

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### JOHN FRAIN

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:24:17**  
RUN 5K

**0:56:48**  
BIKE 20K

**0:23:19**  
RUN 5K2

**1:44:24**  
TOTAL TIME

**HMF**  
EVENTS