## SHAMROCK DUATHLON

5K | 20K | 5K Congratulations

## **CHIP CARNEY**

**ON FINISHING THE DUATHLON** 

**25:30** 5K RUN 1 **58:30 25:15 20K BIKE 5K RUN 2** 

25:15 01:49:15 5K RUN 2 TOTAL TIME

