

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### PATRICK STIEGMAN

ON FINISHING THE DUATHLON

**26:11**  
5K RUN 1

**32:38**  
20K BIKE

**24:56**  
5K RUN 2

**01:23:45**  
TOTAL TIME

**HMF**  
EVENTS