

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### MATT DYER

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:24:35**  
RUN 5K

**0:41:09**  
BIKE 20K

**0:24:12**  
RUN 5K2

**1:29:56**  
TOTAL TIME

**HMF**  
EVENTS