

Swimmer

Name: ZURBAGIU BOGDAN COSMIN Gender: M Age: 33 Resides In: BUCHAREST, ROMANIA

Support Personnel

Pilot name(s): FLORIN TOMOS Vessel: MOTOR BOAT @ SEALU BOTII Port: SEALU BOTII

Crew names & roles: ACHIM ALEXANDRU - OBSERVER ON KAYAK
SUTEA MARIUS - SUPPORT CREW, ON KAYAK
TOMOS FLORIN - SUPPORT CREW, MOTOR BOAT

Swim Details

Date: 13.07.2019 Body of Water: BELIS-FANTANELE LAKE Location: CLUZ, ROMANIA

Route description: CROSSING OF BELIS-FANTANELE LAKE FROM BELIS BOATRAMP/DAM TO SMINA VILLAGE

Swim distance: 14 KM Start time: 09:11 Finish time: 13:41 Elapsed: 4h 28' 21"

List any "first" or record claims: FIRST UNASSISTED CROSSING

Rules & Conduct

Feeding (substances & frequency): EVERY 1/2 hour I SO DRINK POWERBAR | SOMAX +
+ POWERBAR MAGNESIUM or L CARNITINE SHOTS +
+ GEL

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

SILICONE SWIM CAP, GOGGLES, SPEEDO, DESITIN OXYDE ZINC CREME

List any modifications of MSF Standard Swim Rules:

N/A.

Observer: ACHIM ALEXANDRU

Email or Phone: +40751.241.093



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



Date

13.07.2019

Swimmer(s)

ZURBAGIU
BOGDAN
COSMIN

Observer(s)

ACHIM
ALEXANDRU

Swim Description

Beliz Foutouele
to SMIDA
old house on
lake.

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GMT+3 TIME LOCAL	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE / min	NOTES (distances, feeds, subjective conditions, other incidents)
09:11	46,668409	23,053941	19,2/10	3 km/h SSW	64	Start Beliz Foutouele
09:40	46,663874	23,030825	18,9/10	—	64	ISO + Magnesium + GEL
10:12	46,660342	23,008986	18,8/11	—	64	ISO + Cornutine + GEL. Makes jokes
10:43	46,656466	22,98954	18,7/11	—	64	ISO + Magnesium + GEL. Rows
11:11	46,655866	22,970783	18,6/12	—	62	ISO + Cornutine + GEL. He pees.
11:43	46,660746	22,991723	18,3/13	—	62	ISO + Magnesium + GEL.
12:10	46,659937	22,933245	18,3/13	—	62	ISO + Mg. + GEL.
12:29	46,659549	22,921133	18,2/13	—	62	Change of goggles
12:41	46,658437	22,913895	18,3/13	—	60	ISO + Cornutine + GEL
13:12	46,646124	22,902262	18,4/13	—	60	ISO + Magnesium + GEL Foot cramps. Feels cold
13:41	46,642071	22,888976	18,6/13	—	60	Land. exit water at old house SMIDA PHOTOS
13:48	46,643959	22,893532	18,6/13	—	60	ISO + Cornutine + GEL
14:06	46,646660	22,903610				Stop. Exit water