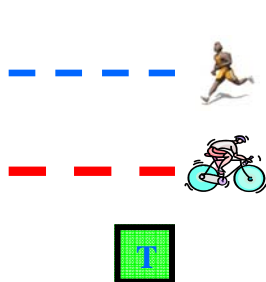
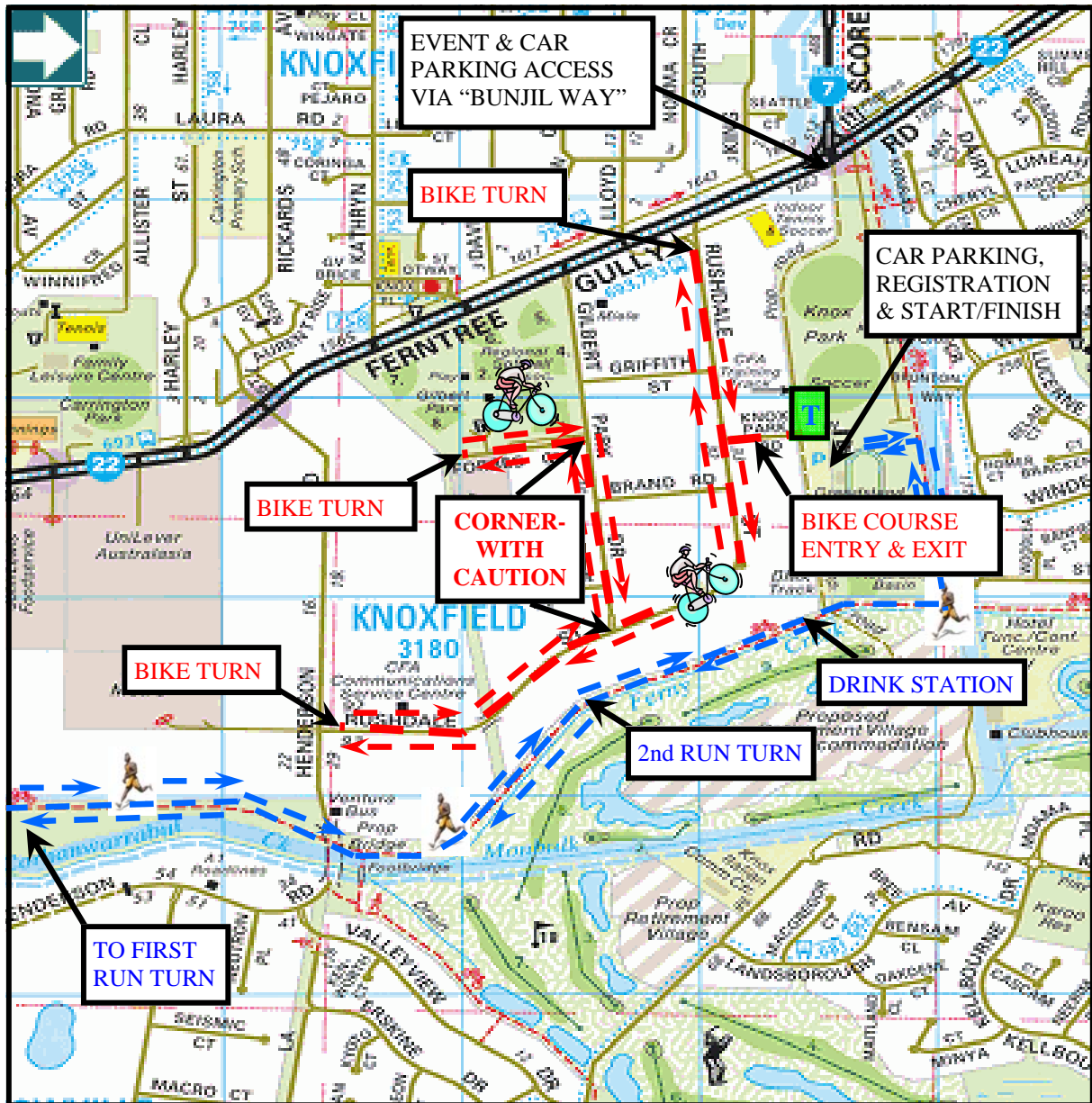




KNOX DUATHLON 2009
26th JULY 2009
SPRINT DISTANCE - 5/20/3 km



RUN COURSE: 1st LEG = 5 Km
2nd LEG = 3 Km

BIKE COURSE: 5 LAPS = 20 Km

TRANSITION ZONE



Rowville Physiotherapy