

OPL Format v1 (OpenLifter 1.4) Submit by email:

Federation		Date	MeetCou	MeetState	MeetTown	MeetName				Formula	RuleSet											
World Powerlifting Federation		'2025-05-03	India	Karnataka	Bangalore	WPC KARNATAKA 2025				Dots	CombineSleevesAndWraps	CombineSingleAndMulti										
Place	Name	Sex	Equipment	Division	BodywtKg	WtClsKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg	Points	Event	
NS	1 SPOORTHI H.S	F	Bare	J20-23	84.8	90	85	-95	-95	85	50	57.5	-60	57.5	125	135	140	140	282.5	258.78	SBD	
	1 Shwetha S	F	Bare	Open	54.8	56	67.5	70	72.5	72.5	35	37.5	40	40	97.5	100	102.5	102.5	215	252.84	SBD	
	1 Akshata Pawar	F	Bare	Open	63.14	67.5	85	95	-100	95	35	40	-45	40	105	115	-120	115	250	268.52	SBD	
	2 Nandhini Naveen	F	Bare	Open	66.6	67.5	-87.5	-87.5	87.5	87.5	42.5	47.5	-50	47.5	95	110	-122.5	110	245	254.91	SBD	
	1 Rakshitha MP	F	Bare	Open	70.3	75	-100	105	110	110	55	57.5	-62.5	57.5	127.5	132.5	137.5	137.5	305	307.7	SBD	
	Bhavani H	F	Bare	T16-17	80.78	82.5																SBD
	1 Aarya Gadiya	F	Bare	Youth	23.2	44	20	-25	30	30	10	12.5	15	15	30	35	40	40	85	126.21	SBD	
	1 Akhila S	F	Sleeves	J20-23	51.36	52	45	50	55	55	30	32.5	-35	32.5	65	70	-75	70	157.5	193.64	SBD	
	1 Roopa Shree	F	Sleeves	Open	51.68	52	85	92.5	-97.5	92.5	35	42.5	-47.5	42.5	95	105	107.5	107.5	242.5	296.86	SBD	
	1 Aiusha	F	Sleeves	Open	59.6	60	95	110	115	115	45	50	-52.5	50	110	125	135	135	300	333.97	SBD	
	2 Anamika Basumatary	F	Sleeves	Open	59.4	60	87.5	97.5	-100	97.5	50	55	57.5	57.5	125	135	-140	135	290	323.53	SBD	
	1 Nayana C	F	Sleeves	Open	74.8	75	105	110	115	115	42.5	45	50	50	127.5	-132.5	-132.5	127.5	292.5	285.29	SBD	
	1 T.A Rithiha	F	Sleeves	Youth	60.2	67.5	55	62.5	67.5	67.5	27.5	32.5	35	35	77.5	85	-90	85	187.5	207.42	SBD	
	1 T.A Rithiha	F	Bare	Youth	60.2	67.5					27.5	32.5	35	35	77.5	85	-90	85	120	132.75	BD	
	1 SPOORTHI H.S	F	Bare	J20-23	84.8	90									125	135	140	140	140	128.25	D	
	1 Navya N	F	Bare	Open	51.1	52									80	85	-90	85	85	104.88	D	
	1 Dharmraj	M	Bare	J20-23	51.48	52	80	95	110	110	60	67.5	-72.5	67.5	-150	162.5	170	170	347.5	336.03	SBD	
	1 Shikhar Singh	M	Bare	J20-23	74.26	75	145	155	160	160	-85	90	-97.5	90	190	200	210	210	460	332.12	SBD	
2 Kirtiman Changkakoti	M	Bare	J20-23	72.7	75	130	140	-150	140	72.5	77.5	80	80	130	140	-145	140	360	263.56	SBD		
1 Rahul Nandi	M	Bare	J20-23	80	82.5	152.5	162.5	-175	162.5	105	-110	-110	105	192.5	205	-215	205	472.5	325.81	SBD		
1 Praveen R	M	Bare	J20-23	94.06	100	180	-195	-200	180	-90	95	110	110	190	205	-212.5	205	495	313.25	SBD		
DQ	Arockianathan	M	Bare	M40-44	67.3	67.5	100	112.5	140	140	-85	-95	-95		170	185	-200	185			SBD	
1 Nagendra Kaipa	M	Bare	M40-44	76.9	82.5	-137.5	137.5	145	145	80	-95	100	100	150	165	172.5	172.5	417.5	294.85	SBD		
