

Split the row into four 5.6 km segments, two in the morning and two after lunch of pemmican soup



Started at 11:00 a.m.



Kilometres travelled

Time since monitor turned on

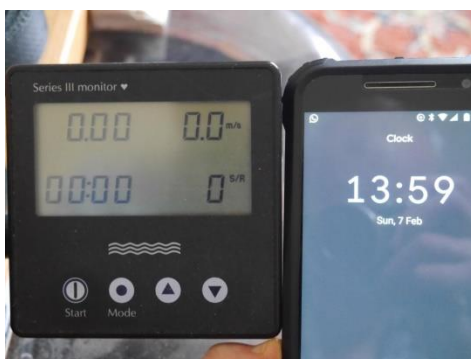
Finished at 11:37 a.m. Rowing time: 37 minutes



Started at 11:58 a.m.



Finished at 12:37 p.m. Rowing time: 39 minutes



Started at 13:59 p.m.



Finished at 14:40 p.m. Rowing time: 41 minutes



Started at 15:00 p.m.



Finished at 15:36 p.m. Rowing time: 36 minutes

Total distance rowed: 22.4 km (5 x 5.6); total rowing time: 153 minutes (2 hours and 33 minutes)
Total time "on the water": 4 hours and 36 minutes