



ANDHRA PRADESH POWER LIFTING ASSOCIATION

**10th ANDHRA PRADESH STATE INTER DISTRICT
Sub Junior, Junior & Masters (Men & Women) Equipped
Power Lifting & Bench Press Championship - 2023**

**22ND TO 23RD APRIL 2023 INDOOR STADIUM ANDHRA UNIVERSITY VISAKHAPATNAM
Sub Junior Boys Powerlifting Results**

53 Kg						
Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	C Rakesh	Kadapa	112.5	67.5	135	315
2	G Jaya Sai Krishna	Guntur	130	55	110	295
3	S Naga Mahendra	Anakapalli	95	45	115	255
4	CH Kumara Swamy	Visakha	80	45	125	250
5	A Jagadish	Krishna	70	50	120	240
6	K Karthick	Palnadu	65	40	70	175

59 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	G Hema Vardhan	Guntur	160	70	180	410
2	P Vinay Kumar	VZM	122.5	72.5	175	370
3	M Mahesh Babu	Prakasam	125	65	142.5	332.5
4	Veera Babu V	Konaseema	100	70	130	300
5	P Durga Prasad	VZM	90	72.5	120	282.5
6	P Karthick	Konaseema	100	60	110	270
7	A B J Naveen Kumar	Anakapalli	100	50	110	260
8	G Vasu	Anakapalli	75	30	120	225

66 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	S G Kishore	Kadapa	160	100	195	455
2	N Harsha Bala Nitish	Krishna	180	82.5	190	452.5
3	P Jhon Babu	Krishna	170	65	195	430
4	G Siva Veerayya	Guntur	180	70	180	430
5	B Yaswanth	Konaseema	170	77.5	140	387.5
6	S Gagan Kumar	VZM	135	75	170	380
7	V Ram Mohan Rao	VZM	110	60	140	310
8	Shiek Raheem	Guntur	110	50	130	290
9	M Praveen	Anakapalli	85	40	120	245
10	M Ganesh	Anakapalli	85	40	95	220

74 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	V Bala Krishna	VZM	130	82.5	180	392.5
2	B Hari Vishnu	VZM	120	72.5	180	372.5
3	K Deva Raj	Guntur	130	72.5	150	352.5
4	S Bala Sai Charan	Anakapalli	100	80	170	350

83 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	G Naga Ganesh	Guntur	190	67.5	205	462.5
2	K Guna Shekar	Guntur	195	80	185	460
3	Chandra Shekar Barik	Krishna	155	70	162.5	387.5
4	G Suresh	Krishna	130	77.5	170	377.5
5	M Siva Sandeep	Konaseema	120	60	150	330
6	A Naveen Kumar	Anakapalli	65	30	95	190

93 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	P Kushwanth	Anakapalli	150	115	160	425
2	N Mahesh Baby	VZM	160	70	190	420
3	A V V Satyanarayana	Konaseema	155	80	165	400
4	K Naveen Kumar	VZM	120	57.5	135	312.5

105 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	D Chaitanya Kumar	VZM	167.5	77.5	210	455
2	T S Bhavani Shankar Rao	Guntur	120	60	170	350
3	Harsha Vardhan Raju	VZM	115	62.5	160	337.5
4	D Venu Sagar	Konaseema	115	45	150	310
5	B Mallam Kondaia	Kadapa	105	50	130	180

120 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	B Mallam Kondaia	Kadapa	105	50	130	285
2	G S D S Chandra	Prakasam	60	42.5	80	182.5

120 + Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	V Jaswanth	Viakha	150	30	170	350

Junior Men Powerlifting Results**53 Kg**

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	G Duryodhana	Nellore	147.5	70	180	397.5
2	Malleshu P	Visakha	125	75	152.5	352.5
3	M Kumar Raja	Krishna	130	55	150	335
4	K Sourab Chakravarthi	Palnadu	100	62.5	155	317.5
5	G Srinivasu	Krishna	75	40	115	230

59 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	D Murali Krishna	Kadapa	220	115	250	585
2	P Bharat Kumar	Guntur	215	115	215	545
3	M Jagan	Konaseema	165	100	190	455
4	Chandan Kumar	Krishna	155	95	180	430
5	V Lava Kumar	Konaseema	140	80	170	390
6	P Mohan	VZM	120	65	142.5	327.5
7	CH Fransis Daniel	Palnadu	95	55	135	285
8	M Gagan Aditya	VZM	90	47.5	125	262.5

