

Swims Over 50 Hours

Before Nyad's Cuba crossing, three swimmers had completed four swims of over 50 hours, three of those swims in water at least 10°F below Nyad's tropical temperatures (85°F-87°F). All swims unassisted, i.e., conducted according to EC rules.

[Vicki Keith](#) (Canada)

1. Lake Ontario two-way, 1987: 56 hours, 10 minutes

First person to complete the two-way, the swim Nyad failed at in 1974.

Water temp: ~23°C/73°F.

["Marathon swimmer past halfway point"](#) (includes water temp) / ["Woman finishes record swim"](#)

2. Lake Michigan crossing, 1988: 52 hours, 45 minutes

Water temp: ~22°C/72°F

["Great Lakes challenge . . ."](#) (includes water temp) / ["Keith conquers third Great Lake"](#)

[Veljko Rogošić](#) (Croatia)

3. Adriatic Sea, 2006: 50 hours, 10 minutes

Water temp: 75°F-77°F

["Veljko Rogošić: Adriatic Sea, Grado to Riccione"](#)

[V.S. Kumar Anandan](#) (Sri Lanka)

4. Palk Strait (Sri Lanka to India) two-way, 1971: 51 hours

Water temperatures appear similar to those Nyad prefers.

Since 2013, four swimmers have completed six swims of over 50 hours in water significantly colder than the Florida Straits:

Neil Agius (Malta)

1. 52 hours, 7 minutes – 2021

Mediterranean Sea - Linoso to Gozo, 77°F-80°F ([Documentation](#))

Caroline Block (U.S.A.)

2. 52 hours, 24 minutes - 2020

Lake George 2-way, 64°F-68°F ([documentation](#))

Sarah Thomas (U.S.A.)

3. 54 hours, 10 minutes - 2019

English Channel 4-way, ~64°F-66°F (ratified by the [Channel Swimming & Piloting Federation](#))

4. 67 hours, 16 minutes - 2017

Lake Champlain, 69°F-73°F ([documentation](#))

5. 56 hours, 5 minutes - 2016

Lake Powell, 64°F-70°F ([documentation](#))

Steve Stievenart (France)

6. 51 hours, 11 minutes – 2023

Catalina Channel triple crossing ([Catalina Channel Swimming Federation](#))

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