

# YOUTH WOMEN'S IRAN RECORDS

Last updated: 19 September, 2026

| Categories | Lift   | Result | Name                           | Date                                      | Place                |
|------------|--------|--------|--------------------------------|-------------------------------------------|----------------------|
| 45         | Snatch | 49     | Standard Record                |                                           |                      |
|            | C&Jerk | 67     | Standard Record                |                                           |                      |
|            | Total  | 114    | Standard Record                |                                           |                      |
| 49         | Snatch | 54     | Standard Record                |                                           |                      |
|            | C&Jerk | 74     | Standard Record                |                                           |                      |
|            | Total  | 126    | Standard Record                |                                           |                      |
| 53         | Snatch | 58     | Standard Record                |                                           |                      |
|            | C&Jerk | 81     | Standard Record                |                                           |                      |
|            | Total  | 137    | Standard Record                |                                           |                      |
| 57         | Snatch | 63     | Standard Record                |                                           |                      |
|            | C&Jerk | 88     | Standard Record                |                                           |                      |
|            | Total  | 149    | Standard Record                |                                           |                      |
| 61         | Snatch | 90     | Hajar Moeini<br>NOV 20 ,2010   | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
|            | C&Jerk | 105    | Hajar Moeini<br>NOV 20 ,2010   | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
|            | Total  | 195    | Hajar Moeini<br>NOV 20 ,2010   | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
| 69         | Snatch | 92     | Zahra Hosseini<br>APR 08 ,2008 | 3rd Asian Youth Games 2025                | Manama, Bahrain      |
|            | C&Jerk | 121    | Zahra Hosseini<br>APR 08 ,2008 | 3rd Asian Youth Games 2025                | Manama, Bahrain      |
|            | Total  | 213    | Zahra Hosseini<br>APR 08 ,2008 | 3rd Asian Youth Games 2025                | Manama, Bahrain      |
| 77         | Snatch | 97     | Zahra Hosseini<br>APR 08 ,2008 | 2025 Islamic Solidarity Games             | Riyadh, Saudi Arabia |
|            | C&Jerk | 126    | Anahita Zarei<br>JUN 20 ,2011  | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
|            | Total  | 218    | Anahita Zarei<br>JUN 20 ,2011  | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
| +77        | Snatch | 113    | Mahsa Beheshty<br>Jun 07, 2009 | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
|            | C&Jerk | 148    | Mahsa Beheshty<br>Jun 07, 2009 | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |
|            | Total  | 261    | Mahsa Beheshty<br>Jun 07, 2009 | 2026 Asian Youth and Junior Championships | Tashkent, Uzbekistan |