66 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	CH Lokesh	Anakapalli	220	125	227.5	572.5
2	N Sarath	Palnadu	220	105	235	560
3	J Lava Kumar	Anakapalli	195	102.5	210	507.5
4	CH Ganeswara Rao	VZM	175	112.5	212.5	500
5	L Dinesh	Guntur	182.5	115	180	477.5
6	G Sachin	Konaseema	135	85	145	365
7	N V Arya	VZM	110	60	150	320
8	D Manohar	VZM	80	55	145	280
9	P S S Kumar Raju	Konaseema	90	60	120	270

74 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	P Vamsi Krishna	Palnadu	265	140	270	675
2	G Akash	Nellore	170	102.5	235	507.5
3	M Krishna Sai	Kadapa	175	107.5	192.5	475
4	G Bhanu Bjarathi	Krishna	180	110	185	475
5	G Nagendra Babu	Guntur	185	62.5	200	447.5
6	J Ravi Teja	VZM	155	100	180	435
7	N Gnaneswer	Palnadu	160	70	180	410

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83 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	B Anil Kumar	Visakha	250	160	252.5	662.5
2	A Satish	Anakapalli	222.5	140	222.5	585
3	P Danesh	Kadapa	195	105	215	515
4	N Mohan Rakesh	Visakha	192.5	85	200	477.5
5	K Balaji	VZM	165	97.5	200	462.5
6	Chandradeep	Kadapa	110	72.5	150	332.5

93 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	Syed Khajavali	Bapatla	280	150	270	700
2	M Kumar Laiteswar Rao	Anakapalli	250	90	220	560
3	A Sai Kumar	East Godavari	197.5	125	210	532.5
4	CH Janana Dharanesh	Anakapalli	170	135	215	520
5	K Mounesh	VZM	160	70	155	385
6	N Kameswar Rao	VZM	90	40	130	260
7	S koushik	Guntur	115	75	160	350

105 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	M Veerendra	Konaseema	245	120	240	605
2	J Chaitanya Ganesh	Bapatla	220	100	225	545
3	D Venu Manikanta	Konaseema	140	60	160	360

120 Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	K Bobby	Konaseema	205	100	210	515
2	G Gowtham	Vzm	180	85	205	470
3	S Sai Bhavani	Konaseema	100	65	160	325

120 + Kg

Placing	Name of the Participant	District	Squat	Bench press	Deadlift	Total
1	CH Ajay	Visakha	200	50	180	430

Bench Press Results**Sub Junior Boys****53 Kg**

Placing	Name of the Participant	District	Bench press	Total
1	K Karthick	Palnadu	40	40

59 Kg

Placing	Name of the Participant	District	Bench press	Total
1	T Nataraj	Anakapalli	90	90

66 Kg

Placing	Name of the Participant	District	Bench press	Total
1	Sheik Kareem	Palnadu	100	100
2	G V Apparao	Anakapalli	90	90

83 Kg

Placing	Name of the Participant	District	Bench press	Total
1	S Deepak	Anakapalli	100	100
2	G Suresh	Krishna	77.5	77.5
3	Chandra Shekar Barik	Krishna	70	70

93 Kg

Placing	Name of the Participant	District	Bench press	Total
1	P Kushwanth	Anakapalli	115	115
2	A V V Satyanarayana	Konaseema	80	80
3	N Surendra	Visakha	65	65

105 Kg

Placing	Name of the Participant	District	Bench press	Total
1	D Venu Manikanta	Konaseema	60	60

**Junior Men
Bench Press Results
53 Kg**

Placing	Name of the Participant	District	Bench press	Total
1	Malleshu P	Visakha	75	75
2	K Sourab Chakravarthy	Palnadu	62.5	62.5

59 Kg

Placing	Name of the Participant	District	Bench press	Total
1	M Jagan	Konaseema	100	100
2	Chandan Kumar	Krishna	95	95
3	V Lava Kumar	Konaseema	80	80
4	Sheik Gouse	Palnadu	60	60

66 Kg

Placing	Name of the Participant	District	Bench press	Total
1	CH Lokesh	Anakapalli	125	125
2	L Dinesh	Guntur	115	115
3	A Suresh	Anakapalli	107.5	107.5

74 Kg

Placing	Name of the Participant	District	Bench press	Total
1	Bittu Kumar	Krishna	85	85

83 Kg

Placing	Name of the Participant	District	Bench press	Total
1	A Satish	Anakapalli	140	140
2	Koushal	Krishna	65	65

93 Kg

Placing	Name of the Participant	District	Bench press	Total
1	CH Janana Dharanesh	Anakapalli	135	135
2	A Sai Kumar	East Godavari	125	125

105 Kg

Placing	Name of the Participant	District	Bench press	Total
1	M Veerendra	Konaseema	120	120

120 Kg

Placing	Name of the Participant	District	Bench press	Total
1	K Bobby	Konaseema	100	100

SAKALA SURYANARAYANA
GENERAL SECRETARY