

SENIOR WOMEN'S IRAN RECORDS Last updated: August 01, 2026

Categories	Lift	Result	Name	Date	Place
49	Snatch	65	Standard Record		
	C&Jerk	83	Standard Record		
	Total	145	Standard Record		
53	Snatch	70	Standard Record		
	C&Jerk	90	Standard Record		
	Total	158	Standard Record		
57	Snatch	75	Standard Record		
	C&Jerk	97	Standard Record		
	Total	170	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	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	106	Standard Record		
	C&Jerk	130	Standard Record		
	Total	234	Standard Record		