

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-43kg	Ompod Veronica	Philippines	2000	42.95	120.0	11.12.2023	Johor Bahru / Malaysia	
-47kg	Chu Shirley Xin Jin	Singapore	1999	47.00	123.0	16.09.2022	Johor Bahru / Malaysia	
-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	Okada Kana	Japan	1998	61.50	172.5	27.09.2021	Halmstad / Sweden	
-69kg	Kochina Valeriya	Kazakhstan	1998	68.40	160.0	27.09.2021	Halmstad / Sweden	
-76kg	Wu Pei-Chen	Chinese Taipei	2004	73.62	155.5	27.06.2023	Hong Kong / Hong Kong	
-84kg	Shen Ti-Ni	Chinese Taipei	2000	82.30	175.0	11.12.2023	Johor Bahru / Malaysia	
84+kg	Su Fang-Yun	Chinese Taipei	1992	113.80	232.5	13.06.2015	Salo / Finland	
BENCH PRESS								
-43kg	Popova Kristina	Kazakhstan	2001	42.92	60.5	18.06.2017	Minsk / Belarus	
-47kg	Tabuan Jessa Mae	Philippines	2002	47.00	68.0	11.12.2023	Johor Bahru / Malaysia	
-52kg	Khairallah Joya	Lebanon	2001	51.62	97.5	29.08.2023	Cluj Napoca / Romania	
-57kg	Zhurbina Anastasiya	Kazakhstan	1999	56.65	97.5	04.12.2019	Almaty / Kazakhstan	
-63kg	Zhurbina Anastasiya	Kazakhstan	1999	62.05	110.0	06.12.2018	Ulaanbaatar / Mongolia	
-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	Kulakova Polina	Kazakhstan	1998	80.20	105.0	07.12.2019	Almaty / Kazakhstan	
84+kg	Okatenko Xeniya	Kazakhstan	1994	106.10	135.5	20.06.2017	Minsk / Belarus	
DEADLIFT								
-43kg	Nemoto Kozue	Japan	1992	42.83	135.0	09.06.2015	Salo / Finland	
-47kg	Tan Faith Suzanna	Singapore	2003	46.50	147.5	11.12.2023	Johor Bahru / Malaysia	
-52kg	Khairallah Joya	Lebanon	2001	51.62	183.5	29.08.2023	Cluj Napoca / Romania	
-57kg	Chan Day Yun	Singapore	2000	56.90	183.5	11.12.2023	Johor Bahru / Malaysia	
-63kg	Nomura Yu	Japan	2000	62.44	185.0	30.08.2023	Cluj Napoca / Romania	
-69kg	Yazbeck Gaelle	Lebanon	2001	68.75	190.0	20.07.2023	Beirut / Lebanon	
-76kg	Jackson Leanne	Australia	2000	75.36	195.0	31.08.2023	Cluj Napoca / Romania	
-84kg	Shen Ti-Ni	Chinese Taipei	2000	82.30	173.0	11.12.2023	Johor Bahru / Malaysia	
84+kg	Su Fang-Yun	Chinese Taipei	1992	113.80	195.0	13.06.2015	Salo / Finland	
TOTAL								
-43kg	Ompod Veronica	Philippines	2000	42.95	297.5	11.12.2023	Johor Bahru / Malaysia	
-47kg	Kani Haruka	Japan	2004	46.76	320.5	10.06.2018	Calgary / Canada	
-52kg	Khairallah Joya	Lebanon	2001	51.62	428.5	29.08.2023	Cluj Napoca / Romania	
-57kg	Tang Chloe	Singapore	2005	56.55	409.5	11.12.2023	Johor Bahru / Malaysia	
-63kg	Korat Hency	India	2001	62.75	425.0	11.12.2023	Johor Bahru / Malaysia	
-69kg	Nurkenova Asel	Kazakhstan	2000	67.40	463.5	15.12.2023	Johor Bahru / Malaysia	
-76kg	Jackson Leanne	Australia	2000	75.36	465.0	31.08.2023	Cluj Napoca / Romania	
-84kg	Shen Ti-Ni	Chinese Taipei	2000	82.30	428.0	11.12.2023	Johor Bahru / Malaysia	
84+kg	Su Fang-Yun	Chinese Taipei	1992	113.80	540.0	13.06.2015	Salo / Finland	
BENCH PRESS (SINGLE LIFT)								
-43kg	Popova Kristina	Kazakhstan	2001	42.92	60.5	18.06.2017	Minsk / Belarus	
-47kg	Kikuchi Miyabi	Japan	1998	46.60	77.5	19.05.2019	Tokyo / Japan	
-52kg	Khairallah Joya	Lebanon	2001	51.62	97.5	29.08.2023	Cluj Napoca / Romania	
-57kg	Zhurbina Anastasiya	Kazakhstan	1999	56.65	97.5	04.12.2019	Almaty / Kazakhstan	
-63kg	Zhurbina Anastasiya	Kazakhstan	1999	62.05	110.0	06.12.2022	Ulaanbaatar / Mongolia	
-69kg	Nurkenova Asel	Kazakhstan	2000	67.40	123.5	15.12.2023	Johor Bahru / Malaysia	

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-76kg	Jumabayeva Barno	Kazakhstan	2007	75.36	121.0	06.12.2022	Dubai / United Arab Emirates
-84kg	Kulakova Polina	Kazakhstan	1998	82.40	110.0	20.12.2021	Istanbul / Turkiye
84+kg	Okatenko Xeniya	Kazakhstan	1994	106.10	135.5	20.06.2017	Minsk / Belarus

Abbreviation: * – Pending Approval