1 Prince Martin	M	Bare	M45-49	74.41	75	110	122.5	127.5	127.5	85	92.5	97.5	97.5	145	157.5	162.5	162.5	387.5	279.41	SBD		
1 SHREYAS KG	M	Bare	Open	55.5	56	110	115	120	120	80	85	-90	85	155	165	167.5	167.5	372.5	336.06	SBD		
2 Arindam Mondal	M	Bare	Open	54.9	56	110	115	122.5	122.5	75	80	85	85	130	140	145	145	352.5	321.12	SBD		
1 Xavier Pushparaj	M	Bare	Open	67.04	67.5	155	167.5	175	175	75	85		85	200	210	-217.5	210	470	364.05	SBD		
1 Mallikarjun	M	Bare	Open	73.1	75	162.5	172.5	-177.5	172.5	95	102.5	-107.5	102.5	180	192.5	-197.5	192.5	467.5	341.03	SBD		
2 Nishant madhu	M	Bare	Open	74.9	75	145	-155	155	155	97.5	107.5	-115	107.5	175	190	-200	190	452.5	324.91	SBD		
1 Bishnu	M	Bare	Open	82.5	82.5	240	250	-265	250	140	150	-157.5	150	275	285	-290	285	685	464.01	SBD		
2 Rohan Sahgal	M	Bare	Open	81.5	82.5	200	210	217.5	217.5	135	142.5	147.5	147.5	240	247.5	-252.5	247.5	612.5	417.8	SBD		
3 Asveth Sreiram S	M	Bare	Open	82.45	82.5	185	195	-202.5	195	130	137.5	-140	137.5	255	267.5	-272.5	267.5	600	406.58	SBD		
4 Lokesh R	M	Bare	Open	75.7	82.5	160	170	-175	170	90	105	112.5	112.5	195	-215	-222.5	195	477.5	340.55	SBD		
5 Manan Chaudhary	M	Bare	Open	80.84	82.5	135	147.5	160	160	92.5	97.5	102.5	102.5	175	192.5	202.5	202.5	465	318.68	SBD		
6 Bhaskar C	M	Bare	Open	81.5	82.5	130	145	-160	145	80	90	100	100	160	180	190	190	435	296.72	SBD		
7 Aakash Kumar	M	Bare	Open	79.72	82.5	140	150	157.5	157.5	90	100	105	105	150	160	-170	160	422.5	291.94	SBD		
1 Prasanta Parida	M	Bare	Open	89	90	-255	260	-272.5	260	130	-140	-140	130	260	272.5	-280	272.5	662.5	430.81	SBD		
2 Nilotpal Roy	M	Bare	Open	89.86	90	-160	-160	170	170	115	125	130	130	175	190	202.5	202.5	502.5	325.17	SBD		
3 Pradyumna Rahul K	M	Bare	Open	89.34	90	165	-175	175	175	102.5	110	115	115	202.5	-210	210	210	500	324.51	SBD		
4 Abhineet Sinha	M	Bare	Open	89.6	90	140	152.5	162.5	162.5	107.5	115	-117.5	115	180	192.5	200	200	477.5	309.45	SBD		
1 Udbhav Sharma	M	Bare	Open	99.9	100	240	255	265	265	165	-172.5	-172.5	165	285	-295	-295	285	715	440.28	SBD		
2 Tushar Netam	M	Bare	Open	98.4	100	215	225	-235	225	127.5	135	-140	135	260	-275	-275	260	620	384.33	SBD		
DQ	Punith	M	Bare	Open	98.32	100	-160	-170	-200		120	140	-147.5	140	-220	-240	245	245			SBD	
1 K Harikrishna	M	Bare	Open	106.8	110	205	220	230	230	-140	145	-150	145	240	255	-262.5	255	630	377.39	SBD		
2 Kunal Piryani	M	Bare	Open	106.12	110	-140	145	152.5	152.5	85	95	-97.5	95	190	205	-210	205	452.5	271.75	SBD		
1 Kartik S	M	Bare	Open	127.18	140	250	255	-260	255	-145	150	152.5	152.5	245	-250	-250	245	652.5	367.82	SBD		
2 Rohit Singh	M	Bare	Open	137.3	140	162.5	172.5	177.5	177.5	137.5	145	150	150	230	250	257.5	257.5	585	322.36	SBD		
