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Federa	Date	Meet	MeetState	MeetTown	MeetName	Formula																
World	'2026-06-06	India	Bangalore	Bangalore	WPC Karnataka open state championship 2026	Wilks																
Place	Name	Sex	Age	Equipment	Division	BodywtKg	WtClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Dead	TotalKg	Points	Event
	1 Andrea Violet Solomon	F		Bare	J20-23	51	52	80	90		90	37.5	40		40	120	127.5	132.5	132.5	262.5	332.17	SBD
	2 K Yasmin Taj	F	20	Bare	J20-23	51	52	-80	85	-92.5	85	40	45	47.5	47.5	100	-110	-110	100	232.5	294.21	SBD
	3 Gagana. P	F		Bare	J20-23	51.4	52	-57.5	57.5	60	60	27.5	32.5	35	35	80	87.5	95	95	190	238.99	SBD
DQ	Sahana Kwagali	F	21	Bare	J20-23	60	60	-62.5	65	77.5	77.5	47.5	50	55	55	-105	-112.5	-112.5				SBD
DQ	Punya Reddy	F		Bare	J20-23	73.5	75	40	55	-70	55	-45	-45	-45		75	85	-95	85			SBD
	1 Arpita C Belagavi	F	40	Bare	M40-44	62.9	67.5	95	-110	112.5	112.5	55	62.5	-70	62.5	145	155	162.5	162.5	337.5	362.9	SBD
	1 Anne Morris	F		Bare	M45-49	76.5	82.5	80	85	90	90	40	42.5	45	45	110	115	-122.5	115	250	234.78	SBD
DQ	Amrutha Moorthy	F		Bare	Open	47.5	48	67.5	-72.5	72.5	72.5	-45	-47.5	-47.5		95	100	102.5	102.5			SBD
DQ	Swagatika Nanda	F		Bare	Open	51	52	-40	-40	-40		-40	-40	-40		70	75	85	85			SBD
	1 Bhaswati Rani	F		Bare	Open	52.8	56	77.5	85	-90	85	35	40	42.5	42.5	90	100	110	110	237.5	292.59	SBD
	1 Maria Yabu	F		Bare	Open	65.9	67.5	110	120	130	130	60	67.5	-72.5	67.5	120	130	145	145	342.5	355.7	SBD
	1 Shreya Terdal	F		Bare	T18-19	42.7	44	-40	-40	40	40	30	-35	-35	30	70	75	-85	75	145	208.21	SBD
	1 Alaka pradhan	F		Sleeves	J20-23	39.5	44	42.5	-55	55	55	25	30	32.5	32.5	75	90	-100	90	177.5	266.98	SBD
	1 Veshmitha Devi DS	F		Sleeves	J20-23	73.6	75	110	117.5	-125	117.5	45	47.5	50	50	110	115	-120	115	282.5	271.79	SBD
	1 Neeti Agrawal	F		Sleeves	M40-44	58.9	60	80	-85	85	85	-40	40	42.5	42.5	105	110	115	115	242.5	274.28	SBD
	1 Varsha Rajpurohit	F		Sleeves	M40-44	73.6	75	105	115	125	125	-47.5	-47.5	47.5	47.5	120	130	-140	130	302.5	291.03	SBD
	1 Sonika gogoi	F		Sleeves	Open	58.8	60	112.5	120	-127.5	120	52.5	57.5	62.5	62.5	120	132.5	145	145	327.5	370.9	SBD
	2 Sonam Mahankudo	F		Sleeves	Open	59.5	60	105	112.5	-117.5	112.5	-35	37.5	-40	37.5	115	120	127.5	127.5	277.5	311.4	SBD
	1 Natasha unugboji	F		Sleeves	Open	64.8	67.5	105	110	120	120	60	67.5	72.5	72.5	110	125	137.5	137.5	330	347	SBD
	1 Manisha Modak	F		Sleeves	Open	71.7	75	-150	150	-160	150	-57.5	57.5	-62.5	57.5	130	-140	-140	130	337.5	330.33	SBD
	2 Nivedha Dilip	F		Sleeves	Open	73.3	75	-90	90	105	105	-60	60	70	70	115	130	140	140	315	303.86	SBD
	1 Lilima Nayak	F		Sleeves	Open	77.5	82.5	130	-140	140	140	70	80	90	90	145	155	-165	155	385	358.76	SBD
	1 Arul Rebecca Jesudoss	F		Sleeves	Open	83.4	90	110	120	-130	120	45	50	-57.5	50	115	120	130	130	300	268.49	SBD
