

# SHAMROCK DUATHLON

## Revival

5K | 20K | 5K  
CONGRATULATIONS

### LAUREN GRISWOLD

ON FINISHING THE DUATHLON

**56:57**  
5K RUN 1

**01:32:52**  
20K BIKE

**57:12**  
5K RUN 2

**03:27:01**  
TOTAL TIME

**HMF**  
EVENTS