

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

AILBHE O'DALY

IMPACT STRENGTH & PERFORMANCE

BODYWEIGHT: 71.7KG

WEIGHT CLASS: 72KG

SQUAT
102.5 KG

BENCH PRESS
62.5 KG

DEADLIFT
142.5 KG

TOTAL
307.5 KG

5-F-0-72-PL

Rob Burke
President

