

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

## IVARS ZEMVALDS

BODYWEIGHT: 91.4KG  
WEIGHT CLASS: 93  
PEARSON FITNESS & PERFORMANCE

SQUAT  
**182.5 KG**

BENCH PRESS  
**110.0 KG**

DEADLIFT  
**197.5 KG**

TOTAL  
**490.0 KG**

Rob Burke  
President

