

WOMEN'S ASIAN RECORDS

After 2024 IWF WORLD CUP WEIGHTLIFTING CHAMPIONSHIPS

Categories	Lift	Result	Name	NAT.	Date	Place
45	Snatch	87	WON HYON SIM	PRK	31 March 2024	Phuket, Thailand
	C&Jerk	109	WON HYON SIM	PRK	31 March 2024	Phuket, Thailand
	Total	196	WON HYON SIM	PRK	31 March 2024	Phuket, Thailand
49	Snatch	97	Hou Zihui	CHN	01 April 2024	Phuket, Thailand
	C&Jerk	125	Ri Song-gum	PRK	03 February 2024	Tashkent, Uzbekistan
	Total	221	Ri Song-gum	PRK	01 April 2024	Phuket, Thailand
55	Snatch	104	Kang Hyong-yong	PRK	04 February 2024	Tashkent, Uzbekistan
	C&Jerk	131	Kang Hyong-yong	PRK	02 April 2024	Phuket, Thailand
	Total	234	Kang Hyong-yong	PRK	02 April 2024	Phuket, Thailand
59	Snatch	111	Kim Il-gyong	PRK	2 October 2023	Hangzhou, China
	C&Jerk	140	Kuo Hsing-chun	TPE	21 September 2019	Pattaya, Thailand
	Total	248	LUO Shifang	CHN	03 April 2024	Phuket, Thailand
64	Snatch	117	Deng Wei	CHN	11 December 2019	Tianjin, China
	C&Jerk	145	RI Suk	PRK	09 December 2023	Doha, Qatar
	Total	261	Deng Wei	CHN	20 September 2019	Pattaya, Thailand
71	Snatch	120	Liao Guifang	CHN	13 September 2023	Riyadh, Saudi Arabia
	C&Jerk	154	SONG KUK HYANG	PRK	07 February 2024	Tashkent, Uzbekistan
	Total	273	Liao Guifang	CHN	13 September 2023	Riyadh, Saudi Arabia
76	Snatch	124	Rim Jong-sim	PRK	24 September 2019	Pattaya, Thailand
	C&Jerk	156	Zhang Wangli	CHN	26 February 2019	Fuzhou, China
	Total	278	Rim Jong-sim	PRK	26 April 2019	Ningbo, China
81	Snatch	125	Standard Record			
	C&Jerk	161	LIANG Xiaomei	CHN	12 December 2023	Doha, Qatar
	Total	284	LIANG Xiaomei	CHN	12 December 2023	Doha, Qatar
87	Snatch	130	Asian Standard			
	C&Jerk	162	Asian Standard			
	Total	289	Asian Standard			
+87	Snatch	148	LI Wenwen	CHN	25 April 2021	Tashkent, Uzbekistan
	C&Jerk	187	LI Wenwen	CHN	25 April 2021	Tashkent, Uzbekistan
	Total	335	LI Wenwen	CHN	25 April 2021	Tashkent, Uzbekistan