

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### WESLEY BARNARD

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:24:28**  
RUN 5K

**0:44:49**  
BIKE 20K

**0:28:12**  
RUN 5K2

**1:37:29**  
TOTAL TIME

**HMF**  
EVENTS