	1 Maryam Mohammed	F		Sleeves	T18-19	73.3	75	105	-112.5	-112.5	105	37.5	40	42.5	42.5	125	135	145	145	292.5	282.16	SBD
	1 Aarya S Gadiya	F		Sleeves	Youth	24	44	20	30	-35	30	-12.5	12.5	-15	12.5	30	40	-45	40	82.5	138.39	SBD
	1 Gagana. P	F		Bare	J20-23	51.4	52					27.5	32.5	35	35	80	87.5	95	95	130	163.52	BD
DQ	Punya Reddy	F		Bare	J20-23	73.5	75					-45	-45	-45		75	85	-95	85			BD
	1 Preethi Raghunath	F		Bare	Open	67.5	67.5					50	57.5	62.5	62.5	110	125	140	140	202.5	206.68	BD
	1 Arul Rebecca Jesudoss	F		Bare	Open	83.4	90					45	50	-57.5	50	115	120	130	130	180	161.09	BD
	1 Shreya Terdal	F		Bare	T18-19	42.7	44					30	-35	-35	30	70	75	-85	75	105	150.77	BD
	1 Sahana Kwagali	F	21	Bare	J20-23	60	60					47.5	50	55	55					55	61.32	B
	1 Lilima Nayak	F		Bare	Open	77.5	82.5					70	80	90	90					90	83.87	B
	1 Andrea Violet Solomon	F		Bare	J20-23	51	52									120	127.5	132.5	132.5	132.5	167.67	D
	2 Gagana. P	F		Bare	J20-23	51.4	52									80	87.5	95	95	95	119.49	D
	1 Varsha Jagadeesh	F		Bare	Open	54.9	56									125	135	140	140	140	167.31	D
	1 Arpita C Belagavi	F		Bare	Open	62.9	67.5									145	155	162.5	162.5	162.5	174.73	D
	1 Arul Rebecca Jesudoss	F		Bare	Open	83.4	90									115	120	130	130	130	116.35	D
	1 Shreya Terdal	F		Bare	T18-19	42.7	44									70	75	-85	75	75	107.69	D
	1 Radhika S Gadiya	F		Bare	Youth	17	44									12.5	15	-20	15	15	25.16	D
NS	Shamshaji	M		Bare																		SBD
	1 Sheik mutahar Ulla	M		Bare	J20-23	52	52	110	-125	-125	110	55	62.5	-70	62.5	160	-167.5	167.5	167.5	340	333.63	SBD
	1 Yeshwanth Reddy M	M		Bare	J20-23	64.1	67.5	-120	120	127.5	127.5	82.5	85	-92.5	85	190	202.5	205	205	417.5	335.92	SBD
	2 Charan A	M		Bare	J20-23	65.7	67.5	110	130	-140	130	80	87.5	-90	87.5	150	160	167.5	167.5	385	303.44	SBD
	3 Mohamed Ghouse	M		Bare	J20-23	62	67.5	115	120	-125	120	60	67.5	70	70	130	-137.5	137.5	137.5	327.5	271.22	SBD
	4 Abhinav Verma	M		Bare	J20-23	63.8	67.5	95	100	-110	100	65	70	77.5	77.5	120	135	150	150	327.5	264.56	SBD
	1 kaushik P Pai	M		Bare	J20-23	71.6	75	140	150	160	160	80	90	97.5	97.5	200	220	225	225	482.5	355.48	SBD
	2 Chetan Ram	M		Bare	J20-23	74.5	75	140	155	-157.5	155	85	-92.5	-92.5	85	165	175	-185	175	415	297.1	SBD
	1 Chiranth S J	M	22	Bare	J20-23	80.4	82.5	110	117.5	120	120	60	65	-67.5	65	180	190	195	195	380	258.61	SBD
	1 Dhanush S	M		Bare	J20-23	89.4	90	135	145	155	155	75	80	-85	80	150	165	175	175	410	262.64	SBD
	1 Shaahid Ahmed S	M		Bare	J20-23	94.6	100	175	195	200	200	130	-132.5	-132.5	130	245	260	-275	260	590	367.7	SBD
	2 Praveen R	M		Bare	J20-23	97.5	100	195	205	-217.5	205	117.5	127.5	-135	127.5	215	-225	-225	215	547.5	336.7	SBD
	1 Prajwal Immadi	M		Bare	J20-23	113.6	125	165	-175	175	175	110	120	-122.5	120	-215	220	-222.5	220	515	300.24	SBD
	1 Prince C Martin	M		Bare	M45-49	74	75	125	130	132.5	132.5	90	100	-102.5	100	160	170	180	180	412.5	296.72	SBD
	1 Azamathulla Mohammed	M		Bare	M45-49	104.7	110	220	240	240	240	100	115	115	115	225	-250	-250	225	580	346.93	SBD
