

Time	Lapsed Time	Water (C)	Water (F)	Air (C)	Air (F)	Strokes per Minute	Notes
3:43	0:00	20.1	68.18	18.00	64.40	64	Dave's in water
4:02	0:19	20.3	68.54	19.10	66.38	64	First 1000 meters done
4:28	0:45	19.3	66.74	17.30	63.14	63	First feeding
4:46	1:03	18.3	64.94	17.60	63.68	63	Talking with Davis about SPOT choice
4:59	1:16	17.9	64.22	17.90	64.22	64	Nothing special
5:13	1:30	19.8	67.64	17.60	63.68		Second feeding
5:43	2:00	19.6	67.28	20.60	69.08		After 2 hours
5:58	2:15	19.6	67.28	20.50	68.90	67	3rd feeding
6:19	2:36	19.6	67.28	23.00	73.40	65	Nothing special, just check stroke rate
6:43	3:00	19.8	67.64	24.80	76.64	65	4th feeding, Ove's first, OK
7:13	3:30	19.6	67.28	25.50	77.90	66	5th feeding, everything looks OK
7:43	4:00	19.7	67.46				6th feeding
7:48	4:05	19.9	67.82			67	Just counting
7:58	4:15	20.2	68.36			67	Just counting
8:13	4:30	20.9	69.62				7th feeding, get 4 ibuprofen
8:28	4:45	20.5	68.90			63	Only counting with a pause so we think it's OK
8:43	5:00	19.4	66.92			65	8th feeding, no comments, feeding goes OK
8:56	5:13	19.7	67.46			64	Agneta and Dan arrived
9:13	5:30	20.3	68.54				9th feeding goes OK
9:30	5:47	20.4	68.72			65	Only strokes, Agneta and Dan behind us
9:43	6:00	20.8	69.44				10th feeding, Talked with Dave he feels fine
9:52	6:09	21.9	71.42			66	
10:13	6:30	21.6	70.88			65	11th feeding, asking Dan take some pictures
10:35	6:52	21.1	69.98			63	Only stroke, a little tired
10:43	7:00	21.1	69.98				12th feeding, Dave will talk next feeding
10:55	7:12	21.3	70.34			66	Only stroke rate
11:13	7:30	20.8	69.44				13th feeding, talked with Dave, it go good
11:26	7:43	20.8	69.44			63	Only stroke, dad was boring
11:34	7:51	20.6	69.08			64	
11:43	8:00	20.5	68.90				14th feeding OK
12:00	8:17	20.7	69.26			63	Only stroke rate

