

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### MICHAEL WHITE

ON FINISHING THE DUATHLON - MULTI-DAY INDIVIDUAL

**0:34:43**  
RUN 5K

**0:53:20**  
BIKE 20K

**0:34:28**  
RUN 5K2

**2:02:31**  
TOTAL TIME

**HMF**  
EVENTS