	1 Mohammed Arham Modi	M		Bare	Open	53.7	56	120	132.5		132.5	60	70	-75	70	212.5	225	230	230	432.5	410.54	SBD
	1 Arindam Mondal	M		Bare	Open	59.1	60	120	125	127.5	127.5	80	85	87.5	87.5	135	142.5	147.5	147.5	362.5	313.5	SBD
	1 Somnil Mukherjee	M		Bare	Open	66.8	67.5	145	152.5	-157.5	152.5	87.5	90	-92.5	90	170	-177.5	-177.5	170	412.5	271.22	SBD
	2 Srinivas NV	M		Bare	Open	65.6	67.5	100	-115	115	115	80	87.5	-90	87.5	155	165	-175	165	367.5	290.01	SBD
	1 Rajat Kumar Panda	M		Bare	Open	74.7	75	145	160	170	170	100	112.5	125	125	185	205	215	215	510	364.42	SBD
	2 Mallikarjun N	M		Bare	Open	74	75	165	177.5	182.5	182.5	100	107.5	110	110	192.5	205	-207.5	205	497.5	357.86	SBD
	3 Nadraj	M		Bare	Open	72.8	75	-150	160	-170	160	100	-110	-110	100	200	212.5	-222.5	212.5	472.5	343.89	SBD
	4 Sagar Mrinal	M		Bare	Open	74.2	75	137.5	147.5	160	160	80	90	-97.5	90	145	160	-167.5	160	410	294.36	SBD
	1 Rakshit Pai	M		Bare	Open	75.4	82.5	170	182.5	190	190	115	125	130	130	220	-230	-230	220	540	383.37	SBD
	2 Mahipal Singh Mehta	M		Bare	Open	82.3	82.5	145	165	172.5	172.5	85	105	110	110	200	212.5	220	220	502.5	337.12	SBD
	3 Dhanush S	M		Bare	Open	77.9	82.5	160	162.5	170	170	105	110	-112.5	110	205	-210	210	210	490	340.3	SBD
	4 Pawan	M		Bare	Open	78.4	82.5	125	-132.5	-135	125	80	85	87.5	87.5	177.5	190	202.5	202.5	415	287.01	SBD
	5 Sachin Kumar Singh	M		Bare	Open	82	82.5	120	127.5	132.5	132.5	90	95	102.5	102.5	130	145	-155	145	380	255.5	SBD
	1 Prasanta Kumar Parida	M		Bare	Open	88.9	90	245	262.5	275	275	120	130	-135	130	270	285	-292.5	285	690	443.29	SBD
	2 Prakash Doley	M		Bare	Open	88	90	190	-2													

2	Azamathulla Mohammed	M	Sleeves	Open	104.7	110	220	240		240	100	115		115	225	-250	-250	225	580	346.93	SBD
3	Mohit Davesar	M	Sleeves	Open	105.5	110	180	192.5	200	200	115	120	127.5	127.5	230	245	-250	245	572.5	341.53	SBD
4	Siddarth Sreevatsa	M	Sleeves	Open	109.6	110	150	160	-170	160	80	90	-92.5	90	160	180	-195	180	430	253.34	SBD
1	Abhishek George maxy	M	Sleeves	Open	125	125	200	215	-225	215	110	120	-125	120	210	215	-220	215	550	313.41	SBD
2	Karan V Hari	M	Sleeves	Open	114.8	125	100	115	130	130	70	85	-90	85	140	160	170	170	385	223.81	SBD
1	Dheeraj Raj Singh	M	Sleeves	T13-15	61.9	67.5	-105	-105	105	105	45	50	-57.5	50	135	145	152.5	152.5	307.5	255.02	SBD
1	Yahyah Mohammed	M	Sleeves	T13-15	91.7	100	110	120	130	130	50	55	60	60	125	140	150	150	340	215.04	SBD
1	Sachin N	M	Sleeves	T18-19	57.6	60	130	-140	-140	130	-70	-75	75	75	180	185	-190	185	390	345.52	SBD
1	Sanjit R	M	Sleeves	T18-19	66.8	67.5	130	135	140	140	87.5	90	-95	90	165	170	180	180	410	318.78	SBD
1	sohursh shankar	M	Sleeves	T18-19	69.9	75	75	80	85	85	45	47.5	-50	47.5	90	97.5	102.5	102.5	235	176.3	SBD
1	Fahad motukalla	M	Sleeves	T18-19	81.7	82.5	137.5	145	-155	145	80	90	-95	90	170	180	-185	180	415	279.65	SBD
