

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



20-21 OCTOBER 2018
HOSTED BY ABS POWERLIFTING & UCC POWERLIFTING

KARINA CALLINAN

BODYWEIGHT: 61.6KG
WEIGHT CLASS: 63
CITYGYM LIMERICK

SQUAT
115.0 KG

BENCH PRESS
55.0 KG

DEADLIFT
152.5 KG

TOTAL
322.5 KG

Rob Burke
President

