

Swimmer

Name: Keone Weigl Gender: F Age: 56 Resides In: Manlius, NY

Support Personnel

Pilot name(s): Steve Weigl Vessel: 24' Crest Classic Pontoon Port: Village of Skaneateles

Crew names & roles: Bob Janeczko - kayak
Steve Weigl - swim support - feeds
Sammy - K9 - morale support

Swim Details

Date: 8-9-2019 Body of Water: Skaneateles Lake Location: Village of Skaneateles

Route description: North to South

Swim distance: 16.05 mi Start time: 8:04 AM Finish time: 3:18 pm Elapsed: 7:09:20

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency): every mile - ^{diluted} Powerade, Hammer Perpetuem, gels

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

Dolphin Ughes Suit ZINC-sun protection.
1 Silicone Cap ear plugs
goggles - Aqualung

List any modifications of MSF Standard Swim Rules:

None

Observer: Bridgette Hobart
 Email or Phone: bthobart@ptcll.com
862 432 0357



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.
Bridgette Hobart

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

8-9-2019

Swimmer(s)

Keone
Weigl

Observer(s)

Bridgette
Hobart

Swim Description

Skaneateles
LAKE
N + S

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| TIME | LATITUDE | LONGITUDE | TEMP sea / air | WIND spd / dir (mph) | STR. RATE | NOTES (distances, feeds, subjective conditions, other incidents) |
|--------------------|----------|-----------|-------------------|----------------------------|--------------|---|
| 8:04 start | | | | | | |
| 8:11 | | | 72/62 | 9WSW | 70 | ①=Quick Feed=L30 sec. |
| 8:33 | | | 72/62 | 9WSW | 70 | feed-diluted powerade - quick stop @ 1mi |
| 9:03 | | | 72/66 | 10W | 66 | feed-Hammer Pep. + Powerade - ① @ 2mi |
| 9:31 | | | 72/66 | 10W | 66 | ⊥ ⊥ ⊥ @ 3mi getting nice push |
| 10:00 | | | 72/66 | 13W | 64 | ⊥ ⊥ ⊥ @ 4mi ul winds 😊 |
| 10:28 | | | 72/68 | 13W | 68 | ⊥ ⊥ ⊥ @ 5mi - good push 😊 |
| 10:56 | | | 72/68 | 13W | 66 | ⊥ vomit (just a bit) ⊥ ⊥ @ 6mi ⊥ |
| 11:25 | | | 72/68 | 13W | 66 | ⊥ - gel + powerade only ① @ 7mi ⊥ |
| 11:52 | | | 72/71 | 14W | 64 | feed-Hammer + powerade ① @ 8mi ⊥ going strong |
| 12:19 | | | 72/71 | 13W | 64 | feed-Hammer, Advil (2) Powerade ① @ 9mi good push! |
| 12:45 | | | 72/71 | 13W | 64 | feed-Hammer + powerade @ 10mi ⊥ |
| 1:10 ¹² | | | 72/73 | 14W | 66 | feed-gel powerade @ 11mi ⊥ |
| 1:31 | | | 72/73 | 14W | 62 | feed-Hammer; powerade @ 12mi ⊥ |
| 2:03 | | | 72/73 | 14W | 64 | feed-Hammer + powerade @ 13mi ⊥ |
| 2:33 | | | 72/73 | 14W | 62 | feed- ⊥ @ 14mi ⊥ |

Bridgette Hobart

7:09:20

MARATHON SWIMMERS FEDERATION - Standard Swim Log



| TIME | LATITUDE | LONGITUDE | TEMP sea / air | WIND spd / dir | STR. RATE | NOTES (distances, feeds, subjective conditions, other incidents) |
|------|----------|-----------|-------------------|-------------------|--------------|--|
| 3:01 | | | 72 / 73 | 12 @ W | 64 | Feed - Hammer e 15 mi |
| 3:07 | | | | | 66 | (LAST FEED :) |
| | | | | | | 15.43 mi |
| 3:13 | | whoohoo! | | | | 7:09:20 !! :) |
| | | <hr/> | | | | |
| | | | | | | - strong swim by Keone from start to finish. We were blessed with conditions - great course line w/ tailwinds, minimal marine traffic all day. |
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Date

8-9-2019

Swimmer(s)

Keone
Weigl

Observer(s)

Bridgette
Hokae-t

Swim Description

Skaneateles
LAKE
N to S

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Bridgette Hokae-t