

SENIOR MEN'S IRAN RECORDS

Last updated: 19 September, 2026

Categories	Lift	Result	Name	Date	Place
60	Snatch	117	Standard Record		
	C&Jerk	152	Standard Record		
	Total	265	Standard Record		
65	Snatch	128	Standard Record		
	C&Jerk	166	Hafez Ghashghei MAR 16,1995	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
	Total	292	Hafez Ghashghei MAR 16,1995	2025 Islamic Solidarity Games	Riyadh, Saudi Arabia
70	Snatch	143	Standard Record		
	C&Jerk	175	Standard Record		
	Total	312	Standard Record		
75	Snatch	152	Standard Record		
	C&Jerk	187	Standard Record		
	Total	337	Standard Record		
85	Snatch	165	Standard Record		
	C&Jerk	200	Standard Record		
	Total	363	Standard Record		
95	Snatch	177	Standard Record		
	C&Jerk	214	Standard Record		
	Total	390	Standard Record		
110	Snatch	184	Alireza Nasiri DEC 14,2005	2025 World Weightlifting Championships	Førde, Norway
	C&Jerk	231	Alireza Nasiri DEC 14,2005	2025 World Weightlifting Championships	Førde, Norway
	Total	415	Alireza Nasiri DEC 14,2005	2025 World Weightlifting Championships	Førde, Norway
+110	Snatch	202	Standard Record		
	C&Jerk	261	Alireza Yousefi AUG 27,2003	2026 Asian Weightlifting Championships	Gandhinagar, India
	Total	450	Standard Record		