1 Ishaan	M	Bare	T16-17	66.6	67.5	100	107.5	117.5	117.5	65	70	72.5	72.5	-140	150	-155	150	340	264.63	SBD		
1 Daksh siyal	M	Bare	T16-17	103.6	110	140	152.5	160	160	80	87.5	92.5	92.5	190	-202.5	202.5	202.5	455	275.91	SBD		

	1 Kenneth	M	Bare	T18-19	66.64	67.5	150	160	-167.5	160	85	90	-95	90	185	-195	-200	185	435	338.42	SBD
	2 Likith M V	M	Bare	T18-19	65.8	67.5	135	-145	147.5	147.5	65	-75	75	75	185	195	-200	195	417.5	327.86	SBD
	3 Tavish TH	M	Bare	T18-19	62.98	67.5	125	-127.5		125	80	90	95	95	180	190	-197.5	190	410	332.89	SBD
	4 Rishab Nirmalkar	M	Bare	T18-19	62.2	67.5	112.5	122.5	127.5	127.5	62.5	65	-67.5	65	175	200	205	205	397.5	325.92	SBD
	5 Arjun Livik JP	M	Bare	T18-19	61.1	67.5	105	112.5	117.5	117.5	52.5	57.5	-62.5	57.5	-125	130	135	135	310	257.82	SBD
	1 Omkar	M	Bare	T18-19	67.7	75	145	-160	175	175	75	82.5	-87.5	82.5	175	185	-192.5	185	442.5	340.33	SBD
	2 Ankit Daniel Alexander	M	Bare	T18-19	73.8	75	145	152.5	-155	152.5	-72.5	-75	75	75	185	205	-210	205	432.5	313.53	SBD
	3 Adarsh Pandey	M	Bare	T18-19	73.16	75	-135	135	-140	135	85	90	-95	90	155	172.5	180	180	405	295.27	SBD
	4 Harshit Singh	M	Bare	T18-19	68.4	75	122.5	132.5	-140	132.5	75	80	85	85	155	170	-180	170	387.5	295.84	SBD
	1 Kishan R	M	Bare	T18-19	76.08	82.5	-140	140	170	170	90	100	-107.5	100	190	-210	215	215	485	344.81	SBD
	1 Dhanush Gowda	M	Bare	T18-19	86.4	90	200	-210	215	215	-110	-130	130	130	215	222.5	-230	222.5	567.5	374.79	SBD
	2 Hardik Samajdar	M	Bare	T18-19	89.26	90	170	185	200	200	-110	110	-115	110	210	230	-242.5	230	540	350.63	SBD
	1 Shivanshu Sahu	M	Sleeves	J20-23	66.6	67.5	175	185	195	195	107.5	115	117.5	117.5	205	215	222.5	222.5	535	416.4	SBD
	1 Sarvesh Murthy S	M	Sleeves	J20-23	80.52	82.5	140	150	-162.5	150	95	-105	-105	95	190	202.5	-210	202.5	447.5	307.4	SBD
	1 Harsh Singh Jadaun	M	Sleeves	J20-23	99.9	100	-180	180	-190	180	110	115	-120	115	235	-245	-255	235	530	326.36	SBD
	1 Abhishek Vivekananthan	M	Sleeves	J20-23	108.1	110	180	190	-200	190	115	125	-130	125	220	230	-240	230	545	324.94	SBD
	2 Prateek Negloor	M	Sleeves	J20-23	100.3	110	160	170	-180	170	100	110	-115	110	170	190	-200	190	470	288.92	SBD
	1 Suresh Prasad G	M	Sleeves	M45-49	88.46	90	167.5	182.5	190	190	92.5	107.5	115	115	187.5	207.5	215	215	520	339.2	SBD
	1 Srikrishna	M	Sleeves	Open	67.5	67.5	-145	145	-150	145	95	-100	100	100	-155	155	-165	155	400	308.3	SBD
	2 Ashith Kumar	M	Sleeves	Open	67	67.5	115	125	-135	125	75	85	-92.5	85	120	135	145	145	355	275.1	SBD
	3 Tanvi Vij	M	Sleeves	Open	61.1	67.5	82.5	-87.5	-87.5	82.5	40	45	-47.5	45	105	115	-122.5	115	242.5	201.68	SBD
DQ	Xavier Pushparaj	M	Sleeves	Open	67.04	67.5	-200				75	85		85	200	210	-217.5	210			SBD
	1 Sharan Kumar	M	Sleeves	Open	74.24	75	190	210	-225	210	110	120	125	125	210	230	-240	230	565	408.01	SBD
