

WOMEN'S IRAN RECORDS

After 2024 ASIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS

Categories	Lift	Result	Name	Date	Place
45	Snatch	62	Standard Record		
	C&Jerk	78	Standard Record		
	Total	138	Standard Record		
49	Snatch	68	Standard Record		
	C&Jerk	82	Standard Record		
	Total	148	Standard Record		
55	Snatch	72	Poupak Basami FEB 23 ,1992	2019 World Weightlifting Championships	Pattaya, Thailand
	C&Jerk	94	Poupak Basami FEB 23 ,1992	2022 Islamic Solidarity Games	Konya, Turkey
	Total	165	Poupak Basami FEB 23 ,1992	2022 Islamic Solidarity Games	Konya, Turkey
59	Snatch	81	Reihaneh karimi DEC 11 ,2005	2023 Asian Junior Weightlifting Championships	Delhi, India
	C&Jerk	107	Reihaneh karimi DEC 11 ,2005	2023 Asian Junior Weightlifting Championships	Delhi, India
	Total	188	Reihaneh karimi DEC 11 ,2005	2023 Asian Junior Weightlifting Championships	Delhi, India
64	Snatch	89	Reihaneh karimi DEC 11 ,2005	2023 World Weightlifting Championships	Riyadh, Soudi Arabia
	C&Jerk	112	Reihaneh karimi DEC 11 ,2005	2023 World Weightlifting Championships	Riyadh, Soudi Arabia
	Total	201	Reihaneh karimi DEC 11 ,2005	2023 World Weightlifting Championships	Riyadh, Soudi Arabia

71	Snatch	93	Fatemeh Keshavarz OCT 28 ,2004	2024 Asian Weightlifting Championships	Tashkent, Uzbekistan
	C&Jerk	123	Reihaneh karimi DEC 11 ,2005	2024 Asian Weightlifting Championships	Tashkent, Uzbekistan
	Total	211	Reihaneh karimi DEC 11 ,2005	2024 Asian Weightlifting Championships	Tashkent, Uzbekistan
76	Snatch	96	Elaheh Razzaghi JUN 24,2000	2024 Asian Weightlifting Championships	Tashkent, Uzbekistan
	C&Jerk	124	Elaheh Razzaghi JUN 24,2000	2024 Asian Weightlifting Championships	Tashkent, Uzbekistan
	Total	220	Elaheh Razzaghi JUN 24,2000	2024 Asian Weightlifting Championships	Tashkent, Uzbekistan
81	Snatch	106	Seyedeh Elham Hosseini SEP 16,1988	2023 Asian Weightlifting Championships	Jinju, South Korea
	C&Jerk	131	Seyedeh Elham Hosseini SEP 16,1988	2023 Asian Weightlifting Championships	Jinju, South Korea
	Total	237	Seyedeh Elham Hosseini SEP 16,1988	2023 Asian Weightlifting Championships	Jinju, South Korea
87	Snatch	100	Yekta Jamali DEC 16,2004	2021 World Weightlifting Championships	Tashkent, Uzbekistan
	C&Jerk	123	Zeinab Sheikh Hassan Arbab OCT 15,2002	2023 Asian Weightlifting Championships	Jinju, South Korea
	Total	221	Yekta Jamali DEC 16,2004	2021 World Weightlifting Championships	Tashkent, Uzbekistan
+87	Snatch	103	Standard Record		
	C&Jerk	131	Fatemeh Yousefi DEC 16,2004	2022 Asian Weightlifting Championships	Manama, Bahrain
	Total	226	Standard Record		