1	Mohammed Faiz Siddique	M	Sleeves	T18-19	98.1	100	180	190	-200	190	122.5	130	-140	130	185	200	207.5	207.5	527.5	323.56	SBD
1	Maaz Ahmed Khan	M	Bare		78.3	82.5					105	115	120	120	210	-220	220	220	340	235.34	BD
1	Chetan Ram	M	Bare	J20-23	74.5	75					85	-92.5	-92.5	85	165	175	-185	175	260	186.13	BD
1	Praveen R	M	Bare	J20-23	97.5	100					117.5	127.5	-135	127.5	215	-225	-225	215	342.5	210.63	BD
1	Prajwal Immadi	M	Bare	J20-23	113.6	125					110	120	-122.5	120	-215	220	-222.5	220	340	198.22	BD
1	Prasanth km	M	Bare	M40-44	74.4	75					85	92.5	97.5	97.5	180	190	-200	190	287.5	206.02	BD
1	Gowtham KM	M	Bare	M40-44	81.2	82.5					120	127.5	132.5	132.5	200	215	220	220	352.5	238.43	BD
1	Mohammed Rayyan Khan	M	Bare	Open	62.4	67.5					90	97.5	107.5	107.5	165	175	190	190	297.5	244.99	BD
2	Somnil Mukherjee	M	Bare	Open	66.8	67.5					87.5	90	-92.5	90	170	-177.5	-177.5	170	260	202.15	BD
1	Mr. KC Michael	M	Bare	Open	73.9	75					95	110	-117.5	110	225	245	-255	245	355	255.6	BD
2	Rajat Kumar Panda	M	Bare	Open	74.7	75					100	112.5	125	125	185	205	215	215	340	242.95	BD
3	David Ajay A	M	Bare	Open	74.4	75					100	110	-115	110	200	-207.5	210	210	320	229.31	BD
1	Arvind S	M	Bare	Open	81	82.5					125	-130	130	130	277.5	-290		277.5	407.5	276.05	BD
2	Mahipal Singh Mehta	M	Bare	Open	82.3	82.5					85	105	110	110	200	212.5	220	220	330	221.39	BD
3	Dhanush S	M	Bare	Open	77.9	82.5					105	110	-112.5	110	205	-210	210	210	320	222.24	BD
1	Nilotpal Roy	M	Bare	Open	89.4	90					115	122.5	-130	122.5	195	205	210	210	332.5	212.99	BD
1	Abhishek pai	M	Bare	Open	94.7	100					87.5	95	100	100	195	-210	225	225	325	202.45	BD
1	Kiran Kumar P	M	Bare	Open	107.6	110					180	-190	190	190	255	-265	-265	255	445	263.72	BD
1	Radeesh V	M	Bare	Open	117.5	125					85	100	110	110	190	200	212.5	212.5	322.5	186.35	BD
1	Saideep Chatterjee	M	Bare	T13-15	69.9	75					40	45	50	50	100	110	120	120	170	127.54	BD
1	Joel Michael	M	Bare	T18-19	55.5	56					45	50	-52.5	50	100	107.5	115	115	165	151.54	BD
1	Sanjit R	M	Bare	T18-19	66.8	67.5					87.5	90	-95	90	165	170	180	180	270	209.93	BD
1	Maaz Ahmed Khan	M	Bare		78.3	82.5					105	115	120	120				120	83.06	B	
1	Ningseba T Sangtam	M	Bare	J20-23	65.8	67.5					100	-105	105	105				105	82.65	B	
1	Dhanush S	M	Bare	J20-23	81.3	82.5					110	117.5	-122.5	117.5				117.5	79.42	B	
1	Sourin Dutta Guchhait	M	Bare	J20-23	85	90					105	110	-122.5	110				110	72.42	B	
1	Gowtham KM	M	Bare	M40-44	81.2	82.5					120	127.5	132.5	132.5				132.5	89.62	B	
2	Ananth Kumar. M	M	Bare	M40-44	80.5	82.5					90	95	105	105				105	71.4	B	
1	suresh prasad g	M	Bare	M45-49	89.7	90					120	127.5	-130	127.5				127.5	81.53	B	
1	Tauseef Ahmed Shariff	M	Bare	Open	60	60					75	77.5	80	80				80	68.23	B	
1	Nishant Madhu	M	Bare	Open	65.5	67.5					105	-110	110	110				110	86.92	B	
2	Somnil Mukherjee	M	Bare	Open	66.8	67.5					87.5	90	-92.5	90				90	69.98	B	
3	Srinivas NV	M	Bare	Open	65.6	67.5					80	87.5	-90	87.5				87.5	69.05	B	
