



SWIMMER	MARGARITA "TITA" LLORENS
CHALLENGE	MALLORCA CHANNEL
DISTANCE	84 Km
DATE	15-16 JULY - 2015
OBSERVER	TONI HUGUET



GPS POSITION FROM THE PILOT BOAT					MORE DETAILS					
HOUR	TIME	DISTANCE	LATITUDE	LONGITUDE	STROKE RATE	WIND SPEED	WIND DIRECTION	SEA TEMP.	AIR TEMP.	WAVE HEIGHT
0	04:04	0 Km	39.080000	1.611085	58	6 Knt	SE	27.3°C	24°	0.150m
1	05:03	3.81 Km	39.099730	1.646211	55	6 Knt	SE	27.1°C	24°	0.145m
2	06:02	7.17 Km	39.118248	1.676638	52	5 Knt	SE	27°C	24.5°	0.145m
3	07:03	10.46 Km	39.135640	1.706056	48	4 Knt	SE	26.8°C	26°	0.150m
4	08:03	13.42 Km	39.152763	1.731976	51	4 Knt	S	27°C	28°	0.170m
5	09:03	16.14 Km	39.168308	1.756010	52	4 Knt	SE	27.1°C	30°	0.150m
6	10:03	18.83 Km	39.181130	1.781245	52	5 Knt	S	27°C	29°	0.145m
7	11:03	21.66 Km	39.197105	1.804870	51	5 Knt	S	26.9°C	30°	0.130m
8	12:03	24.58 Km	39.213498	1.829566	50	5 Knt	S	26.8°C	33°	0.130m
9	13:03	27.35 Km	39.227606	1.855853	52	6 Knt	SE	27.1°C	34°	0.145m
10	14:03	30.28 Km	39.243271	1.882953	51	6 Knt	SE	27.1°C	34°	0.145m
11	15:03	33.44 Km	39.260555	1.908338	52	6 Knt	SE	26.8°C	35°	0.145m
12	16:04	36.93 Km	39.285940	1.932800	52	4 Knt	E	26.9°C	35°	0.130m
13	17:04	40.66 Km	39.308685	1.962861	51	3 Knt	E	26.7°C	35°	0.125m
14	18:04	43.87 Km	39.315373	1.999446	53	1 Knt	E	26.9°C	34°	0.125m
15	19:04	47.40 Km	39.333898	2.032385	52	1 Knt	N/E	27.1°C	35°	0.120m
16	20:04	51.07 Km	39.352405	2.066910	51	1 Knt	N/E	27°C	34°	0.120m
17	21:04	54.47 Km	39.369250	2.098860	52	1 Knt	N/E	26.9°C	33°	0.115m
18	22:04	57.40 Km	39.384795	2.124481	51	1 Knt	N/E	26.7°C	31°	0.120m
19	23:04	59.73 Km	39.397788	2.144180	50	2 Knt	N/E	26.5°C	30°	0.125m
20	00:04	61.95 Km	39.409118	2.164628	51	2 Knt	N/E	26.5°C	28°	0.125m
21	01:04	64.25 Km	39.423108	2.184885	51	1 Knt	N/E	26.6°C	26°	0.125m
22	02:04	66.23 Km	39.434706	2.198746	48	1 Knt	N/E	26.5°C	26°	0.120m
23	03:04	68.89 Km	39.449050	2.222606	47	1 Knt	N/E	26.7°C	27°	0.115m
24	04:04	71.74 Km	39.463248	2.250738	47	1 Knt	N/E	26.9°C	26°	0.115m
25	05:04	74.76 Km	39.481236	2.277388	48	2 Knt	N/E	27°C	25°	0.120m
26	06:05	77.76 Km	39.497941	2.303975	49	2 Knt	N/E	27.3°C	24°	0.120m
27	07:05	80.76 Km	39.512920	2.333285	47	1 Knt	N/E	27.1°C	26°	0.115m
28	08:05	83.75 Km	39.530375	2.359485	46	2 Knt	N/E	27.3°C	27°	0.115m
29	08:17	84.32 Km	39.532500	2.362640	48	2 Knt	N/E	27.3°C	28°	0.115m
30										

STOPS							
FEED	TIME	PERIOD OF STOP	FOOD, DRINK & MEDICATION	FEED	TIME	PERIOD OF STOP	FOOD, DRINK & MEDICATION
1	05:30	1'	banana/honey + carbo drink	25	21:30	45"	carbo drink
2	07:00	1'	recovery bar - carbo drink	26	22:00	45"	banana/honey - no drink
①*	08:00	1'	nausea medication - carbo drink	27	22:30	1'30"	recovery drink 50/50
4	09:00	45"	banana/honey - carbo drink	28	23:00	3'30"	injection emantium - carbo drink
5	10:00	45"	recovery bar - no drink	29	23:30	45"	carbo drink
6	11:00	45"	carbo drink	30	00:00	1'	recovery bar - no drink
7	12:00	1'	banana/honey - carbo drink	31	00:30	45"	carbo drink
②*	13:00	3'15"	eye drops - no drink	32	01:00	1'	banana/honey - no drink
9	13:30	45"	carbo drink	33	01:30	45"	carbo drink
10	14:00	45"	recovery bar - no drink	34	02:00	1'	carbo drink
11	14:30	45"	carbo drink	35	02:30	1'	carbo drink
②*	15:00	2'45"	eye drops - no drink	36	03:00	1'	recovery bar
13	15:30	1'	recovery drink 50/50	37	03:30	45"	carbo drink
14	16:00	45"	banana/honey - no drink	38	04:00	1'	banana/honey - no drink
15	16:30	45"	carbo drink	39	04:30	1'	carbo drink
16	17:00	1'30"	recovery bar - carbo drink	40	05:00	1'	carbo drink
③*	17:30	2'30"	ibuprofen - no drink	41	05:30	1'	recovery drink 50/50
18	18:00	45"	banana/honey - carbo drink	42	06:00	2'	sponge cake - carbo drink
19	18:30	1'30"	recovery drink 50/50	43	06:30	45"	carbo drink
20	19:00	1'15"	sponge cake - no drink	44	07:00	1'	recovery bar - no drink
21	19:30	45"	carbo drink	45	07:30	45"	carbo drink
22	20:00	1'	recovery bar - carbo drink	46			
23	20:30	45"	no drink	47			
24	21:00	1'	banana/honey - carbo drink	48			

NOTES:

- START PLACE -> "Punta Grossa" Ibiza
- END PLACE -> "Punta de la Mola" Mallorca
- ①\* sleepiness is not letting swim flow
- ②\* mucus coming out of her eye because her nose was blocked

OBSERVER/S SIGNATURE/S:

*[Handwritten signature]*

③\* lumbar pain