130	125			125	175			175	430	255.15	SBD	
1	SURENDER KADYAN	M		Raw	M55-59	80	82.5	130	135	140	140	115			115	160			160	415	272.99	SBD	
1	RAJ KUMAR KHATANA	M		Raw	M60-64	94	100	75	85		85	100			100	110			110	295	176.41	SBD	
1	VINAY	M		Raw	Open	55.5	56	155	162.5	-167.5	162.5	-100	105	-107.5	105	190	200	205	205	472.5	425.69	SBD	
1	VISHAL MAHOR	M		Raw	Open	59.9	60	172.5	-182.5	185	185	115	-120	-120	115	170	190	205	205	505	421.26	SBD	
2	MOHIT SHARMA	M		Raw	Open	59.8	60	110	135	-150	135	75	90	-100	90	165	185	195	195	420	350.93	SBD	
3	ANKIT	M		Raw	Open	59.8	60	-120	-120	120	120	75			75	120	130	140	140	335	279.91	SBD	
4	JANNAPALLY PRANAY	M		Raw	Open	58.3	60	75	85	95	95	55	-67.5	67.5	67.5	145	155	160	160	322.5	276.29	SBD	
5	MAKHAN HARSH SINGH	M		Raw	Open	58	60	-55	-55	55	55	-55	-55	55	55	90	110	-130	110	220	189.45	SBD	
1	VIKRAM MAHOR	M		Raw	Open	66.5	67.5	150	157.5	-162.5	157.5	-110	-110	110	110	200	-205	205	205	472.5	358.16	SBD	
2	BALWINDER SINGH	M		Raw	Open	65.8	67.5	-120	120	125	125	90	-105	-105	90	130	140	147.5	147.5	362.5	277.31	SBD	
3	AMRITPAL SINGH	M		Raw	Open	67.5	67.5	60	70	90	90	-70	-70	80	80	80	100	125	125	295	220.78	SBD	
DQ	PAWAN	M		Raw	Open	64.9	67.5	155	165	-172.5	165	-100	-100	100	100	-210	-210	-210					SBD
1	PRAVESH	M		Raw	Open	75	75	145	150	157.5	157.5	-125	130		130	192.5			192.5	480	330.48	SBD	
2	ANOOR PAWAN KUMAR	M		Raw	Open	74.8	75	140	-160	-160	140	-110	110		110	200			200	450	310.44	SBD	
3	GAURAV KAUSHIK	M		Raw	Open	74.5	75	80	100	120	120	-80	85		85	200			200	405	280.23	SBD	
4	JAVVAD KARTHIK	M		Raw	Open	70.5	75	85	100	-120	100	-75	77.5		77.5	135			135	312.5	225.65	SBD	
1	SITENDU BIKAS	M		Raw	Open	82	82.5	200	212.5	-220	212.5	117.5			117.5	260			260	590	381.8	SBD	
2	AJEET SINGH	M		Raw	Open	82.5	82.5	200	215	-220	215	122.5			122.5	235			235	572.5	369.02	SBD	
3	RAVI KATARIYA	M		Raw	Open	79.5	82.5	190	-210	210	210	150			150	200			200	560	369.94	SBD	
4	MANISH	M		Raw	Open	79.5	82.5	170	177.5	-180	177.5	112.5			112.5	232.5			232.5	522.5	345.17	SBD	
5	DINESH PANDEY	M		Raw	Open	80.7	82.5	170	-200	-205	170	120			120	220			220	510	333.52	SBD	
6	T. S PAWAN	M		Raw	Open	82	82.5	165	180	192.5	192.5	107.5			107.5	210			210	510	330.03	SBD	
7	PARPHUL	M		Raw	Open	81.25	82.5	155	165	-172.5	165	115			115	212.5			212.5	492.5	320.63	SBD	
8	SHYAM KUMAR	M		Raw	Open	77	82.5	-130	-140	140	140	100			100	170			170	410	276.95	SBD	
1	JESSU VENKAT	M		Raw	Open	84	90	-150	-160	160	160	120			120	225			225	505	321.81	SBD	
