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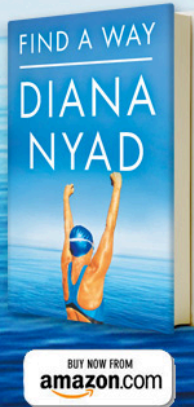
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AUG 31

Posted 6:44pm

Update from Navigator John Bartlett: 6pm



Alex de Cordoba

Update from Navigator John Bartlett Saturday August 31, 2013, 6:00 p.m. EDT, Swim time: 9:00

"Winds out of the east north east. Temporarily reached 7.5kts. Against and easterly current of 1.3kts. Causing a 1-3ft chop and 3ft swells. Current seas have moderated and wind is down to 6kts and will hopefully continue to go down into the evening hours.

Diana has swum 11.85 statute miles and is currently stroking at 50 strokes per minute."

Independent Observer Roger McVeigh adds "Most of the day Diana was swimming between 55 and 60 strokes per minute [which is usual for the beginning]. As of 5pm she was averaging 1.4 to 1.5 miles per hour, about 40 minutes per mile."

DO THIS NOW ...

To see Diana's location in REAL TIME visit DianaNyad.com. For the latest updates follow Diana on [Facebook](#) and [Twitter](#).

If you liked this post, "Like" it and share it with your friends. Leave Diana a comment or ask a question below.

P.S. Have you signed up for my 7 Day Reboot? Hop in! It's Free!



Join the Xtreme Dream Team! Show your support for Diana with a shirt, cap or wristband!

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3 Sep 2013 – 8 May 2023

Built and designed by Brass Nine Design