



Solo Swim Observation Log

Date: AUG 4, 2021

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Swimmer Name: Fabrice Bear-gabel Route Description: Swim around Brehat

Time	Strokes per minute	Temperature C or F		Wind kts mph kph m/s (BF)		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
9 ^h 01		18	18	1	West	N 48° 50' 36 W 2° 59' 56
9 ^h 20	54	18	18	1	West	na warm GU Energy mix 150ml = 150 cal + 2x GU gel = 200 cal
9 ^h 40	54	19	19	1	"	N 48° 51' 14 W 3° 00' 54 warm GU Energy mix 100ml = 100 cal + 2x GU gel = 200 cal
10 ^h	54	17	19	1	"	N 48° 51' 34 W 3° 00' 47 warm GU Energy mix 100ml = 100 cal + 1x GU gel = 100 cal
10 ^h 20	60	18	19	2	"	N 48° 51' 51 W 3° 00' 06 warm GU mix 100ml = 100 cal PILSTONE : PAON LIGHTHOUSE
10 ^h 40	54	18	18	2	"	N 48° 51' 58 W 02° 59' 24 warm GU mix 100ml = 100 cal
11 ^h	54	19	19	2	"	N 48° 51' 19 W 02° 58' 03 warm GU mix 100ml = 100 cal + 1 GU gel = 100 cal
11 ^h 22	54	19	22	1	"	N 48° 50' 56 W 02° 58' 38 warm GU mix drink 100ml = 100 cal
11 ^h 40	54	19	22	1	"	N 48° 50' 26 W 02° 58' 56 warm GU mix drink 100ml = 100 cal
12 ^h	54	18	22	1	"	N 48° 50' 10 W 02° 59' 43 no feeding

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

Start Time: 9^h01:00

Finish Time: 12^h16:00

Total Elapsed Time: 3^h15:00

Observer Name: GWENDAL TOMASI

Observer Signature: G. Tomasi