



Athletics Federation of I.R. Iran

Women National Outdoor Records

Date	Place	Name	Record	Event
25/06/2022	Turkey	Farzaneh Fasihi	11.44	100m
01/07/2012	Kazakhstan	Maryam Tousi	23.46	200m
08/05/2012	Thailand	Maryam Tousi	52.95	400m
28/06/2022	Gorgan	Toktam Dastarbandan	2:09.28	800m
26/11/2009	Guangzhou	Leila Ebrahimi	4:27.73	1500m
13/05/2010	Tehran	Leila Ebrahimi	10:06.01	3000m
28/06/2022	Gorgan	Samira Khodatars	10:45.63	3000m SC
09/10/2021	Tehran	Parisa Arab	16:44.42	5000m
10/10/2021	Tehran	Parisa Arab	34:52.56	10000m
08/04/2021	Mashhad	Faezeh Ashourpour	13.99	100m H
23/08/2019	Tehran	Shahla Mahmoudi	59.91	400m H
31/08/2022	Tehran	Farzaneh Fasihi, Fatemeh Adabi, Sanaz Amiripour, Faezeh Ashourpour (Chador Malo)	46.14	4x100m Relay
16/09/2021	Tehran	Elham Kakoli, Maryam Mahmoudi, Hanieh Samari, Shahla Mahmoudi (Azad University)	3:51.04	4x400m Relay
21/05/2018	Tehran	Sepideh Tavakoli	1.84	High Jump
15/09/2021	Tehran	Reihaneh Mobini	6.40	Long Jump
29/04/2016	Tehran	Javaher Zamani	13.23	Triplr Jump
16/09/2021	Tehran	Mahsa Mirzatabibi	4.03	Pole Vault
06/07/2013	India	Leila Rajabi	18.18	Shot Put
17/04/2019	Doha	Zhaleh Kardan	51.49	Discus Throw
21/05/2018	Tehran	Sahar Ziyaei	51.55	Javelin Throw
04/10/2020	Tehran	Zahra Arab Rostami	57.33	Hammer Throw
12/08/2017	Tehran	Zahra Jaafar Abadi	52:31.00	10km Race Walk
05/06/2015	China	Sepideh Tavakoli	5443	Heptathlon
10/02/2020	Tehran	Zahra Jaafar Abadi	1:54.42	20km Race Walk