

National Power Lifting Championship 15 May 2022

Chhattisgarh, India

BINTI BORAH, Department of Physical Education (B.VOC) 3rd Sem student participated in the National Power Lifting Championship 2022 at Chhattisgarh, India and able to secured 3rd position in the event

INDIAN POWERLIFTING FEDERATION
Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
International & Asian Powerlifting Federation
&
Indian Olympic Association



Certificate of Honour

This is to certify that Sri/Ms. BINTI BORAH
of ASSAM has secured IIIrd Place
in the 69 Kg. weight class at the
JUNIOR National Powerlifting Championships
held at CHHATTISGARH during 12th May to 15th May 2022

★ NATIONAL RECORD ★

Body Weight 68.100 Kg.
KILOGRAMS LIFTED
Squat 115 Kg.
Bench Press 40 Kg.
Dead Lift 130 Kg.
Total 285 Kg.
Date of Birth 10/11/1997


PRESIDENT
(I.P.F.)


HONY. GENL. SECRETARY
(I.P.F.)

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