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AUG 31 Posted 2:15pm

Update 1:45pm



Update

Saturday August 31, 2013, 1:45 p.m. EDT, Swim time: 4:45
Reported by Navigator John Bartlett



As of 1:45pm Diana has travelled 7.05 statute miles and is traveling at an average speed of 2mph, which is at the high end of her speed range. The currents are neither helping or hurting her at this time.



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!



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



PRE-ORDER NOW

Every Stroke Hurts. Every Breath Heals.

The Other Shore follows world record holder and legendary swimmer Diana Nyad, 63, as she comes out of a thirty-year retirement to re-attempt an elusive dream: swimming 103 miles non-stop from Cuba to Florida without the use of a shark cage.

> [See Trailer](#)



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About this capture

The Nyad Swim for Relief is sponsored by:

Special Thanks to:



AFFINIA MANHATTAN



Built and designed by Brass Nine Design