

THE IRISH POWERLIFTING FEDERATION JUNIORS & MASTERS NATIONAL CHAMPIONSHIPS 2018



3-4 NOVEMBER 2018
HOSTED BY REVOLUTION FITNESS

ROSS BYRNE

A.B.S. POWERLIFTING
WEIGHT CLASS: 93KG / AGE CLASS: M-U21

SQUAT
220.0 KG

BENCH PRESS
147.5 KG

DEADLIFT
242.5 KG

TOTAL
610.0 KG
2-M-0-93-PL

Rob Burke
President