2	KARAN BHARDWAJ	M		Raw	Open	89.3	90	145	155	160	160	105			105	202.5			202.5	467.5	287.28	SBD	
3	PASPUL SAITEJA	M		Raw	Open	90	90	-50	60	72.5	72.5	55			55	140			140	267.5	163.67	SBD	
1	AHMAD MADASER	M		Raw	Open	99	100	235	245	255	255	170			170	255			255	680	396.95	SBD	
2	TEJAS JAI SHANKAR	M		Raw	Open	95	100	210	225	-230	225	130			130	300			300	655	389.65	SBD	
3	RAYELI NIKHIL	M		Raw	Open	99	100	120	130	-140	130	90			90	170			170	390	227.66	SBD	
1	JATIN SACHDEVA	M		Raw	Open	107	110	190	210	220	220	170			170	260			260	650	368.6	SBD	
1	VIKRAM PHOGAT	M		Raw	Open	140	140	320	330	340	340	195			195	320			320	855	454.14	SBD	

Place	Name	Sex	Age	Equipment	Division	BodywtKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event
1	SHUBHAM GOYAT	M		Raw	Open	153	140+	170	190	200	200	145			145	250			250	595	309.92	SBD
1	ADITYA RAJ MISHRA	M		Raw	T13-15	65	67.5	80	90	100	100	-70	-70	72.5	72.5	-140	140	152.5	152.5	325	251.31	SBD
1	BUNTY	M		Raw	T13-15	80	82.5	-120	-120	120	120	97.5			97.5	185			185	402.5	264.76	SBD
2	VIKRAMJEET SINGH	M		Raw	T13-15	82.5	82.5	-100	-100	100	100	50			50	152.5			152.5	302.5	194.99	SBD
1	AYUSH KUMAR	M		Raw	T13-15	85	90	100	115	125	125	62.5			62.5	200			200	387.5	245.13	SBD
2	PASPUL SAITEJA	M		Raw	T13-15	90	90	-50	60	72.5	72.5	55			55	140			140	267.5	163.67	SBD
1	ROBIN	M		Raw	T16-17	74.5	75	140	150	-160	150	-70	80		80	215			215	445	307.91	SBD
2	JAVVAD KARTHIK	M		Raw	T16-17	70.5	75	85	100	-120	100	-75	77.5		77.5	135			135	312.5	225.65	SBD
1	YASH KUMAR	M		Raw	T16-17	88.7	90	100	-115	120	120	80			80	145			145	345	212.81	SBD
1	SACHIN	M		Raw	T16-17	91	100	150	160	-172.5	160	85			85	195			195	440	267.59	SBD
1	LAKSHAY KUNDU	M		Raw	T16-17	109.9	110	170	185	200	200	152.5			152.5	220			220	572.5	322.08	SBD
1	KHUSHAL	M		Raw	T18-19	52.3	56	125	-145	-145	125	70	-75	-75	70	170	177.5	-182.5	177.5	372.5	357.7	SBD
2	ANKIT KUMAR	M		Raw	T18-19	55	56	95	105	112.5	112.5	75	85	90	90	160	170	-175	170	372.5	338.8	SBD
1	JANNAPALLY PRANAY	M		Raw	T18-19	58.3	60	75	85	95	95	55	-67.5	67.5	67.5	145	155	160	160	322.5	276.29	SBD
1	PRIYANSHU PRAJAPATI	M		Raw	T18-19	73	75	140	145	-152.5	145	-100	100		100	190			190	435	305.65	SBD
2	GAURAV KAUSHIK	M		Raw	T18-19	74.5	75	80	100	120	120	-80	85		85	200			200	405	280.23	SBD
1	NAVKARAN VIRK	M		Raw	T18-19	81.5	82.5	-120	140	-155	140	90			90	205			205	435	282.63	SBD
1	HIMANSHU YADAV	M		Raw	T18-19	86.5	90	190	207.5	220	220	115			115	250			250	585	366.17	SBD
2	MANISH KUMAR	M		Raw	T18-19	88	90	160	170	185	185	130			130	235			235	550	340.81	SBD
