

THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018
HOSTED BY REVOLUTION FITNESS

COLM O'MARA

IMPACT STRENGTH & PERFORMANCE

BODYWEIGHT: 91.1KG

WEIGHT CLASS: 93KG

SQUAT
155.0 KG

BENCH PRESS
107.5 KG

DEADLIFT
200.0 KG

TOTAL
462.5 KG

14-M-0-93-PL

Rob Burke
President

