



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Lukowski, Maik

Club: Hermes Dreamteam  
Number: 154

Course: 10.55 km  
Viertelmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:31

Speed: 12.37 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 10 (of 75)

Rank in course/Men: 9 (of 48)

Best time in course: 40:40

Rank in category: 2(of 3)

Best time in the category: 47:06