	2 Sudhansu Sekhar Rout	M	Sleeves	Open	72.82	75	135	145	-155	145	90	-105	-105	90	-150	150	165	165	400	292.53	SBD
	1 Jaydeep Roy	M	Sleeves	Open	81.8	82.5	215	225	235	235	125	135	-140	135	235	250	-257.5	250	620	422.03	SBD
	2 Naresh M Narsimhappa	M	Sleeves	Open	76.72	82.5	100	120	140	140	-80	90	-110	90	140	160	180	180	410	289.97	SBD
DQ	Abhishek Mc	M	Sleeves	Open	81.1	82.5	200	-205	-205	200	120	122.5	-127.5	122.5	-222.5	-222.5	-225				SBD
DQ	Pranjal shukla	M	Sleeves	Open	82.5	82.5	165	175	-182.5	175	107.5	-112.5	112.5	112.5	-192.5	-192.5					SBD
	1 Altamash Azam	M	Sleeves	Open	89.9	90	-230	230	240	240	150	160	165	165	260	270	280	280	685	443.17	SBD
	2 Prasanta Parida	M	Sleeves	Open	89	90	-255	260	-272.5	260	130	-140	-140	130	260	272.5	-280	272.5	662.5	430.81	SBD
	3 Rahul Ranjan Gogoi	M	Sleeves	Open	88.9	90	217.5	227.5	235	235	155	165	-170	165	-230	230	250	250	650	422.92	SBD
	4 Chandrakanth.H	M	Sleeves	Open	86.2	90	-170	-175	175	175	-77.5	85	-90	85	-170	172.5	182.5	182.5	442.5	292.6	SBD
	5 Abhishek r pai	M	Sleeves	Open	87.6	90	125	130	140	140	72.5	80	-87.5	80	202.5	210	-215	210	430	281.92	SBD
	1 Chaitanya	M	Sleeves	Open	108.6	110	225	240	250	250	132.5	142.5	150	150	232.5	242.5	-250	242.5	642.5	382.39	SBD
	2 Harishudhan Sreedevi	M	Sleeves	Open	108.36	110	190	205	215	215	115	130	-140	130	-240	245	255	255	600	357.4	SBD
	1 Suraj p	M	Sleeves	Open	116.2	125	225	235	-245	235	140	145	150	150	240	245	250	250	635	368.7	SBD
	2 Mehowil	M	Sleeves	Open	111.9	125	180	195	202.5	202.5	130	135	140	140	225	240	250	250	592.5	348.69	SBD
	3 Abhishek Maxy	M	Sleeves	Open	124.9	125	180	195	-210	195	110	125	-130	125	190	210	-215	210	530	300.46	SBD
	1 Bharath.M	M	Sleeves	T13-15	74.34	75	75	85	90	90	40	45	47.5	47.5	95	107.5	112.5	112.5	250	180.38	SBD
	1 Ayush Kumar	M	Sleeves	T16-17	80.6	82.5	150	160	-165	160	90	-95	95	95	200	210	-215	210	465	319.24	SBD
	1 B C Athish Shekar	M	Sleeves	T18-19	81.72	82.5	-170	170	175	175	80	-87.5	-90	80	190	210	220	220	475	323.51	SBD
	1 Rupin VR	M	Sleeves	T18-19	89.54	90	185	200	207.5	207.5	112.5	120	125	125	210	225	-245	225	557.5	361.41	SBD
	1 Anuranan Gogoi	M	Sleeves	T18-19	91.4	100	200	217.5	227.5	227.5	135	142.5	147.5	147.5	220	-230	232.5	232.5	607.5	389.8	SBD
	1 A. Gautham	M	Sleeves	Youth	40.66	52	25	30	32.5	32.5	15	17.5	-20	17.5	50	55	57.5	57.5	107.5	133.96	SBD
DQ	Dhanush N V	M	Bare	J20-23	89.9	90									220		240	240			BD
	1 Praveen R	M	Bare	J20-23	94.06	100					-90	95	110	110	190	205	-212.5	205	315	199.34	BD
	1 Nagendra Kaipa	M	Bare	M40-44	76.9	82.5					80	-95	100	100	150	165	172.5	172.5	272.5	192.44	BD
	1 Punith	M	Bare	Open	98.32	100					120	140	-147.5	140	-220	-240	245	245	385	238.74	BD
