

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### SEAN DEANE

ON FINISHING THE DUATHLON - MULTI-DAY INDIVIDUAL

**0:38:33**

RUN 5K

**0:50:32**

BIKE 20K

**0:54:04**

RUN 5K2

**2:23:09**

TOTAL TIME

**HMF**  
EVENTS