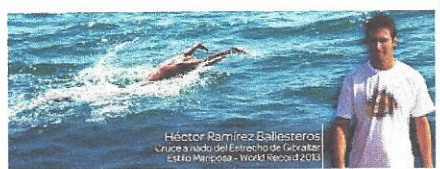


The Daily News of Open Water Swimming

To educate, entertain, and enthuse all those who venture beyond the shoreline. Over 9,200 articles on solo swims, pro races, relays, charity events, eco-swims, stage swims, marathon swims, trends, products, services, personalities, coaches, governing bodies, rules, demographics, books, films, blogs, conferences, camps, clinics, exploits and happenings in oceans, seas, lakes, rivers, dams, canals, channels, fjords, estuaries, lochs, coves, firths, straits, bays, and harbors.

WEDNESDAY, OCTOBER 9, 2013

List Of Butterfly Swims In The Open Water



Héctor Ramírez Ballesteros
Cruza a nadó del Estrecho de Messina
Estío Messino - World Record 2013

While it takes male Olympic open water swimmers 1 hour 50 minutes to complete 6.2 miles of swimming in flat-water conditions, it takes a world-class male runner 1 hour 50 minutes to complete 22.5 miles of running in good conditions (at a 2:08 pace).

Therefore, at the highest echelon of the endurance running and swimming world, the world's greatest marathon runners can run 22.5 miles while the world's greatest marathon swimmers can only swim 6.2 miles. In other words, the world-class runners can traverse a distance 3.6 times as far as a world-class swimmer.

But while runners run in the open terrain, swimmers can do butterfly, backstroke, breaststroke, and freestyle in the open water.

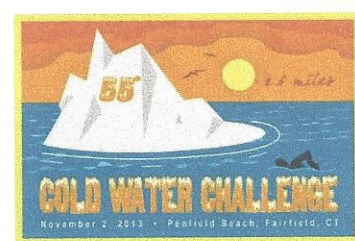
And butterfly is the stroke in the open water that most intrigues and fascinates us. Because it remains so extraordinarily difficult to do in the open water. It takes power. It takes guts. It takes strength from the shoulders to the abs. It is dramatic as the body is propelled out and forward in the water. Without a doubt, butterfly is the most unforgiving and difficult of all swimming techniques, both in the pool and in the open water.

Brian Suddeth, a butterflying open water aficionado, did some calculations on his fellow butterflyers. Based on his calculations below are some of the speediest distance butterflyers in the world and how fast they are in miles per hour (mph) in various swims around the globe. "Therefore, at the highest echelon of the endurance running and swimming world, the world's greatest marathon runners can run 22.5 miles while the world's greatest open water butterflyers can only swim 3.61 miles. In other words, the world-class runners can traverse a distance 6.23 times as far as world class butterfly open water swimmers," explains Suddeth. "At the bottom line, it seems to me that when doing butterfly in the open water, the target distance for a "marathon class" swim is more like 5 kilometers by speed and effort based on the performances of the very best."

Sample of Fast Butterfly Open Water Swims

1. Julie Bradshaw: 3.01 mph (4.85 kph) in 2011 Manhattan Island Marathon Swim, 28.5 miles (45.8 km) in 9:28
2. Héctor Ramírez Ballesteros: 2.67 mph (4.29 kph) at the 2012 Ria de Navia, 3.11 miles (5 km) in 1:10
3. Dan Projansky: 2.45 mph (3.95 kph) at the 2013 Extreme North Dakota Watersports Endurance Test, 27 miles (43 km) in 14:30
4. Sylvain Estadiou: 2.31 mph (3.72 kph) at the 2013 Lee Swim, 1.24 miles (2 km) in 0:32:28
5. Gianni Golini: 2.30 mph (3.71 kph) in Strait of Messina in 1977, 1.99 miles (3.2 km) in 51:49
6. Sylvain Estadiou: 1.95 mph (3.13 kph) in Baltic Sea in 2010, 3.73 miles (6 km) in 1:55
7. Sylvain Estadiou: 1.94 mph (3.12 kph) in 2012 Lake Delsjön in Gothenburg (German lake), 3.11 miles (5 km) in 1:36
8. Gianni Golini: 1.93 mph (3.11 kph) in Strait of Messina - 2XM in 1977, 4.50 miles (6.5 km) in 2:23:56
9. Dan Projansky: 1.86 mph (3.00 kph) in 2012 Extreme North Dakota Watersports Endurance Test, 27 miles (43 km) in 14:30
10. Sylvain Estadiou: 1.86 mph (2.99 kph) in Sandycove Island in 2013, 13.92 miles (22.4 km) in 7:30
11. Julie Bradshaw: 1.85 mph (2.97 kph) in Lough Erne in 2006, 10.50 miles (16.89 km) in 5:41
12. Héctor Ramírez Ballesteros: 1.83 mph (2.94 kph) in Ruidera in 2012, 5.78 miles (9.3 km) in 3:01
13. Graham Barratt: 1.82 mph (2.93 kph) in Lake Bala in 1992, 3.25 miles (5.23 km) in 1:47
14. Francesca Mazari: 1.73 mph (2.79 kph) in the 1992 Strait of Messina - 2XF, 4.50 miles (6.5 km) in 2:36:34
15. Héctor Ramírez Ballesteros: 1.72 mph (2.77 kph) in Iruelas Valley in 2012, 5.59 miles (9 km) in 3:15
16. Julie Bradshaw: 1.72 mph (2.76 kph) in Lake Windermere in 1991, 10.50 miles (16.9 km) in 6:07.3

55°F - 60°F COLD WATER CHALLENGE



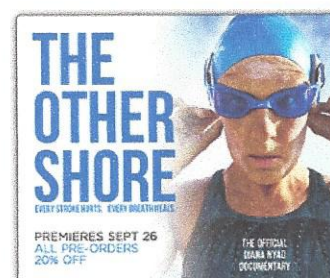
2 November 2013 in Connecticut

DRIVEN, A DOCUMENTARY FILM



DVD's and Download Available October 19

THE OTHER SHORE



SEARCH THIS BLOG

ENJOY YOUR OWN CONCERT

