

JUNIOR WOMEN'S IRAN RECORDS Last updated January 30, 2026

Categories	Lift	Result	Name	Date	Place
48	Snatch	64	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	81	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	145	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
53	Snatch	66	Standard Record		
	C&Jerk	83	Standard Record		
	Total	147	Standard Record		
58	Snatch	71	Standard Record		
	C&Jerk	96	Maryam Keshtkar May 06, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	161	Standard Record		
63	Snatch	78	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	105	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	183	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
69	Snatch	95	Reihaneh karimi DEC 11 ,2005	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	C&Jerk	126	Reihaneh karimi DEC 11 ,2005	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	Total	221	Reihaneh karimi DEC 11 ,2005	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
77	Snatch	97	Seyedeh Zahra Hosseini APR 08 ,2008	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	C&Jerk	116	Seyedeh Zahra Hosseini APR 08 ,2008	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	Total	213	Seyedeh Zahra Hosseini APR 08 ,2008	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
86	Snatch	104	Mahsa Beheshty Jun 07, 2009	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	C&Jerk	134	Mahsa Beheshty Jun 07, 2009	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	Total	238	Mahsa Beheshty Jun 07, 2009	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
+86	Snatch	105	Sara Safaverdi JUN 22,2004	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	C&Jerk	122	Standard Record		
	Total	227	Sara Safaverdi JUN 22,2004	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia