

MARATHON SWIMMERS FEDERATION – Observer Report Cover Sheet

Swimmer

Name: Ridzwan Rahim Gender: M Age: 44 Resides In: Kajang, Selangor Malaysia

Support Personnel

Pilot name(s): Azrol Bin Mohd Yusof Vessel: Motor Boat Port: perhentian kecil

Crew names & roles: TSUYOSHI Sawada ⇒ Observer | Damian Ang Yeoh Joo On ⇒ crew
Abdul Razak Abdul Aziz ⇒ Observer | Mohd Yusof bin Abdul Rahman ⇒ Assistant Pilot

Swim Details

Date: 21.03.2021 Body of Water: South China Sea Location: Terengganu Malaysia

Route description: Perhentian Kecil to Besut of Terengganu

Swim distance: 19.0/km Start time: 4:00 Finish time: 12:56:30 Elapsed:

List any "first" or record claims: 8:56:30

Rules & Conduct

Feeding (substances & frequency): Each 45~60 min, Bananas, chocolate, energy bar, sandwich, Water, Gatorade, white coffee

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

Spats type swimwear, Silicon Swim Cap, goggles, Flashing light, sunscreen, grease.

List any modifications of MSF Standard Swim Rules:

None.

Observer: TSUYOSHI SAWADA

Email or Phone:

amzar.yoshi@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



Date

21, 03, 2021

Swimmer(s)

Ridzwan Rahim

Observer(s)

TSUYOSHI SAWADA
Abdul Razak

Swim Description

from Perhentian
Kecil Island
to Besut of mainland

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)				
						Distance	Humidity	wave height	feeds other	
4:00	5°53'26"N	102°43'06"E	29/29	0	61	0 km	90%	0.1 m	4:48	
5:00	5°50'20"N	102°41'55"E	28.5/26	7/E	61	2.54 km	95%	0.2 m	5:35	
6:00	5°52'41"N	102°40'59"E	29/26.5	15/E	59	2.96(5.5) km	90%	0.3 m	6:30	PRAY 6:45
7:00	5°51'52"N	102°40'25"E	29/26	26/E	60	6.15(7.15) km	90%	0.4 m	7:40	
8:00	5°50'56"N	102°39'49"E	29.5/26.5	8/NE	59	2.45(9.6) km	89%	0.4 m	8:30	
9:00	5°50'39"N	102°39'28"E	29.5/28	7/NE	60	2.3(11.9) km	90%	0.3 m	9:15	
10:00	5°49'42"N	102°38'10"E	29/28.5	8/NE	59	1.9(13.8) km	90%	0.3 m	10:10	
11:00	5°49'12"N	102°37'29"E	31/30	8/NE	61	1.4(15.2) km	89%	0.2 m	11:00	
12:00	5°48'48"N	102°36'39"E	32/30	9.5/NE	59	1.8(17.0) km	88%	0.3 m	11:46	
12:56:30	5°48'46"N	102°35'31"E			60	2.01(19.01) km		0.3 m		

LAP	TIME	Total time	Distance	Average pace
1	23:37	23:37	1,000	2:22
2	21:36	45:14	1,000	2:10
3	25:14	1:10:28	1,000	2:32
4	22:42	1:33:10	1,000	2:16
5	25:56	1:59:06	1,000	2:36
6	24:17	2:23:23	1,000	2:26
7	34:28	2:57:50	1,000	3:27
8	22:14	3:20:05	1,000	2:14
9	27:14	3:47:19	1,000	2:43
10	23:03	4:10:22	1,000	2:18
11	27:23	4:37:45	1,000	2:44
12	25:15	5:03:00	1,000	2:32
13	33:56	5:36:56	1,000	3:24
14	28:33	6:05:29	1,000	2:51
15	29:15	6:34:44	1,000	2:55
16	50:14	7:24:59	1,000	5:01
17	34:31	7:59:30	1,000	3:27
18	32:00	8:31:30	1,000	3:12
19	23:38	8:55:07	1,000	2:22
20	1:23.2	8:56:30	87	1:36
Overview	8:56:30	8:56:30	19,087	2:49

21.03.2021

TSUYOSHI SAWADA