

Feeds every 30 on warm corked pig unless otherwise noted
 Air Temp. Wind speed / Dir from internet for Com.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/7/2016

Swimmer(s)

Jaimie
 Monohan

Observer(s)

Jaimie
 Serell

Swim Description

Lake near
 Como to
 Domaso to
 Como

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
11:10 AM	46 9 51N	9 22 22 E	70	0/0	50	start from small beach by lighthouse in Domaso. CORK CARIO
11:45	46 9 30N	9 21 6E	70	0/0	49	15 th feed -> warm corked pig unless otherwise noted
12:20	46 8 52 N	9 20 22E	73	0/0	48	Domaso / Lombardy - temp for Domaso
12:50	46 8 24 N	9 19 37E	73	6/ NW	47	
1:20	46 7 55 N	9 19 11E	73	0/0	47	
1:50	46 7 15 N	9 18 39E	75	3/ NW	46	Colico / Lombardy - 4.2 miles temp
2:20	46 6 30 N	9 18 23E	75	6/ S	46	Desio / Lombardy
2:50	46 5 59 N	9 18 13E	79	7/ S	42	Desio / Lombardy - winds from south creating 1ft chop
3:20	46 5 29 N	9 17 49E	80	6/ S	42	Desio / Lombardy - winds from south 1 foot chop slippy
3:50	46 5 9 N	9 17 31 E	80	8/ S	42	" " lots of kite surfers + sailboats
4:20					45	Dozens of kite surfers, sailboats + wind surfers to thread thru -> 215 Eg
4:50	46 4 51 N	9 16 49E	78	4/ S	42	No water traffic winds diminished. AT town of Santa Maria Rezzonico
5:20	46 3 45 N	9 16 45E	78	6/ S	44	San Siro / Lombardy
5:50	46 3 15 N	9 16 34 E	78	3/ S	45	" " winds diminished

Note: She swam the length of Lake Geneva one week ago.

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Observer(s)

Janine

Swim Description

Domasoto
Bomo
length of Lake
Comio

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6:20	46 2 53N	9 16 25E	NA/17	4S	47	San Siro / Lombardy -
6:50	46 2 17N	9 16 9E	NA/18	3S	48	swimmer picking up pace to 1.5
7:20	46 4 41N	9 15 52E	- / 77	2S	48	turn lights on swimmer + turn lights on boat for swimmer to track.
7:50	46 1 15N	9 15 35E	- / 75	-	48	Perfeda / Lombardy - moon out blue / at 1/4 water flat
8:20	46 0 33N	9 15 16E	- / 72	-	49	sun has set. / Griante / Lombardy
9:50	46 45 50N	9 14 10E	- / 70	-	47	
10:30	45 58 11N	9 13 18E	68	-	47	Bellagio / Lombardy - water flat lake narrow
11:10	45 57 45N	9 12 23E	65	-	47	Lezzeno / Lombardy
11:50	45 57 14N	9 11 25E	66	-	46	swimmer happy & strong
12:20	45 56 54N	9 10 41E	64	-	47	The Italian Boat Captain says "Perfetto"
12:50	45 56 33N	9 9 50E	65	-	47	
1:10	45 56 9N	9 9 0E	65	3S	47	little wind coming up feed include gel w/ caffeine
1:50	45 55 27N	9 8 41E	65	2S	47	
2:20	45 54 59N	9 8 30E	65	-	47	

