

Swimmer

Name: BOGDAN COSMIN
ZURBAGIU Gender: M Age: 34 Resides In: BUCHAREST, ROMANIA

Support Personnel

Pilot name(s): MARC NECULAI
DAN PÂRȚOLEA Vessel: 2 KAYAKS Port: BICAZ DAM

Crew names & roles: MIREL MICU, VALENTIN MOCANU - OBSERVERS
MARC NECULAI, DAN PÂRȚOLEA - SUPPORT CREW

Swim Details

Date: 01-AUG-20 Body of Water: LAKE IZVORUL
MUNTELEI (LACUL BICAZ) Location: NEAMT COUNTY, ROMANIA

Route description: FULL LENGTH OF THE LAKE, FROM S-E TO N-W
FROM DAM TO "PIATRA TEIULUI"

Swim distance: 23,4 Km Start time: 9:20 Finish time: 18:02 Elapsed: 8h42min
GMT+3

List any "first" or record claims: FIRST DOCUMENTED CROSSING

Rules & Conduct

Feeding (substances & frequency): ISO DRINK + POWERBAR GEL EVERY 1/2h
PROTEIN BAR + Mg + BANANA

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

1 TYR BRIEFS/SPEEDOS, 3 PAIRS OF GOGGLES (1 SPEEDO, 2 TYR)
DESITINE CREAM ZINC OXYDE, 1 SILICONE CAP.

List any modifications of MSF Standard Swim Rules:

NONE

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.

MIREL MICU (MAIN OBSERVER) - +40723589941

VALENTIN MOCANU (OBSERVER) - +40722282783

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

01-AUG-20

Swimmer(s)

BOGDAN
COSMIN
ZURBAGIU

Observer(s)

MIREL MICU
VALENTIN
MOCANU

Swim Description

LAKE BICAZ
FULL LENGTH
DAM → PIATRA
TEIULUI

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TIME	LATITUDE	LONGITUDE	TEMP (°C) sea / air	WIND spd / dir	STR. RATE / min	NOTES (distances, feeds, subjective conditions, other incidents)
9:20	46,94117	26,11236	23,1/17	10 km/h W-NW	56	START: ENTRY WATER - DAM
9:48	46,95055	26,10163	23,1		56	ISO + GEL
10:19	46,95584	26,08737	23,3		54	ISO + GEL 2822 m
10:40	46,96052	26,07605	23,3		54	ISO + GEL 3949 m
11:24	46,97488	26,07180	23,9		54	ISO + GEL + PROTEINE 5845 m
11:55	46,98437	26,07422		14 km/h N	55	ISO + GEL + SCH. SCHELARI (CHANGE GOGGLES) 7089 m
12:28	46,99630	26,07237	A:21		55	1/2 BANANA ISO 8576 m
12:55	47,00733	26,06379	23,4		55	ISO + GEL + PROTEINS 1/2 (15gr) 9944 m
13:22	47,01469	26,05322	23,4		56	ISO + GEL 11 Km
13:52	47,02253	26,03798	24,2		56	ISO + GEL + MG 13 Km
14:22	47,03320	26,02878			54	ISO + GEL + BANANA 14 Km
14:50	47,03853	26,01498	A:22	16 km/h N-NW	54	ISO + GEL + PROTEIN 1/2 15 Km
15:20	47,04473	25,99586	24,9		54	ISO + GEL 17 Km
15:50	47,05072	25,97924			54	ISO + GEL + PROTEIN 19 Km
16:20	47,05766	25,96286			54	ISO + GEL

