

ASIAN POWERLIFTING FEDERATION
Asian University Women's Equipped Powerlifting Championships, Dehradun (India), 06-12.05.2025

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts			
-52kg																					
1	Aishwarya Shyamrao	17.05.0	SU	51.50	0.2050	1	110.0	130.0	137.5	2	60.0	67.5	70.0	2	122.5	132.5	137.5	1	345.0	70.73	12
2	Chandana Thudi Siri	24.09.0	SU	51.50	0.2050	2	130.0	137.5	142.5	1	75.0	77.5	80.0	1	110.0	117.5	120.0	2	340.0	69.71	9
-63kg																					
1	Baiju Seeya Metilda	09.07.0	UC	59.00	0.1876	4	155.0	165.0	X	1	85.0	92.5	97.5	1	160.0	180.0	180.0	1	422.5	79.27	12
2	Kumari Amrita	06.03.0	MGKV	62.00	0.1822	3	142.5	145.0	150.0	2	65.0	70.0	77.5	2	100.0	102.5	130.0	2	330.0	60.12	9
-76kg																					
1	. Nagashree	12.03.0	M U	74.75	0.1653	9	140.0	155.0	175.0	1	60.0	65.0	70.0	2	130.0	150.0	160.0	1	395.0	65.31	12
2	Pujitha Kummari	31.07.0	SU	75.80	0.1643	10	110.0	120.0	130.0	2	60.0	70.0	75.0	1	125.0	135.0	142.5	2	327.5	53.80	9
-84kg																					
1	Shabeena Shaik	04.01.0	KLU	82.15	0.1587	5	170.0	180.0	190.0	1	75.0	80.0	85.0	2	165.0	175.0	182.5	1	450.0	71.41	12
2	Dagar Bhumika	16.06.0	MDU	84.00	0.1573	6	160.0	180.0	192.5	2	92.5	102.5	102.5	1	150.0	160.0	177.5	2	442.5	69.59	9
3	Nair A Gouri	04.04.0	UE	83.55	0.1576	7	150.0	160.0	160.0	3	80.0	85.0	87.5	3	125.0	135.0	140.0	3	385.0	60.68	8
84+kg																					
1	Sharma Sneha	10.11.9	GEHU	94.60	0.1506	8	150.0	170.0	187.5	1	72.5	82.5	92.5	1	142.5	145.0	155.0	1	417.5	62.90	12

Team (points)

1	satavahana university	30	[12+9+9]	194.24	IPF GL
2	University of Calicut	12	[12]	79.27	IPF GL
3	KL University	12	[12]	71.41	IPF GL
4	Mangalore University	12	[12]	65.31	IPF GL
5	GRAPHIC ERA HILL UNIVERSITY	12	[12]	62.90	IPF GL
6	Maharshi Dayanand University	9	[9]	69.59	IPF GL
7	MAHATMA GANDHI KASHI VIDYAPITHI	9	[9]	60.12	IPF GL
8	University of Kerala	8	[8]	60.68	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Baiju Seeya Metilda	UC	59.00	422.5	79.2733	1
2.	Shabeena Shaik	KLU	82.15	450.0	71.4051	1
3.	Aishwarya Shyamrao	SU	51.50	345.0	70.7333	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

GEHU = GRAPHIC ERA HILL UNIVERSITY

KLU = KL University

M U = Mangalore University

MDU = Maharshi Dayanand University

SU = satavahana university

UC = University of Calicut

UE = University of Kerala

