

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

NIAMH APPLEBY

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BODYWEIGHT: 61.6KG
WEIGHT CLASS: 63KG

SQUAT
100.0 KG

BENCH PRESS
52.5 KG

DEADLIFT
107.5 KG

TOTAL
260.0 KG

6-F-0-63-PL

Rob Burke
President

