

SENIOR WOMEN'S IRAN RECORDS Last updated January 30, 2026

Categories	Lift	Result	Name	Date	Place
48	Snatch	64	Standard Record		
	C&Jerk	82	Standard Record		
	Total	145	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
53	Snatch	70	Standard Record		
	C&Jerk	90	Standard Record		
	Total	158	Standard Record		
58	Snatch	76	Standard Record		
	C&Jerk	98	Standard Record		
	Total	171	Standard Record		
63	Snatch	82	Standard Record		
	C&Jerk	105	Standard Record		
	Total	185	Standard Record		
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	120	Standard Record		
	Total	213	Standard Record		
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		