

http://www.diananyad.com/blog/update-7miles

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AUG 19 Posted 3:03am

Status Update: 4:02 Hours, 7.13 Miles



photo: Christi Barli

Saturday 7:45pm EST 4:02 Swim time

Diana has swum 7.13 miles with 95.87 miles to go. She is swimming at 50 strokes per minute in a 1 foot choppy sea. She is in good spirits and the crew are preparing for nightfall.

--Candace Hogan, reporting from aboard Quest in the Florida Straits



Track Diana's swim in real time at DianaNyad.com!



Will you join our Xtreme Dream Team? Any donation, no matter how small, makes you part of our Team.

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Diana's swim is made possible due to the generous contributions of:

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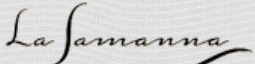
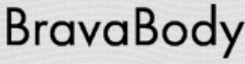
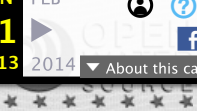
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Built and designed by Brass Nine Design