

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-43kg	Ompod Veronica	Philippines	2000	42.65	95.0	06.12.2017	Kerala / India	
-47kg	Kani Haruka	Japan	2004	46.76	115.0	10.06.2018	Calgary / Canada	
-52kg	Onishi Shoko	Japan	1999	51.32	125.0	21.06.2016	Killeen / U.S.America	
-57kg	Tang Chloe	Singapore	2005	56.55	160.5	11.12.2023	Johor Bahru / Malaysia	
-63kg	Kao Yu-Chen	Chinese Taipei	2005	61.15	150.0	11.12.2023	Johor Bahru / Malaysia	
-69kg	Wu Pei-Chen	Chinese Taipei	2004	68.89	157.5	04.12.2022	Dubai / United Arab Emirates	
-76kg	Jumabayeva Barno	Kazakhstan	2007	75.36	155.0	06.12.2022	Dubai / United Arab Emirates	
-84kg	Hayashi Mio	Japan	2001	81.20	150.0	10.06.2019	Helsingborg / Sweden	
84+kg	Malykhina Diana	Kazakhstan	2003	109.05	210.0	10.06.2019	Helsingborg / Sweden	
BENCH PRESS								
-43kg	Popova Kristina	Kazakhstan	2001	42.92	60.5	18.06.2017	Minsk / Belarus	
-47kg	Kishkimbayeva Aliya	Kazakhstan	2000	47.00	62.5	18.06.2017	Minsk / Belarus	
-52kg	Karimova Dilyra	Kazakhstan	1998	51.82	81.5	21.06.2016	Killeen / U.S.America	
-57kg	Tang Chloe	Singapore	2005	56.28	80.0	28.08.2023	Cluj Napoca / Romania	
-63kg	Zhurbina Anastasiya	Kazakhstan	1999	61.13	96.0	19.06.2017	Minsk / Belarus	
-69kg	Karimova Amina	Kazakhstan	2005	63.40	80.0	31.08.2023	Cluj Napoca / Romania	
-76kg	Jumabayeva Barno	Kazakhstan	2007	75.36	121.0	06.12.2022	Dubai / United Arab Emirates	
-84kg	Abdyrova Iroda	Kazakhstan	2001	80.35	87.5	07.12.2019	Almaty / Kazakhstan	
84+kg	Malykhina Diana	Kazakhstan	2003	109.05	100.0	10.06.2019	Helsingborg / Sweden	
DEADLIFT								
-43kg	Ompod Veronica	Philippines	2000	42.65	120.0	06.12.2017	Kerala / India	
-47kg	Kani Haruka	Japan	2004	46.76	145.5	10.06.2018	Calgary / Canada	
-52kg	Hussain Sherine	Bahrain	2005	51.65	157.0	11.12.2023	Johor Bahru / Malaysia	
-57kg	Tang Chloe	Singapore	2005	56.55	174.0	11.12.2023	Johor Bahru / Malaysia	
-63kg	Yong Shermaine Kye Tinn	Singapore	2005	58.45	170.5	11.12.2023	Johor Bahru / Malaysia	
-69kg	Wu Pei-Chen	Chinese Taipei	2004	68.89	152.5	04.12.2022	Dubai / United Arab Emirates	
-76kg	Jumabayeva Barno	Kazakhstan	2007	75.30	175.0	11.12.2023	Johor Bahru / Malaysia	
-84kg	Onu Hana	Japan	2000	80.89	172.5	12.06.2018	Calgary / Canada	
84+kg	Li Hsin-Ying	Chinese Taipei	2005	104.39	178.0	28.06.2023	Hong Kong / Hong Kong	
TOTAL								
-43kg	Ompod Veronica	Philippines	2000	42.65	265.0	06.12.2017	Kerala / India	
-47kg	Kani Haruka	Japan	2004	46.76	320.5	10.06.2018	Calgary / Canada	
-52kg	Karimova Dilyara	Kazakhstan	1998	51.82	334.0	21.06.2016	Killeen / U.S.America	
-57kg	Tang Chloe	Singapore	2005	56.55	409.5	11.12.2023	Johor Bahru / Malaysia	
-63kg	Nomura Yu	Japan	2000	62.21	377.5	11.06.2018	Calgary / Canada	
-69kg	Wu Pei-Chen	Chinese Taipei	2004	68.89	380.0	04.12.2022	Dubai / United Arab Emirates	
-76kg	Jumabayeva Barno	Kazakhstan	2007	75.36	446.0	06.12.2022	Dubai / United Arab Emirates	
-84kg	Hayashi Mio	Japan	2001	81.20	390.0	10.06.2019	Helsingborg / Sweden	
84+kg	Malykhina Diana	Kazakhstan	2003	109.05	487.5	10.06.2019	Helsingborg / Sweden	
BENCH PRESS (SINGLE LIFT)								
-43kg	Popova Kristina	Kazakhstan	2001	42.92	60.5	18.06.2017	Minsk / Belarus	
-47kg	Popova Kristina	Kazakhstan	2001	46.96	69.0	17.05.2018	Vantaa / Finland	
-52kg	Karimova Dilyara	Kazakhstan	1998	51.82	81.5	21.06.2016	Killeen / U.S.America	
-57kg	Tang Chloe	Singapore	2005	56.28	80.0	28.08.2023	Cluj Napoca / Romania	
-63kg	Dyachenko Taissiya	Kazakhstan	2000	62.51	102.5	17.05.2018	Vantaa / Finland	
-69kg	Sukar Shaimaa	Syria	2007	67.50	80.0	10.09.2022	Ulaanbaatar / Mongolia	
-76kg	Jumabayeva Barno	Kazakhstan	2007	75.36	121.0	06.12.2022	Dubai / United Arab Emirates	
-84kg	Abdirova Iroda	Kazakhstan	2001	81.30	87.5	19.05.2019	Tokyo / Japan	
84+kg	Malykhina Diana	Kazakhstan	2003	109.05	100.0	10.06.2019	Helsingborg / Sweden	

Abbreviation: * – Pending Approval