

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### CHIP CARNEY

ON FINISHING THE DUATHLON

**25:30**  
5K RUN 1

**58:30**  
20K BIKE

**25:15**  
5K RUN 2

**01:49:15**  
TOTAL TIME

**HMF**  
EVENTS