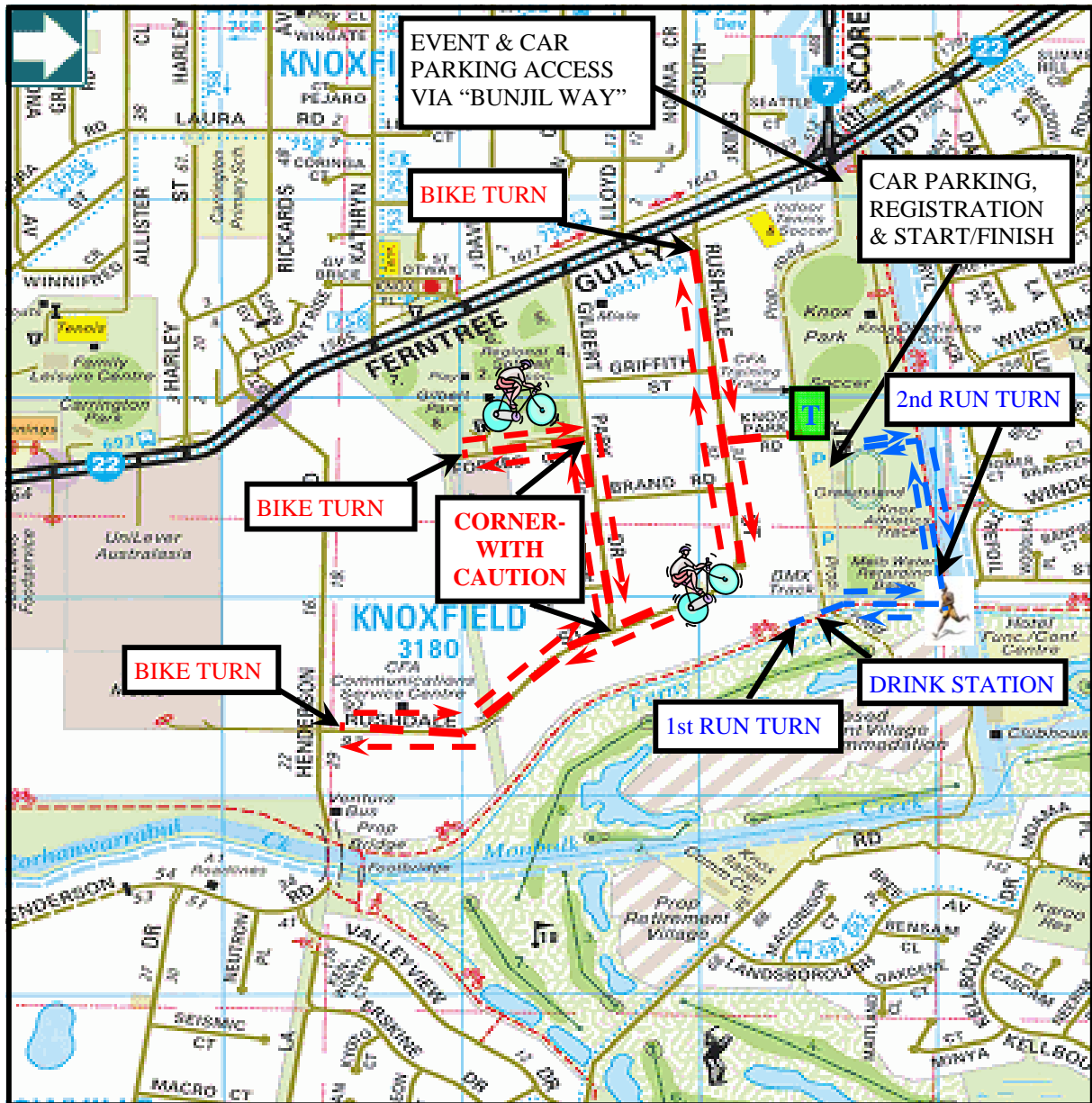




KNOX DUATHLON 2009

26th JULY 2009
DASH - 2/8/1.5 km



**RUN COURSE: 1st LEG = 2 km
2nd LEG = 1.5 km**



BIKE COURSE: 2 LAPS = 8 Km



TRANSITION ZONE



Rowville Physiotherapy