



Solo Swim Observation Log

Swimmer Name: Marko Pejchinovski Swim: Lake Ohrid

Time	Strokes	C or F		kts mph kph m/s BF		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
07:02	60	22C	18C	5km/h	N	Start - Harbour of Lake Ohrid; still water, mostly sunny with some clouds
07:15	60	22C	18C	5km/h	N	First feeding - maltodextrin and noon tablets
07:45	59	22C	18C	5km/h	N	Second feeding - maltodextrin and noon tablets; still water, cloudy
08:15	59	22C	18C	6km/h	N	Third feeding - maltodextrin and noon tablets; ripples on the water, cloudy
08:45	62	22C	20C	6km/h	N	4th feeding - maltodextrin and noon tablets; ripples on the water, sun coming out
09:15	60	22C	20C	6km/h	N	6km completed; 5th feeding - maltodextrin and noon tablet; ripples on the water, sunny
09:45	61	22C	21C	8km/h	N	6th feeding - maltodextrin and noon tablet; 8km completed; ripples on the water, sunny
10:15	62	22C	21C	8km/h	NW	7th feeding - maltodextrin and noon tablet; ripples on the water, sunny
10:45	62	22C	22C	9km/h	N	8th feeding - maltodextrin and noon tablet; 11km completed; ripples on the water, sunny
11:15	60	22C	22C	9km/h	N	Halfway to finish line (12.5km completed); ripples on water, cloudy; 9th feed - maltodextrin, noon tablet
11:45	63	22C	22C	11km/h	NW	It started raining, ripples on the water, windy; 10th feeding - maltodextrin and noon tablet
12:15	62	22C	22C	9km/h	NW	It stopped raining, sky is clearing up, sun coming out; 11th feeding - maltodextrin and noon tablet
12:45	61	22C	23C	12km/h	N	5km left to finish line; ripples on water, sunny; 12th feeding - maltodextrin, noon tablet (extra close, swimmer is thirsty)
13:15						12th feed

Observer Name: Martina Baleska Observer Signature: M Baleska

1/2 back

	Latitude	Longitude
07:02	41° 06.687' N	020° 47.915' E
07:45	41° 05.468' N	020° 47.572' E
08:15	41° 04.730' N	020° 47.352' E
08:55	41° 03.766' N	020° 47.085' E
09:15	41° 03.313' N	020° 46.966' E
09:45	41° 02.648' N	020° 46.773' E
10:15	41° 01.878' N	020° 46.555' E
10:45	41° 01.064' N	020° 46.328' E
11:15	41° 00.206' N	020° 46.091' E
11:45	40° 59.345' N	020° 45.848' E
12:15	40° 58.434' N	020° 45.589' E
12:45	40° 57.525' N	020° 45.343' E
13:15		



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Time	Strokes	Temperature		Wind		Notes <small>Use reverse side for longer notes - please include timestamps.</small>
		Water	Air	Speed	Dir	
13:15	62	22C	23C	12km/h	NW	13 th feeding - maltodextrin and noon tablet; 3km left to finish line; sunny with clouds
13:45	62	22C	24C	12km/h	NW	14 th feeding - maltodextrin and noon tablet 1.5 km left to finish line; started raining
14:16	64	22C	24C	12km/h	NW	FINISH - St. Naum People on the beach - applauding and welcoming Marko

Observer Name: Martina Baleska Observer Signature: [Signature]

2/2 BACK

	Latitude	Longitude
13:15	$40^{\circ} 56.639' N$	$020^{\circ} 45.091' E$
13:45	$40^{\circ} 55.782' N$	$020^{\circ} 44.803' E$
14:16	$40^{\circ} 54.908' N$	$020^{\circ} 44.573' E$