

## Swimmer

Name: Avishag Turek Gender: F Age: 44 Resides In: Shetayim, Israel

## Support Personnel

Pilot name(s): Lior Eliyahu  
Stas Schupek Vessel: Reef Port: Ein-gev

Crew names & roles: Dorit Appelbaum-Solsi - feeder, support  
Guy Cohen - observer

## Swim Details

Date: 29-30.10.2019 Body of Water: fresh water  
Lake Kinneret Location: northern Israel  
Sea of Galilee

Route description: 2 way length of Kinneret North to South to North

Swim distance: 41 km Start time: 9:16 PM Finish time: 12:10 AM Elapsed: 14:54

List any "first" or record claims: first documented double-crossing (first female)

## Rules & Conduct

Feeding (substances & frequency): Agun gel (100 kcal) & 125cc juice / half hour

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

1x cap, 1x goggles, 1x textile standard swimwear

List any modifications of MSF Standard Swim Rules:

None

Observer: Guy Cohen

Email or Phone: +972-505392621  
guyco.1965@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



NOTES

(distances, feeds, subjective conditions, other incidents)

TIME	LATITUDE N	LONGITUDE E	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES
21:16	32° 52.683	35° 36.424	20°	0	54	start 54 st/minute
21:50	32° 52.828	35° 36.255			53	1 Gum Gel & 125cc drink
22:20	32° 51.890	35° 36.031		W 5kn	51	1 Gum gel & 125cc juice
22:50	32° 47.704	35° 36.125		E 3kn	49	1 Gum gel & 125cc juice
23:26	32° 48.895	35° 33.728		SW 3k	47	1 Gum gel & 125cc drink
23:50	32° 48.835	35° 33.728			48	1 salt tab. 1 gum gel & 125cc drink
0:20	32° 48.835	35° 33.728			46	1 gum gel & 125cc juice
0:50	32° 47.720	35° 35.506			45	1 gum gel & 125cc drink
1:20	32° 47.007	35° 35.656			44	1 gum gel & 125cc juice
1:50	32° 46.379	35° 35.804		SSK	42	1 salt tablet 1 gum gel & 125cc drink
2:20	32° 45.730	35° 35.837		S 10k	44	1 gum gel & 125cc juice
2:50	32° 45.163	35° 35.787			44	1 gum gel & 125cc drink
3:20	32° 44.442	35° 35.618			44	1 gum gel & 125cc drink
3:50	32° 43.788	35° 35.452			45	1 salt tab. 1 gum gel & 125cc drink
4:26	32° 43.023	35° 35.410			50	1 gum gel & 125cc juice

Date

start: 29/10/2019  
end:

Swimmer(s)

Avishag Turek

Observer(s)

Guy Cohen

Swim Description

Sea of Galilee  
2 way length  
N-S-N

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

29/30, 10, 2019

Swimmer(s)

Avishay Tarek

Observer(s)

Guy Cohen

Swim Description

Galilee sea  
2 way

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
4:50	32° 42.458	35° 35.186	26.3° / 17°		50	(out) 1st leg! 20.5 km 1 coke, cola & bagels
5:50	32° 43.695	35° 35.584	26.2° / 17°		53	1 salt tab. 1 gun gel 125cc drink
6:27	32° 44.778	35° 35.809			52	bagels & tea
7:20	32° 46.275	35° 36.070			50	(switched cap and goggles) 1 gun & drink 1x Advil
7:55	32° 47.085	35° 36.031			47	bagels & tea
9:00	32° 48.695	35° 35.810			50	1 gun & 125cc drink
9:23	32° 49.267	35° 35.787			50	bagels & water
9:51	32° 49.935	35° 35.861		w/5 km	47	35.2 km half peach
10:20	32° 50.617	35° 35.981			51	36.5 km 1 gun gel & coke
10:52	32° 51.447	35° 35.963			53	38 km 2x Gun gels 1x Advil
11:15	32° 52.089	35° 35.868			55	39.3 km 1x Gun gel
12:10	32° 53.453	35° 35.672				FINISH !!