3	JESSU VENKAT	M		Raw	T18-19	84	90	-150	-160	160	160	120			120	225			225	505	321.81	SBD
4	MANISH SINGH	M		Raw	T18-19	87.8	90	-135	160	-175	160	85			85	210			210	455	282.31	SBD
1	ASHU CHOUDHARY	M		Raw	T18-19	100.8	110	-200	215	-230	215	102.5			102.5	220			220	537.5	311.41	SBD
1	AMIT NAGAR	M		Single-ply	J20-23	67	67.5	190	205	-215	205	-70	-70	70	70	-235	235	-252.5	235	510	384.11	SBD
2	HARPREET SINGH	M		Single-ply	J20-23	65.3	67.5	-165	175	197.5	197.5	-70	-70	80	80	190	200	210	210	487.5	375.44	SBD
1	TUSHAR TIWARI	M		Single-ply	J20-23	81.3	82.5	235	252.5	-265	252.5	125			125	225.5			225.5	603	392.41	SBD
1	KAPIL YADAV	M		Single-ply	J20-23	89	90	270	-285	-285	270	160			160	220			220	650	400.18	SBD
1	SACHIN GOSWAMI	M	42	Single-ply	M40-44	54	56	100	-110	115	115	-65	77.5	-82.5	77.5	115	125	132.5	132.5	325	301.42	SBD
1	RAJINDER SINGH 2	M		Single-ply	M50-54	97	100	180	215	225	225	152.5			152.5	200			200	577.5	340.18	SBD
1	NEERAJ CHAWLA	M		Single-ply	M50-54	107	110	260	280	-287.5	280	210			210	260			260	750	425.3	SBD
1	SURENDER KADYAN 2	M		Single-ply	M55-59	80	82.5	130	135	140	140	115			115	160			160	415	272.99	SBD
1	RAJ KUMAR KHATANA 2	M		Single-ply	M65-69	94	100	75	85		85	100			100	110			110	295	176.41	SBD
1	RAVI SHANKLA	M		Single-ply	Open	66	67.5	160	170	-185	170	-85	-85	85	85	185	195	-202.5	195	450	343.34	SBD
1	SUMIT SHOKEEN	M		Single-ply	Open	73.7	75	245	255	265	265	-130	135		135	300			300	700	488.29	SBD
2	SAHIL	M		Single-ply	Open	74.9	75	130	140	-150	140	-140	150		150	185			185	475	327.36	SBD
3	AVISHEK YADAV	M		Single-ply	Open	75	75	160	172.5	180	180	-80	90		90	180			180	450	309.83	SBD
1	DEEPINDER SINGH	M		Single-ply	Open	82.5	82.5	-200	210	-220	210	125			125	250			250	585	377.08	SBD
1	KAPIL YADAV	M		Single-ply	Open	89	90	270	-285	-285	270	160			160	220			220	650	400.18	SBD
2	SUBESTIN JOHN	M		Single-ply	Open	89	90	-220	235	250	250	130			130	230			230	610	375.56	SBD
1	GAJRAJ YADAV	M		Single-ply	Open	95	100	225	250	270	270	180			180	210			210	660	392.62	SBD
1	SUKHPAL YADAV	M		Single-ply	Open	110	110	335	370	-400	370	150			150	260			260	780	438.71	SBD
1	PRANSHU PATEL	M		Single-ply	T13-15	49	52	40	50	60	60	25	30	-35	30	70	85	95	95	185	191.2	SBD
1	KRISHKUMAR PRAJAPATI	M		Single-ply	T16-17	64.8	67.5	30	55	70	70	-35	-35	35	35	70	100	110	110	215	166.71	SBD
1	NAVJOT VERMA	M		Single-ply	T16-17	75	75	200	-210	-210	200	-115	115		115	235			235	550	378.68	SBD
1	ANSH	M		Single-ply	T18-19	67.5	67.5	180	-190	-190	180	-110	-110	110	110	-165	-165	165	165	455	340.53	SBD