

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

Categories	Lift	Result	Name	Date	Place
44	Snatch	48	Standard Record		
	C&Jerk	66	Standard Record		
	Total	112	Standard Record		
48	Snatch	64	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	81	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	145	Zahra Pouramin Dec 11, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
53	Snatch	58	Standard Record		
	C&Jerk	81	Standard Record		
	Total	137	Standard Record		
58	Snatch	63	Standard Record	2021 World Youth Weightlifting Championships	Jaddah, Soudi Arabia
	C&Jerk	96	Maryam Keshtkar May 06, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	149	Standard Record	2021 World Youth Weightlifting Championships	Jaddah, Soudi Arabia
63	Snatch	78	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	C&Jerk	105	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
	Total	183	Hasti Sedighi Nov 14, 2008	3rd Asian Youth Games 2025	Manama, Bahrain
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