

MARATHON SWIMMERS FEDERATION – Observer Report Cover Sheet

Swimmer

Name: KRZYSZTOF GAJEWSKI Gender: M Age: 27 Resides In: ZIELONA GÓRA POLAND

Support Personnel

Pilot name(s): JAN KUKIER Vessel: NEXUS 850 Port: OGONKI, POLAND

Crew names & roles: SUPPORT: Jakub Nowakowski, Mariusz Lebracki, Agnieszka Chudennik, Daniel Gajewski

Swim Details

Date: 15.07.2019 Body of Water: LAKE Location: START POINT: MOR-JEZIOLO MAMRY, GREEN VELO
Route description: MAMRY - GIZYCKO - MEGOCIN - JAGODNE - TATY - MIKOLAJKI - SNIARDWY (SUCHY RÓG)
Swim distance: 78,7 km Start time: 14:29 Finish time: 22:09 Elapsed: —

List any "first" or record claims: Longest Lake swim (multistage) - Country (POLAND), and longest Lake swim Europe (multistage) First record - Masurian Lakes Route

Rules & Conduct

Feeding (substances & frequency): Energy gel, isotonic, energy bar, pancakes ^{or} twice an hour

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

standard cap, standard swimming trunks, light at night on the cap, swimming goggles, "Desitin"

List any modifications of MSF Standard Swim Rules:

Observer: LESZEK NAZIEMIEC
TOMASZ MADEJ

Email or Phone:

+48 602199240
leszeknaziemia@gmail.com



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION Standard Swim Log

Handwritten signature



Date

15.07.2019

Swimmer(s)

KRZYŚTOF GATJEWSKI

Observer(s)

LESZEK NACIEMIEC
TOMASZ MADEJ

Swim Description

The Longest Lake Swim

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
14:29:27	54.21065°N	21.65227°E	18.3°C 18.0°C	11 km/h E	54/min	
15:29:27	54.10.929°N	21.35784°E	20.4°C 24.6°C	10 km/h E	52/min	3.15 km isochlor
16:29:27	54.09.506°N	21.40.966°E	20.5°C 22.5°C	10 km/h E	52/min	6.5 km isochlor
17:29:27	54.08.315°N	21.42.457°E	20.7°C 22°C	14 km/h E	52/min	8.8 km feeding - isopare drink, 3-gels
18:29:27	54.06.880°N	21.44.103°E	20.8°C 23.4°C	15 km/h N	51/min	12.2 km energy gel isochlor
19:29:27	54.06.191°N	21.43.248°E	20.3°C 20.0°C	8 km/h N	52/min	15.0 km energy gel isochlor
20:29:27	54.05.202°N	21.42.513°E	19.5°C 16.0°C	6 km/h N	52/min	18.0 km feeding - isopare drink, 1-energy gel, 3 pan calories
21:29:27	54.03.730°N	21.42.930°E	20.9°C 17.0°C	3 km/h N	51/min	21.0 km energy gel isochlor
22:29	54.02.486°N	21.44.168°E	21.0°C 29.20	3 km/h S	52/min	23.5 km feeding - 2 energy gels, Asistka candy bar
23:29	54.01.894°N	21.45.705°E	18.8 18.2	4 km/h W	50/min	26.1 km energy gel energy bar isochlor
00:29	54.00.721°N	21.44.726°E	19.6 16.72	2 km/h W	50/min	28.5 km feeding - 1 candy bar energy
1:29	53.59.474°N	21.45.933°E	19.8 15.2	5 km/h W	46/min	30.0 km isochlor energy gel
2:29	53.58.343°N	21.46.110°E	19.9 15.4	5 km/h W	46/min	33.8 km 3:06 assisting kayaker in the water
3:29	53.57.473°N	21.44.818°E	20.1 16.0	5 km/h W	44/min	36.2 km feeding - 2 isopare drinks - 2 energy gels
4:29	53.56.108°N	21.44.082°E	19.6 14.2	3 km/h W	46/min	38.8 km feeding - 1 isopare drink 1 energy candy bar

MARATHON SWIMMERS FEDERATION — Standard Swim Log

Next title



Date

16.07.2019

Swimmer(s)

KRZYŚTOF
GAJEŃSKI

Observer(s)

LESZEK NADZIEWICZ
TOMASZ MADEJ

Swim Description

The longest
Lake Swim

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:29	53 55.01'N	21 42.32'E	19.8°C 14.4°C	3 km/h E / n	53 / min	41.2 km - two energy gels - one iso drink
6:29	53 54.16'N	21 40.44'E	19.8°C 14.4°C	5 km/h E	53 / min	44 km - energy gels drink - one water bottle
7:29	53 53.74'N	21 38.75'E	19.7°C 16.0°C	8 km/h W	51 / min	46.4 km - energy bar, gel isotonic
8:29	53 52.85'N	21 37.25'E	20.5°C 21.3°C	4 km/h W	51 / min	49 km - energy bar gel isotonic
9:29	53 52.45'N	21 35.10'E	20.3°C 19.5°C	13 / h W	59 / min	51.5 km energy gel isotonic
10:29	53 52.12'N	21 33.25'E	19.5°C 18.0°C	13 km/h W	50 / min	53.7 km energy gel energy bar isotonic
11:29	53 51.22'N	21 32.86'E	19.3°C 19.9°C	16 km/h W	48 / min	56.1 km 11:53 - 12:15 first support swimmer went into the water
12:29	53 50.05'N	21 33.26'E	19.5°C 20.1°C	16 km/h W / n	48 / min	58.3 km energy gel isotonic
13:29	lost signal	lost signal	20.0°C 20.1°C	14 km/h W	48 / min	60.5 km energy gel isotonic
14:29	53 49.22'N	21 34.35'E	20.2°C 20.3°C	16 km/h N	50 / min	62 km second support swimmer 14:50 - 15:15
15:29	53 48.19'N	21 35.05'E	19.8°C 20.3°C	16 km/h W / n	49 / min	64.3 km two candy bars Aquila two gels and isopower drink isotonic energy gel
16:29	53 46.21'N	21 35.96'E	19.2°C 20.2°C	16 km/h W	52 / min	65.7 km pancakes isochinik
17:29	53 45.74'N	21 37.46'E	19.5°C 14.5°C	10 km/h W	48 / min	68.5 km one gel energy isochinik
18:29	53 45.86'N	21 39.58'E	19.0°C 20.6°C	10 km/h W / n	50 / min	70.5 km pancakes isotonic
19:29	53 46.05'N	21 41.04'E	19.0°C 20.3°C	11 km/h W	51 / min	72.8 km isotonic drink isotonic drink energy gel

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Date

16.07.2019

Swimmer(s)

KRZYSZTOF
GĄTEWSKI

Observer(s)

L. NAZIEMIEC
T. MADEJ

Swim Description

The Longest
Lake Swim

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
20:29	53.4646 N	21.4333 E	18.4°C 17.6°C	8 km/h N	50/m	75 km - Kobrac (turbo gel)
21:30	53.4693 N	21.4510 E	18.1°C 17.2°C	6 km/h N	52/m	77.2 km isochlor energy gel
22:04	53.7885 N	21.7657 E	18.2°C 17.2°C	2 km/h N	50/m	78.7 km

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