

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### STEPHEN BORDEAU

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:27:25**  
RUN 5K

**0:46:07**  
BIKE 20K

**0:27:59**  
RUN 5K2

**1:41:31**  
TOTAL TIME

**HMF**  
EVENTS