

57th National Senior Weightlifting Championship 2010
March 30 – 31, 2010

RESULTS

BODY WEIGHT CLASS 56 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Muhammad Shahzad	Railways	103	129	232
02	Abdullah Ghafoor	WAPDA	98	128	226
03	Imran Ismail	H.E.C.	95	118	213

BODY WEIGHT CLASS 62 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	M. Ishtaiq Ghafoor	WAPDA	112	135	247
02	Usman Akbar	WAPDA	106	130	236
03	M. Farooq	Railways	97	130	227

BODY WEIGHT CLASS 69 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Mati-ur-Rehman	WAPDA	117	145	262
02	Waqar Buksh	Balouchistan	100	110	210
03	Bilal Amin	Army	91	105	196

BODY WEIGHT CLASS 77 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Irfan Islam	WAPDA	134	160	294
02	Habib Asghar	H.E.C.	115	140	255
03	Ghualm Abbass	Railways	101	144	245

BODY WEIGHT CLASS 85 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Khuram Shehzad	WAPDA	122	175	297
02	Ali Shan	Punjab	117	145	262
03	Saddam Sajad	H.E.C.	115	146	261

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BODY WEIGHT CLASS 94 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Usman Amjad Rathore	WAPDA	145	160	305
02	Jamil Akhtar	Railways	119	151	270
03	Ali Pervaiz Butt	H.E.C.	115	148	263

BODY WEIGHT CLASS 105 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Sajjad Amin Malik	WAPDA	145	166	311
02	Sajid Rasool	Railways	132	168	300
03	M. Saqib Raza	H.E.C.	135	165	300

BODY WEIGHT CLASS +105 K.G.

S#	Name	Team	Best Snatch	Best C & J	Total
01	Alam Din	Balochistan	143	180	323
02	Wasif Hanif Butt	Railways	135	165	300
03	Mustaqeem Butt	Punjab	130	160	290

<u>Team</u>	<u>Points</u>	<u>Position</u>
WAPDA	74	1 st
Railways	43	2 nd
H.E.C.	30	3 rd

(Hafiz Imran Butt)
GENERAL SECRETARY