

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### TIMOTHY NOLET

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:27:00**  
RUN 5K

**0:40:00**  
BIKE 20K

**0:33:00**  
RUN 5K2

**1:40:00**  
TOTAL TIME

**HMF**  
EVENTS