

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:

Crew names & roles:

Swim Details

Date: Body of Water: Location:

Route description:

Swim distance: Start time: Finish time: Elapsed:

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency):

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

List any modifications of MSF Standard Swim Rules:

Observer:

Email or Phone:



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

18 July 2020

Swimmer(s)

Bogdan Cosmin
ZURBAGIU

Observer(s)

Cameliu COSTACHE

Swim Description

Vidraru Lake, 2 way

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
11:13	45.367167	24.635647	22.1 / 17	4kph / SE	56	Start, 1 l-carnitine shot Powerbar
11:45	45.380510	24.631672	21.7		56	iso drink + 1 gel
12:15	45.394295	24.625298	20.3		56	iso drink + 1 gel
12:45	45.408155	24.624069	19.9		54	iso drink + 1 gel
13:15	45.421283	24.620631	19.8		54	change goggles, iso drink + 1 gel
13:43	45.435922	24.610649	18.6		54	iso drink + 1 gel
14:00	45.442964	24.607571	18.1	7kph	54	change goggles, iso drink + 1 gel
14:26	45.455156	24.602143	19.8			1 way, exit water, iso drink + 1 gel, coffee, 1 magnesium shot
15:00	45.446501	24.605821	19.8 / 21		52	iso drink + 1 gel
15:47	45.433644	24.612510	18.7		52	iso drink + 1 gel
16:00	45.430536	24.614694	19.5		52	iso drink + 1 gel
16:30	45.419044	24.620891	18.9		52	iso drink
17:00	45.407728	24.622617	19.2 / 19		52	iso drink + 1 gel
17:38	45.395376	24.623951	20.3		54	iso drink
18:00	45.385917	24.627972	20.1		54	iso drink + 1 gel

