

MEN'S IRAN RECORDS

Categories	Lift	Result	Name	Date	Place
55	Snatch	111	Hafez Ghashghei MAR 16,1995	2019 World Weightlifting Championships	Pattaya, Thailand
	C&Jerk	149	Hafez Ghashghei MAR 16,1995	2019 World Weightlifting Championships	Pattaya, Thailand
	Total	260	Hafez Ghashghei MAR 16,1995	2019 World Weightlifting Championships	Pattaya, Thailand
61	Snatch	120	Hafez Ghashghei MAR 16,1995	2020 International Fajr Cup	Rasht, Iran
	C&Jerk	160	Hafez Ghashghei MAR 16,1995	2020 International Fajr Cup	Rasht, Iran
	Total	280	Hafez Ghashghei MAR 16,1995	2020 International Fajr Cup	Rasht, Iran
67	Snatch	135	Hossein Pakar AUG 16,2000	2020 Asian Junior Weightlifting Championships	Tashkent, Uzbekistan
	C&Jerk	172	Hafez Ghashghei MAR 16,1995	2022 Islamic Solidarity Games	Konya, Turkey
	Total	299	Hafez Ghashghei MAR 16,1995	2022 Islamic Solidarity Games	Konya, Turkey
73	Snatch	151	Mir Mistafa Javadi JUN 22,2000	2021 Asian Weightlifting Championships	Tashkent, Uzbekistan
	C&Jerk	183	Mir Mistafa Javadi JUN 22,2000	2021 Asian Weightlifting Championships	Tashkent, Uzbekistan
	Total	334	Mir Mistafa Javadi JUN 22,2000	2021 Asian Weightlifting Championships	Tashkent, Uzbekistan
81	Snatch	163	Mir Mistafa Javadi JUN 22,2000	2021 World Weightlifting Championships	Tashkent, Uzbekistan
	C&Jerk	204	Mir Mistafa Javadi JUN 22,2000	2021 World Weightlifting Championships	Tashkent, Uzbekistan
	Total	367	Mir Mistafa Javadi JUN 22,2000	2021 World Weightlifting Championships	Tashkent, Uzbekistan

89	Snatch	174	Kianoush Rostami JUL 23,1991	2022 Asian Weightlifting Championships	Manama, Bahrain
	C&Jerk	215	Mir Mistafa Javadi JUN 22,2000	2023 World Weightlifting Championships	Riyadh, Saudi Arabia
	Total	384	Mir Mistafa Javadi JUN 22,2000	2023 World Weightlifting Championships	Riyadh, Saudi Arabia
96	Snatch	186	Sohrab Moradi SEP 22,1988	2018 World Weightlifting Championships	Ashgabat, Turkmenistan
	C&Jerk	230	Sohrab Moradi SEP 22,1988	2018 World Weightlifting Championships	Ashgabat, Turkmenistan
	Total	416	Sohrab Moradi SEP 22,1988	2018 World Weightlifting Championships	Ashgabat, Turkmenistan
102	Snatch	179	Ali Hashemi NOV 01,1991	2018 World Weightlifting Championships	Ashgabat, Turkmenistan
	C&Jerk	227	Rasoul Moutamedi NOV 09,1998	2021 Asian Weightlifting Championships	Tashkent, Uzbekistan
	Total	400	Rasoul Moutamedi NOV 09,1998	2021 Asian Weightlifting Championships	Tashkent, Uzbekistan
109	Snatch	184	Ali Hashemi NOV 01,1991	2022 Olympic	Tokyo, Japan
	C&Jerk	231	Kia Ghadami JAN 26,1991	2019 International Fajr Cup	Tehran, Iran
	Total	405	Kia Ghadami JAN 26,1991	2019 International Fajr Cup	Tehran, Iran
+109	Snatch	206	Ali Davoudi MAR 22,1999	2024 World Weightlifting Championships	Manama, Bahrain
	C&Jerk	262	Alireza Yousefi AUG 27,2003	2024 World Weightlifting Championships	Manama, Bahrain
	Total	459	Ali Davoudi MAR 22,1999	2024 World Weightlifting Championships	Manama, Bahrain