DQ	Pratham mp	M	Bare	T16-17	64.44	67.5					-70	-72.5	-72.5		-155	-160	160	160			BD
	1 Rehhan Theja R	M	Bare	T16-17	74.5	75					70	-75	75	75	140	150	-160	150	225	162.11	BD
	1 Deekshith Ajappa D	M	Bare	T18-19	58.9	60					-75	75	-85	75	-165	-175	177.5	177.5	252.5	216.41	BD
	1 Likith M V	M	Bare	T18-19	65.8	67.5					65	-75	75	75	185	195	-200	195	270	212.03	BD
	1 Rupin VR	M	Bare	T18-19	89.54	90					112.5	120	125	125	210	225	-245	225	350	226.9	BD
DQ	Prem R	M	Bare	T18-19	84.14	90					-60	-70	-80		60	80	100	100			BD
	1 Dhanush N V	M	Sleeves	J20-23	89.9	90					80	-100		80	220	235	240	240	320	207.03	BD

DQ		S	Bare	65.2	67.5	-65	-65	-65									B
	1	Dhanush S	M Bare	J20-23	81.2	82.5	100	110	-115	110					110	75.19	B
	1	Jayant Trivedi	M Bare	J20-23	92.2	100	-102.5	105	110	110					110	70.28	B
	2	Praveen R	M Bare	J20-23	94.06	100	-90	95	110	110					110	69.61	B
	1	Nitin Ebenezer	M Bare	Open	67.4	67.5	135	140	-145	140					140	108.02	B
	1	Manan Chaudhary	M Bare	Open	80.84	82.5	92.5	97.5	102.5	102.5					102.5	70.25	B
	1	Nilotpal Roy	M Bare	Open	89.86	90	115	125	130	130					130	84.12	B
	2	T S Pawan	M Bare	Open	87.3	90	-110	-110	110	110					110	72.25	B
	1	Kiran Kumar P	M Bare	Open	105.9	110	172.5	-182.5	-185	172.5					172.5	103.68	B
	1	Rupin VR	M Bare	T18-19	89.54	90	112.5	120	125	125					125	81.03	B
	1	Dharmraj	M Bare	J20-23	51.48	52					-150	162.5	170	170	170	164.39	D
DQ		Nanda Kumar M	M Bare	J20-23	82	82.5					-235	-235	-235				D
	1	Dhanush N V	M Bare	J20-23	89.9	90					220		240	240	240	155.27	D
	1	Praveen R	M Bare	J20-23	94.06	100					190	205	-212.5	205	205	129.73	D
	1	Arockianathan	M Bare	M40-44	67.3	67.5					170	185	-200	185	185	142.89	D
	1	Vishnu Mehta	M Bare	Open	66.24	67.5					-145	150	160	160	160	125.03	D
	1	Yashas Samaga	M Bare	Open	74.6	75					190	-200	200	200	200	143.98	D
	1	Prasanta Parida	M Bare	Open	89	90					260	272.5	-280	272.5	272.5	177.2	D
	2	T S Pawan	M Bare	Open	87.3	90					200	210	220	220	220	144.5	D
	1	Abhishek Vivekananthan	M Bare	Open	108.1	110					220	230	-240	230	230	137.13	D
	1	Siddharth pal	M Bare	T13-15	57.3	60					120	137.5	145	145	145	127.22	D
	1	Deekshith Ajappa D	M Bare	T18-19	58.9	60					-165	-175	177.5	177.5	177.5	152.13	D
	1	Rishab Nirmalkar	M Bare	T18-19	62.2	67.5					175	200	205	205	205	168.08	D
	2	Likith M V	M Bare	T18-19	65.8	67.5					185	195	-200	195	195	153.13	D
	1	B C Athish Shekar	M Bare	T18-19	81.72	82.5					190		220	220	220	149.84	D
	1	Rupin VR	M Bare	T18-19	89.54	90					210	225	-245	225	225	145.86	D
	2	Prem R	M Bare	T18-19	84.14	90					60	80	100	100	100	67	D
	1	A. Gautham	M Bare	Youth	40.66	52					50	55	57.5	57.5	57.5	71.65	D
	1	Dhanush N V	M Sleeves	J20-23	89.9	90					220	235	240	240	240	155.27	D