

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..... Venkatesh P Konar.....
of Maharashtra..... has secured IIIrd..... Place
in the 66..... Kg. weight class at the

Senior (U/E) National Powerlifting Championships

held at Jamshedpur..... during 17 March to 20 March 2021

★ NATIONAL RECORD ★

Body Weight 62..... Kg.

KILOGRAMS LIFTED

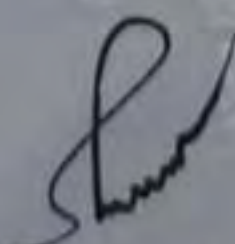
Squat 190..... Kg.

Bench Press 90..... Kg.

Dead Lift 215..... Kg.

Total 495..... Kg.

Date of Birth 07/04/2002.....


PRESIDENT
(I.P.F.)

LC-D-112
HONY. GENL. SECRETARY
(I.P.F.)