

YOUTH WOMEN'S IRAN RECORDS

Last updated: August 01, 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	66	Standard Record		
	C&Jerk	94	Standard Record		
	Total	158	Standard Record		
69	Snatch	92	Seyedeh Zahra Hosseini APR 08 ,2008	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	121	Seyedeh Zahra Hosseini APR 08 ,2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	213	Seyedeh Zahra Hosseini APR 08 ,2008	3rd Asian Youth Games 2025	Manama, Bahrain
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
+77	Snatch	105	Mahsa Beheshty Jun 07, 2009	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	136	Mahsa Beheshty Jun 07, 2009	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	241	Mahsa Beheshty Jun 07, 2009	3rd Asian Youth Games 2025	Manama, Bahrain