



Solo Swim Observation Log

Date: 8/20/23

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Swimmer Name: Betsy Sandberg Route Description: Appledore Island - Rye Beach
Maine NH

Time	Strokes per minute	Temperature C or F		Wind kts (mph kph m/s BF)		Notes
		Water	Air	Speed	Dir	
841 _{AM}		63.4	68.8	8.7 ^{kts} 12.1	270	ALL FEEDS are Infinit Custom Mx Liquid Fuel Swimmers in the water
849	54					
901	54	64.4	68.9	10.1- 10.5	240	Chappy seas roller coaster chop Betsy looks strong breathing every 2-4 strokes - right
9:11						FEED - 8oz. (30 sec). -saw "feels like she drank 10oz. salt water"
9:25	53	64.4	68.8	7.4- 6.9	260	Steady chop
9:33	54					
941						FEED (45 sec) Little Pee - 8oz. still fair chop wind lessening
944	55	63.6				
9:50	54		68.8	8.3- 7.1A	252	reduced chop
						9:56am - Bob checked in 10:05am - stuck right foot out of water
10"	55					FEED (2oz) RIGHT QUAD CRAMP Smiles - told crew we are doing well
10:00	54	62	69.5	8.7 M 7.8 A	220	Steady chop and waves
1035	55					Betsy stopped - CRAMPING - feed quad FEED (NO PEE) (3oz.)

PAGE 1 ONLY - Time recorded as (HH-MM-SS)

Start Time: 8:41am

Finish Time: 2:17pm

Total Elapsed Time: 5:36.15

Observer Name: KM Wesson Observer Signature: [Signature]



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		Water	Air	Speed	Dir	
10:41						<u>FEED</u> (1002) NO PEE cramp no better - feels better
10:51	55	62.2	69.7	8.1M 6.7A	234	
11:00	55					calmer waters - much less chop
11:11						<u>FEED</u> (1002) She peed! she said, "warmup done!" "What's the main set?" Sense of humor :)"
11:20	56	61.6	69.9	6.3M - 5.8A	272	
11:41	54	60.1				<u>FEED</u> - NO PEE She feels good (902) - but spit some out. Thumbs up.
11:50	54	60.4	71.7	5.4M M 4.5A	251	"I thought you were going to give my snacks to the sailboat!" → Had sailboat approaching.
12:11 pm						Swam by a lobster maker - "Anybody want a lobster?" ARMS are getting tired.
						<u>FEED</u> - She Peed (1102 of feed) 3.5 min. "oh great a bigger audience to pee for!" stop
12:20	55	62.6	75.0	13.2M 11.8A	230	
12:41	54	62.2				<u>FEED</u> says she feels good. TINY pee 1002. 2.5 min. stop
12:50	55	61.9	77.0	7.8M - 7.1A	235	calmer water, Betsy looks good
1:11 pm	54	60.7		10.7M - 9.2A		Tired, peed. Are we there yet? Wants to do corksews. <u>FEED</u> (802) Sounds a little drunk.
1:20 pm	54	61.2	75.6	↓	276	Little bit of increased chop + wind. breathing every 4 strokes

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Observer Name: <u>Kim Wesson</u>	Observer Signature: <u>[Signature]</u>
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		Water	Air	Speed	Dir	
1:47pm	54	61.9	78.2	11.4 M 10.7 A	259	FEED - Betsy says she feels GOOD Stop was 1.15 (802 fuel)
2:01pm	53	62°	82.9	15.6 M 14.1 A	261	Winds up Betsy looks GOOD approaching shore
2:17pm						toes out of the water (observed by the boat crew with binoculars)

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 Start Time: 8:41 am Finish Time: 2:17 Total Elapsed Time: 5:36.15

Observer Name: Kim Wesson Observer Signature: