



# Solo Swim Observation Log

Date: 12.08.2021

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Swimmer Name: ROSIAN COSMIN ZURZAGIU Route Description: BAZIAS TO ORSOVA - ONE WAY

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	
10:26	49	25.2°C	23°C	10.8 km/h	NNV	SWIMMER ENTERS THE WATER AT BAZIAS LANAMARK 1073
11:00	49	25.3°C	26°C	11 km/h	NNV	CARBODRINK 250 ml
11:30	49	25.3°C	26°C	15 km/h	NNV	CARBODRINK 250 ml
12:00	50	25.3°C	26°C	17.8 km/h	NNV	CARBODRINK 250 ml
12:30	48	25.4°C	27°C	22.8 km/h	NNV	BCAA 250 ml + 1 PROTEIN BAR FEELS GOOD, MAKES JOKES
13:00	49	25.4°C	27°C	22.8 km/h	NNV	CARBODRINK 250 ml PASSING BY VELIKO-GRĂȘISTE
13:29	50	25.5°C	28°C	23.0 km/h	NNV	CARBODRINK 250 ml
14:00	49	25.6°C	30°C	22.7 km/h	NNV	CARBODRINK 250 ml PASSING BY POȚEJENA
14:30	50	25.6°C	30°C	22.4 km/h	NNV	250 ml WATER + SALT CAPS; 1 SHOT MAGNESIUM LIQUID; SNACK (MACARONI AND CHEESE)
14:59	50	25.6°C	30°C	22 km/h	NNV	CARBODRINK 250 ml; PASSING MOLDOVA NOUA
15:30	50	25.6°C	32°C	20.5 km/h	NNV	CARBODRINK 250 ml; PASSING BY OLD COPPER MINE - MOLDOVA NOUA
15:59	50	25.6°C	32°C	20.4 km/h	NNV	CARBODRINK 250 ml; MEETING WITH A BOAT OF SUPPORTERS
16:29	52	25.8°C	32°C	20.4 km/h	NNV	SNACK (BANANA; BISCUITS); COFFEE 100ml; BCAA 250 ml; PASSING BY GLOJBAȚ FORTRESS
17:02	52	25.9°C	32°C	20.4 km/h	NNV	CARBODRINK 250 ml; OBSERVERS ARE SWITCHING, SWIMMER SAYS HE'S REALLY ENJOYING THE SWIM

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

Start Time: 10:26:24 (12.08.2021)

Finish Time: 15:13:22 (12.08.2021)

Total Elapsed Time: 28h:46:58

Observer Name: ARDELEAN JANI Observer Signature:



# Solo Swim Observation Log

Date: 12.08.2021 / 13.08.2021

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Swimmer Name: BOGDAN COSMIN ZURBAGIU Route Description: BAZIAS TO ORSOVA - ONE WAY

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	
17:31	48	25'9	32	15 km	NV	MAGNESIUM DICHLORIDE / WATER 250ml
18:00	50	25'3	32	15 km	NV	BACK PAIN / COMBARS NAUERTEN / CARBODRINK 250 ml
18:30	49	25'9	31	15 km	NV	BISCUITS - TUC / MACARONI AND CHEESE 1 NAUERTEN / WATER 250ml
18:59	50	25'8	30	15 km	NV	SANDWICHES WITH CHEESE / WATER
19:44	50	25'8	30	15 km	NV	CARBODRINK 250 ml / CHANGED GOGGLES
20:14	53	25'6	29	15 km	NV	CARBODRINK 250 ml
20:45	50	25'6	28	15 km	NV	RATANA / SHORINE / BISCUITS 2057 / CHANGEO CAPTAIN / BERTASCA
21:30	50	25'7	24	15 km	TM	CARBODRINK 250 ml
22:00	50	25'6	26	15 km	NV	CARBODRINK 250 ml
22:30	50	25'8	25	15 km	NV	CARBODRINK 250 ml
23:00	50	25'5	25	15 km	NV	MACARONI AND CHEESE / 2-CHARITING WATER 250
23:30	50	25'8	21	15 km	NV	COFFEE / WATER
00:00	50	25'7	24	15 km	NV	CARBODRINK 250 ml
00:29	50	25'6	24	10 km	NV	CARBODRINK 250 ml SWITCH OBSERVERS

