

JUNIOR WOMEN'S IRAN RECORDS Last updated: August 01, 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	75	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	98	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	171	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