



Senior Men's Nordic Weightlifting Records as per							20.06.2023
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
55	Snatch	97	Nordic Standard				
	Clean & Jerk	116	Nordic Standard				
	Total	212	Nordic Standard				
61	Snatch	108	Nordic Standard				
	Clean & Jerk	129	Nordic Standard				
	Total	236	Nordic Standard				
67	Snatch	119	Daniel Roness	1991	NOR	02.03.2019	Stavern (NOR)
	Clean & Jerk	148	Daniel Roness	1991	NOR	02.03.2019	Stavern (NOR)
	Total	267	Daniel Roness	1991	NOR	02.03.2019	Stavern (NOR)
73	Snatch	139	Tim Kring	1990	DEN	18.01.2020	Copenhagen (DEN)
	Clean & Jerk	170	Tim Kring	1990	DEN	12.10.2019	Vigrestad (NOR)
	Total	307	Tim Kring	1990	DEN	09.04.2019	Batumi (GEO)
81	Snatch	145	Omed Alam	1999	DEN	09.03.2019	Slagelse (DEN)
	Clean & Jerk	174	Omed Alam	1999	DEN	05.11.2018	Ashgabat (TKM)
	Total	319	Omed Alam	1999	DEN	10.04.2019	Batumi (GEO)
89	Snatch	153	Omed Alam	1999	DEN	14.05.2022	Odense (DEN)
	Clean & Jerk	187	Eero Retulainen	1992	FIN	23.02.2020	Pori (FIN)
	Total	333	Omed Alam	1999	DEN	15.10.2022	Durres (ALB)
96	Snatch	152	Jesse Nykänen	1996	FIN	29.11.2020	Tampere (FIN)
	Clean & Jerk	188	Eero Retulainen	1992	FIN	07.11.2018	Ashgabat (TKM)
	Total	338	Eero Retulainen	1992	FIN	12.04.2019	Batumi (GEO)
102	Snatch	156	Joen Vikingsson Sjöblom	2003	SWE	26.03.2023	Kristianstad (SWE)
	Clean & Jerk	193	Stefan Ågren	1988	SWE	18.06.2023	Visby (SWE)
	Total	347	Stefan Ågren	1988	SWE	18.06.2023	Visby (SWE)
109	Snatch	162	Stefan Ågren	1988	SWE	10.10.2021	Halmstad (SWE)
	Clean & Jerk	203	Stefan Ågren	1988	SWE	10.10.2021	Halmstad (SWE)
	Total	365	Stefan Ågren	1988	SWE	10.10.2021	Halmstad (SWE)
+109	Snatch	166	Nordic Standard				
	Clean & Jerk	206	Hampus Lithen	1992	SWE	24.07.2021	Helsingborg (SWE)
	Total	369	Nordic Standard				