

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### STEPHEN BORDEAU

ON FINISHING THE DUATHLON

**26:57**  
5K RUN 1

**45:45**  
20K BIKE

**27:41**  
5K RUN 2

**01:40:23**  
TOTAL TIME

**HMF**  
EVENTS