

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.56	152.5	11.06.2015	Salo / Finland	
-52kg	Khairallah Joya	Lebanon	2001	51.62	147.5	29.08.2023	Cluj Napoca / Romania	
-57kg	Tang Chloe	Singapore	2005	56.55	160.5	11.12.2023	Johor Bahru / Malaysia	
-63kg	Zarew Schae	Australia	1994	62.25	177.5	13.06.2023	St.Julians / Malta	
-69kg	Jimbo Reina	Japan	1996	68.80	170.0	20.06.2024	Druskininkai / Lithuania	
-76kg	Reboton Joyce Gail	Philippines	1992	75.65	203.0	16.09.2022	Johor Bahru / Malaysia	
-84kg	Reboton Joyce Gail	Philippines	1992	78.10	200.0	14.06.2019	Helsingborg / Sweden	
84+kg	Laalaai Natalie	Australia	1995	139.85	255.0	23.06.2024	Druskininkai / Lithuania	
BENCH PRESS								
-47kg	Broner Veronika	Kazakhstan	1989	46.80	82.5	29.09.2021	Halnstad / Sweden	
-52kg	Furuya Noriko	Japan	1971	51.42	100.0	11.06.2015	Salo / Finland	
-57kg	Huang Yen-Tzu	Chinese Taipei	1992	56.75	115.5	15.12.2023	Johor Bahru / Malaysia	
-63kg	Huang Yen-Tzu	Chinese Taipei	1992	59.20	112.5	11.07.2024	Potchefstroom / South Africa	
-69kg	Nurkenova Asel	Kazakhstan	2000	67.40	123.5	15.12.2023	Johor Bahru / Malaysia	
-76kg	Jumabayeva Barno	Kazakhstan	2007	75.36	121.0	06.12.2022	Dubai / United Arab Emirates	
-84kg	Zhumaniyazova Mahriban	Turkmenistan	1988	81.10	115.0	07.12.2019	Almaty / Kazakhstan	
84+kg	Okatenko Xeniya	Kazakhstan	1994	111.90	145.0	07.12.2018	Ulaanbaatar / Mongolia	
DEADLIFT								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.56	175.0	11.06.2015	Salo / Finland	
-52kg	Farid Farhanna	Singapore	1992	51.60	209.0	16.06.2024	Druskininkai / Lithuania	
-57kg	Seow Amanda	Singapore	1990	56.34	191.0	03.12.2022	Dubai / United Arab Emirates	
-63kg	Tiong Natalie	Singapore	1991	60.45	212.5	18.06.2024	Druskininkai / Lithuania	
-69kg	Okada Yuka	Japan	1992	65.75	200.0	14.06.2023	St.Julians / Malta	
-76kg	Reboton Joyce Gail	Philippines	1992	74.35	207.5	09.06.2022	Halmstad / Sweden	
-84kg	Widjaja Sarah	Singapore	1994	81.30	193.5	16.12.2023	Johor Bahru / Malaysia	
84+kg	Laalaai Natalie	Australia	1995	139.85	273.0	23.06.2024	Druskininkai / Lithuania	
TOTAL								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.56	407.5	11.06.2015	Salo / Finland	
-52kg	Khairallah Joya	Lebanon	2001	51.62	428.5	29.08.2023	Cluj Napoca / Romania	
-57kg	Huang Yen-Tzu	Chinese Taipei	1992	56.75	440.5	15.12.2023	Johor Bahru / Malaysia	
-63kg	Zarew Schae	Australia	1994	62.25	482.5	13.06.2023	St.Julians / Malta	
-69kg	Nurkenova Asel	Kazakhstan	2000	67.40	463.5	15.12.2023	Johor Bahru / Malaysia	
-76kg	Reboton Joyce Gail	Philippines	1992	75.65	513.5	16.09.2022	Johor Bahru / Malaysia	
-84kg	Reboton Joyce Gail	Philippines	1992	78.10	485.0	14.06.2019	Helsingborg / Sweden	
84+kg	Laalaai Natalie	Australia	1995	139.85	658.0	23.06.2024	Druskininkai / Lithuania	
BENCH PRESS (SINGLE LIFT)								
-47kg	Kobayashi Naoko	Japan	1970	46.32	103.0	20.05.2019	Tokyo / Japan	
-52kg	Iwamoto Sachiko	Japan	1973	51.55	105.0	23.05.2024	Austin, TX / U.S.America	*
-57kg	Ishibashi Akane	Japan	1993	55.20	120.0	20.05.2019	Tokyo / Japan	
-63kg	Huang Yen-Tzu	Chinese Taipei	1992	59.20	112.5	11.07.2024	Potchefstroom / South Africa	
-69kg	Nurkenova Asel	Kazakhstan	2000	67.40	123.5	15.12.2023	Johor Bahru / Malaysia	
-76kg	Khan Xeniya	Kazakhstan	1987	74.75	135.0	26.05.2024	Austin, TX / U.S.America	
-84kg	Bermukhambetova Zhadyra	Kazakhstan	1986	83.00	125.0	29.05.2022	Almaty / Kazakhstan	
84+kg	Okatenko Xeniya	Kazakhstan	1994	111.90	145.0	07.12.2018	Ulaanbaatar / Mongolia	

Abbreviation: * – Pending Approval