

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### MARTHA HENNEY

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:29:18**  
RUN 5K

**0:47:44**  
BIKE 20K

**0:30:38**  
RUN 5K2

**1:47:40**  
TOTAL TIME

**HMF**  
EVENTS