

JUNIOR WOMEN'S IRAN RECORDS

Last updated: 19 September, 2026

Categories	Lift	Result	Name	Date	Place
49	Snatch	60	Standard Record		
	C&Jerk	78	Standard Record		
	Total	136	Standard Record		
53	Snatch	66	Standard Record		
	C&Jerk	83	Standard Record		
	Total	147	Standard Record		
57	Snatch	71	Standard Record		
	C&Jerk	90	Standard Record		
	Total	159	Standard Record		
61	Snatch	94	Maryam Keshtkar MAY 06, 2008	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
	C&Jerk	111	Maryam Keshtkar MAY 06, 2008	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
	Total	205	Maryam Keshtkar MAY 06, 2008	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
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	126	Anahita Zarei JUN 20 ,2011	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
	Total	218	Anahita Zarei JUN 20 ,2011	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
86	Snatch	113	Mahsa Beheshty Jun 07, 2009	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
	C&Jerk	148	Mahsa Beheshty Jun 07, 2009	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
	Total	261	Mahsa Beheshty Jun 07, 2009	2026 Asian Youth and Junior Championships	Tashkent, Uzbekistan
+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