

SENIOR MEN'S IRAN RECORDS

Last updated January 30, 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
71	Snatch	144	Standard Record		
	C&Jerk	175	Standard Record		
	Total	313	Standard Record		
79	Snatch	156	Abdollah Beiranvand May 05, 2003	2025 World Weightlifting Championships	Førde, Norway
	C&Jerk	189	Standard Record		
	Total	341	Standard Record		
88	Snatch	167	Standard Record		
	C&Jerk	201	Standard Record		
	Total	365	Standard Record		
94	Snatch	182	Alireza Moeini Feb 28, 2002	2025 World Weightlifting Championships	Førde, Norway
	C&Jerk	212	Standard Record		
	Total	391	Alireza Moeini Feb 28, 2002	2025 World Weightlifting Championships	Førde, Norway
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	250	Standard Record		
	Total	450	Standard Record		