1	Rajat Kumar Panda	M	Bare	Open	74.7	75					100	112.5	125	125				125	89.32	B	
1	Rakshit Pai	M	Bare	Open	75.4	82.5					115	125	130	130				130	92.29	B	
2	Dhanush S	M	Bare	Open	77.9	82.5					105	110	-112.5	110				110	76.39	B	
1	Nilotpal Roy	M	Bare	Open	89.4	90					115	122.5	-130	122.5				122.5	78.47	B	
1	Subrahmanya Gajanan Shastri	M	Bare	Open	90.8	100					120	-130	-130	120				120	76.27	B	
2	Abhishek pai	M	Bare	Open	94.7	100					87.5	95	100	100				100	62.29	B	
1	Kiran Kumar P	M	Bare	Open	107.6	110					180	-190	190	190				190	112.6	B	
2	Abhishek Vivekananthan	M	Bare	Open	102.1	110					117.5	-125	-125	117.5				117.5	70.93	B	
1	Sanjay Parthasarathy	M	Bare	Open	116	125					110	120	-130	120				120	69.57	B	
2	Radeesh V	M	Bare	Open	117.5	125					85	100	110	110				110	63.56	B	
1	Rehhan Theja R	M	Bare	T16-17	75	75					-70	70	82.5	82.5				82.5	58.79	B	
1	Joel Michael	M	Bare	T18-19	55.5	56					45	50	-52.5	50				50	45.92	B	
1	Sanjit R	M	Bare	T18-19	66.8	67.5					87.5	90	-95	90				90	69.98	B	
1	Maaz Ahmed Khan	M	Bare		78.3	82.5									210	-220	220	220	220	152.28	D
1	Vignesh K	M	Bare	J20-23	58.5	60									170	182.5	-190	182.5	182.5	159.34	D
2	Prajwal	M	21	Bare	J20-23	57.8	60								160	175	177.5	177.5	177.5	156.74	D
3	Akash B	M	21	Bare	J20-23	57.4	60								150	165	175	175	175	155.56	D
1	Yeshwanth Reddy M	M	Bare	J20-23	64.1	67.5									190	202.5	205	205	205	164.94	D
2	Sk Sahil	M	22	Bare	J20-23	60.6	67.5								177.5	192.5	200	200	200	169.04	D
1	kaushik P Pai	M	Bare	J20-23	71.6	75									200	220	225	225	225	165.77	D
1	Shaahid Ahmed S	M	Bare	J20-23	94.6	100									245	260	-275	260	260	162.04	D
2	Dhanush N V	M	Bare	J20-23	98.4	100									225	240	250	250	250	153.15	D
1	Prajwal Immadi	M	Bare	J20-23	113.6	125									-215	220	-222.5	220	220	128.26	D
2	Hrithik M	M	Bare	J20-23	114.9	125									185	-200	-200	185	185	107.52	D
1	Prasanth km	M	Bare	M40-44	74.4	75									180	190	-200	190	190	136.15	D
1	Gowtham KM	M	Bare	M40-44	81.2	82.5									200	215	220	220	220	148.81	D
2	Ananth Kumar. M	M	Bare	M40-44	80.5	82.5									215	-222.5	-222.5	215	215	146.21	D
1	Mohammed Arham Modi	M	Bare	Open	53.7	56									212.5	225	230	230	230	218.32	D
1	Srinivas NV	M	Bare	Open	65.6	67.5									155	165	-175	165	165	130.21	D
1	Mr. KC Michael	M	Bare	Open	73.9	75									225	245	-255	245	245	176.4	D
2	Rajat Kumar Panda	M	Bare	Open	74.7	75									185	205	215	215	215	153.63	D
3	David Ajay A	M	Bare	Open	74.4	75									200	-207.5	210	210	210	150.48	D
1	Arvind S	M	Bare	Open	81	82.5									277.5	-290		277.5	277.5	187.99	D
2	Rakshit Pai	M	Bare	Open	75.4	82.5									220	-230	-230	220	220	156.19	D
3	Mahipal Singh Mehta	M	Bare	Open	82.3	82.5									200	212.5	220	220	220	147.59	D
4	Dhanush S	M	Bare	Open	77.9	82.5									205	-210	210	210	210	145.84	D
1	Prasanta Kumar Parida	M	Bare	Open	88.9	90															