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

Start Time:

Finish Time:

Total Elapsed Time:

Observer Name: GRIGOR NARIUS

Observer Signature:



# Solo Swim Observation Log

Date: 17.08.2021

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Swimmer Name: BOGDAN COSMIN ZORRAGIU Route Description: BAZIAS TO ORSOVA - ONE WAY

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	
01:00	52	25.6°C	19°C	5.4 km/h	NV	FASTRECOVERY DRINK 250ml; SNACK BISCUITS; FEELS NUMB IN THE COMBAR AREA
01:30	49	25.6°C	19°C	5.9 km/h	NV	CARBODRINK 250ml; FEELS HAPPY - HE SAW A FALLING STAR
02:01	51	25.7°C	18°C	4.0 km/h	NV	CARBODRINK 250ml + 1 NUROFEN PILL PASSING BY SVINITA
02:29	49	25.7°C	18°C	4.4 km/h	NV	CARBODRINK 250ml
02:59	50	25.7°C	18°C	4.5 km/h	NNV	WATER + CHEESE SANDWICH PASSING BY JONJI MILANOVIĆI
03:30	52	25.6°C	17°C	4.5 km/h	NNV	CARBODRINK 250ml
04:02	53	25.6°C	17°C	7.5 km/h	NNV	HE DOES NOT WANT TO EAT OR DRINK FEELS FRUSTRATED ABOUT THE STRONG WAVES
04:08	52	25.6°C	17°C	7.5 km/h	NNV	WATER + SANDWICH WITH CHEESE
04:30	50	25.6°C	16°C	6.5 km/h	NNV	CARBODRINK 250ml.
05:02	49	25.6°C	16°C	6.5 km/h	NNV	BCAA; SNACK BROWNIE + BANANA
05:29	49	25.9°C	16°C	5.8 km/h	NNV	CARBODRINK 250ml
06:00	49	25.8°C	16°C	4.8 km/h	NNV	CARBODRINK 250ml.
06:30	49	25.8°C	17°C	4.5 km/h	NNV	MACARONI WITH CHEESE COFFEE 100ml; WATER 250ml.
07:00	49	25.8°C	17°C	4.2 km/h	NNV	L-CARNITINE; WATER; OBSERVERS ARE SWITCHING

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

Start Time:

Finish Time:

Total Elapsed Time:

Observer Name: ARDELEAN JAN

Observer Signature:



# Solo Swim Observation Log

Date: 13.08.2021

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Swimmer Name: JOHAN COSMIN ZURBAGIU

Route Description: BAZIAS TO ORSOVA ONE WAY

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	
07:50	48	25.8	17	4.2 km	NNV	CARBO DRINK 250 ml
08:00	50	25.9	22	10 km	SE	<del>NO</del> WATER 250 ml PROTEIN BAR ENTER CATANGULE NUMARI
08:29	50	25.9	22	5 km	SE	BARCK CHOCO CAFE WATER 250 ml
09:00	50	25.8	22	5 km	SE	CARBO DRINK 250 ml
09:30	49	25.9	25	10 km	SE	CARBO DRINK 250 ml
10:01	50	25.9	24	5 km	SE	CARBO DRINK 250 ml
10:33	50	26.1	26	10 km	SE	MICROBI HAW CHEESE MURUFEM / WATER
11:00	48	26.2	25	10 km	SE	ISO 250 ml
11:28	50	26.2	26	10 km	S	PROTEIN BAR / WATER 250 ml
11:53	50	26.8	28	10 km	S	CARBO DRINK 250
12:26	50	26.9	28	15 km	SE	FAST RECOVERY 250 ml
12:58	50	27.6	29	15 km	SE	MUFFITIS
13:30	50	26.3	29	15 km	SE	
13:38	50	26.9	29	15 km	SE	MUFFITIS / WATER 250 ml

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

Start Time:

Finish Time:

Total Elapsed Time:

Observer Name: GRIGORE MARIUS

Observer Signature:

