

STOPS

FEED	TIME	PERIOD OF STOP	FOOD, DRINK & MEDICATION	FEED	TIME	PERIOD OF STOP	FOOD, DRINK & MEDICATION
1	8:43	40"	banana honey + carbo drink	26	02:45	1'	date + water
2	9:43	1'	recovery bar + carbo drink	27	03:15	20"	carbo drink
3	10:43	1'15"	carbo drink	28	03:45	30"	carbo drink
4	11:30	3'	banana honey + carbo drink	29	04:15	45"	water
5	12:15	1'15"	recovery bar + carbo drink	30	04:45	30"	coffee smoothie + water
6	13:00	1'	carbo drink	31	05:15	45"	banana honey + carbo drink
7	13:45	5'	banana honey + litemine + water	32	05:45	30"	coffee smoothie + carbo drink
8	14:20	4'	glucose drink 20% + water	33	06:00	45"	coffee smoothie + water
9	15:16	1'	recovery bar + water	34	06:30	1'	sponge cake + water
10	16:00	1'	banana honey + carbo drink	35	07:00	1'	banana honey + carbo drink
11	16:45	1'	date + carbo drink + water	36	07:30	45"	date + carbo drink
12	17:30	1'	recovery bar + carbo drink	37	08:15	2'	carbo drink
13	18:15	1'	coffee smoothie + water	38	09:00	45"	coffee smoothie + carbo drink
14	19:00	3'	carbo drink + date	39	09:45	45"	carbo drink
15	19:45	1'	carbo drink	40	10:30	1'	banana honey + carbo drink
16	20:30	1'	banana honey + carbo drink	41	11:15	3'	sponge cake + water
17	21:15	4'	physiological serum + carbo drink	42	11:00	1'	carbo drink
18	22:00	2'	recovery bar + water	43	12:45	1'	date + carbo drink
19	22:45	1'	banana honey + carbo drink	44	13:30	1'	coffee smoothie + water
20	23:30	1'	date + carbo drink + water	45	14:15	1'	banana honey + carbo drink
21	00:00	30"	carbo drink	46	14:45	3'	carbo drink
22	00:45	1'	sponge cake + carbo drink	47	15:15	1'	sponge cake + water
23	01:15	1'	sponge cake + glucose	48	15:45	1'	carbo drink
24	01:45	1'	banana honey + carbo drink	49	16:30	3'	banana honey + carbo drink
25	02:15	1'	recovery bar + water	50	18:30	1'	carbo drink

MORE DETAILS

START PLACE	SAN ANTONIO CAPE (JUBA)	CAPTAINS	JUAN COLOMINA DISO ALONSO
END PLACE	"SA FIGUERA BORDA" (IBIZA)	KAYAKERS	SISCU PONS - RIFA PASTOR TONI HUGUET - COA FIT
START CLIMATOLOGY	GOOD WEATHER, NOWINDS	BOAT	AMBER STAR + 2 KAYAKS
END CLIMATOLOGY	VERY WINDY	SWIMMER TEAM	SOFIA MOLL - ERIKA LLORENS JOSQUIN MILLS - DAVID ROSSERAT REI DEL RODRIGUEZ (DOC)

NOTES:

- * 9:43 WE SEE A MOON FISH
- * 10km = 2:51'
- * 10:23 ANOTHER MOON FISH
- * 11:30 FIRST PREVENTIVE CURE OF NOSE AND EYES WITH SERUM
- * 13:30 A LOT OF DOLPHINS
- * 14:24 SECOND PREVENTIVE CURE LIKE THE FIRST ONE
- * 15:30 STRONG ADVERSE CURRENTS
- * 17:45 DOLPHINS TO CLOSE
- * 19:00 THIRD PREVENTIVE CURE
- * 40km = 13:45'
- * 21:15 enantylum + ~~glucose~~ physiological serum (WE SEE 3-4 jellyfish, none)
- * 21:30 THE WAVES COMPLICATE THE PREPARATIONS TO FACE THE NIGHT
- * 03:00 TITA SWIM SLEEPY
- * 68'63km = 24 HOURS
- * 18:20 A MAJESTIC DEVIL FISH APPEARS SO CLOSE

OBSERVER SIGNATURE:

OFICIAL TIME

36:16'06"