

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### ZACHARY DRYDEN

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:30:00**  
RUN 5K

**0:45:44**  
BIKE 20K

**0:36:58**  
RUN 5K2

**1:52:42**  
TOTAL TIME

**HMF**  
EVENTS