



Senior Women's Nordic Weightlifting Records as per							20.06.2023
Cat.	Lift	Kg	Name	YoB	Nation	Date	Place
45	Snatch	63	Nordic Standard				
	Clean & Jerk	77	Sonja Koponen	1989	FIN	28.05.2022	Tirana (ALB)
	Total	138	Sonja Koponen	1989	FIN	28.05.2022	Tirana (ALB)
49	Snatch	76	Sandra Jensen	1994	DEN	03.04.2021	Moscow (RUS)
	Clean & Jerk	92	Sandra Jensen	1994	DEN	11.05.2021	Cali (COL)
	Total	167	Sandra Jensen	1994	DEN	03.04.2021	Moscow (RUS)
55	Snatch	86	Sarah Hovden Øvsthus	1994	NOR	20.02.2021	Bergen (NOR)
	Clean & Jerk	106	Sarah Hovden Øvsthus	1994	NOR	20.02.2021	Bergen (NOR)
	Total	192	Sarah Hovden Øvsthus	1994	NOR	20.02.2021	Bergen (NOR)
59	Snatch	91	Saara Retulainen	1993	FIN	13.11.2021	Copenhagen (DEN)
	Clean & Jerk	118	Ine Andersson	1989	NOR	30.05.2022	Tirana (ALB)
	Total	208	Ine Andersson	1989	NOR	30.05.2022	Tirana (ALB)
64	Snatch	103	Daniela Gherman	1997	SWE	23.10.2021	Vinslöv (SWE)
	Clean & Jerk	122	Daniela Gherman	1997	SWE	23.10.2021	Vinslöv (SWE)
	Total	225	Daniela Gherman	1997	SWE	23.10.2021	Vinslöv (SWE)
71	Snatch	104	Patricia Strenius	1989	SWE	13.12.2021	Tashkent (UZB)
	Clean & Jerk	133	Patricia Strenius	1989	SWE	07.01.2019	Chiang Mai (THA)
	Total	231	Patricia Strenius	1989	SWE	13.12.2021	Tashkent (UZB)
76	Snatch	105	Patricia Strenius	1989	SWE	13.10.2019	Vigrestad (NOR)
	Clean & Jerk	136	Patricia Strenius	1989	SWE	18.10.2020	Stockholm (SWE)
	Total	238	Patricia Strenius	1989	SWE	13.10.2019	Vigrestad (NOR)
81	Snatch	116	Solfrid Koanda	1998	NOR	16.06.2023	Havana (CUB)
	Clean & Jerk	150	Solfrid Koanda	1998	NOR	16.06.2023	Havana (CUB)
	Total	266	Solfrid Koanda	1998	NOR	16.06.2023	Havana (CUB)
87	Snatch	117	Solfrid Koanda	1998	NOR	22.04.2023	Yerevan (ARM)
	Clean & Jerk	155	Solfrid Koanda	1998	NOR	22.04.2023	Yerevan (ARM)
	Total	272	Solfrid Koanda	1998	NOR	22.04.2023	Yerevan (ARM)
+87	Snatch	111	Nordic Standard				
	Clean & Jerk	140	Solfrid Koanda	1998	NOR	03.10.2021	Rovaniemi (FIN)
	Total	247	Nordic Standard				