



Iran Bench Records

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Weight Class: 56 / 123 Male				
Division	Bench Press	Name	Resides	Date
Open	110.0 kgs / 242.5 lbs	Saman Karami	Iran	11/2009

Weight Class: 60 / 132 Male				
Division	Bench Press	Name	Resides	Date
Open	100.0 kgs / 220.4 lbs	Ahmad Halat	Iran	11/2009

Weight Class: 67.5 / 148 Male				
Division	Bench Press	Name	Resides	Date
Open	135.0 kgs / 297.6 lbs	Hadi Mohammadi	Iran	6/2010
20-24	135.0 kgs / 297.6 lbs	Hadi Mohammadi	Iran	6/2010

Weight Class: 75 / 165 Male				
Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Mohamad Heydari	Iran	2/2010
20-24	115.0 kgs / 253.5 lbs	Vahab Zolfalinia	Iran	6/2010

Weight Class: 82.5 / 181 Male				
Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Moslem Fili	Iran	6/2010
20-24	130.0 kgs / 286.5 lbs	Arian Salariankaleji	Iran	2/2010
60-64	70.0 kgs / 154.3 lbs	Mohammad Nasab	Iran	6/2010

Weight Class: 90 / 198 Male				
Division	Bench Press	Name	Resides	Date
Open	190.0 kgs / 418.8 lbs	Mohammad Mirzaee	Iran	6/2010
20-24	152.5 kgs / 336.2 lbs	Mohammad Mosavi	Iran	6/2010

Weight Class: 100 / 220 Male				
Division	Bench Press	Name	Resides	Date
Open	170.0 kgs / 374.7 lbs	Fardin Vahedi	Iran	2/2010

Weight Class: 110 / 242 Male				
Division	Bench Press	Name	Resides	Date
Open	170.0 kgs / 374.7 lbs	Mojtaba Keshvarz	Iran	2/2010

Weight Class: 125 / 275 Male				
Division	Bench Press	Name	Resides	Date

Open	170.0 kgs / 374.7 lbs	Nima Daraki	Iran	6/2010
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Weight Class: 140 / 308 Male

Division	Bench Press	Name	Resides	Date
Open	200.0 kgs / 440.9 lbs	Hosein Shiravani	Iran	6/2010