

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

GERARD OWENS

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BODYWEIGHT: 74.3KG
WEIGHT CLASS: 83KG

SQUAT
105.0 KG

BENCH PRESS
72.5 KG

DEADLIFT
145.0 KG

TOTAL
322.5 KG

Rob Burke
President

