

# MEN'S ASIAN RECORDS

After 2024 ASIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS

Categories	Lift	Result	Name	NAT.	Date	Place
55	Snatch	135	Asian Standard			
	C&Jerk	166	OM Yun Chol	PRK	18 September 2019	Pattaya, Thailand
	Total	294	OM Yun Chol	PRK	18 September 2019	Pattaya, Thailand
61	Snatch	145	LI Fabin	CHN	19 September 2019	Pattaya, Thailand
	C&Jerk	175	LI Fabin	CHN	07 December 2022	Bogota, Colombia
	Total	318	LI Fabin	CHN	19 September 2019	Pattaya, Thailand
67	Snatch	155	HUANG Minhao	CHN	06 July 2019	Tokyo, Japan
	C&Jerk	188	PAK Jong Ju	PRK	20 September 2019	Pattaya, Thailand
	Total	339	CHEN Lijun	CHN	21 April 2019	Ningbo, China
73	Snatch	169	SHI Zhiyong	CHN	20 April 2021	Tashkent, Uzbekistan
	C&Jerk	204	ABDULLAH Rahmat Erwin	INA	03 October 2023	Hangzhou, China
	Total	364	SHI Zhiyong	CHN	28 July 2021	Tokyo, Japan
81	Snatch	175	LI Dayin	CHN	21 April 2021	Tashkent, Uzbekistan
	C&Jerk	209	ABDULLAH Rahmat Erwin	INA	11 September 2023	Riyadh, Saudi Arabia
	Total	378	LYU Xiaojun	CHN	22 September 2019	Pattaya, Thailand
89	Snatch	180	LI Dayin	CHN	10 May 2023	Jinju, South Korea
	C&Jerk	222	TIAN Tao	CHN	10 May 2023	Jinju, South Korea
	Total	396	LI Dayin	CHN	10 May 2023	Jinju, South Korea
96	Snatch	186	MORADI Sohrab	IRI	07 November 2018	Ashgabat, Turkmenistan
	C&Jerk	231	TIAN Tao	CHN	07 July 2019	Tokyo, Japan
	Total	416	MORADI Sohrab	IRI	07 November 2018	Ashgabat, Turkmenistan
102	Snatch	186	Asian Standard			
	C&Jerk	231	Asian Standard			
	Total	412	Asian Standard			
109	Snatch	200	YANG Zhe	CHN	24 April 2021	Tashkent, Uzbekistan
	C&Jerk	241	NURUDINOV Ruslan	UZB	24 April 2021	Tashkent, Uzbekistan
	Total	433	DJURAEV Akbar	UZB	16 December 2021	Tashkent, Uzbekistan
+109	Snatch	217	MINASYAN Gor	BRN	13 May 2023	Jinju, South Korea
	C&Jerk	252	MAN ASAAD	SYR	10 February 2024	Tashkent, Uzbekistan
	Total	464	MINASYAN Gor	BRN	13 May 2023	Jinju, South Korea