

Press release

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Triumph in the 20-29 age group at the “Oceanman” in Dubai **Elite athlete Nathalie Pohl fastest woman in 02:38:22 hours**

Once again, Nathalie Pohl left the competition far behind her: In the “Oceanman” open-water swimming competition in Dubai on 12 March with more than 100 competitors from around the world, she won over the longest distance as the fastest woman in the age group 20 to 29 years. She completed the approximately 10-kilometre stretch in just 02:38:22 hours and continually dominated the race. With this result, she was the second fastest woman in the overall competition. “Dubai was in particular a mental challenge. I’m delighted with my success because a competition is completely different from swimming on your own in the sea,” the 27-year-old says. Focus is incredibly important in open-water swimming, with every little distraction affecting concentration. This makes Nathalie Pohl’s victory in the Persian Gulf all the sweeter. She says: “The most important thing is inner strength. Success begins with the right mindset.”

For Nathalie Pohl, the swim in Dubai was a highly successful way to open this year’s season. In late May, the extreme swimmer is planning to cross the Strait of Bonifacio, an 11-kilometre strait separating Corsica and Sardinia. Then, an even bigger goal awaits: To be the first German woman to swim the seven toughest straits in the world, the Ocean’s Seven – in nothing more than a swimsuit, a swimming cap and goggles. In August, Nathalie Pohl will be attempting the fifth leg, crossing the 42-kilometre Kaiwi Channel between the Hawaiian islands of Molokai and Oahu. The marathon distance in the open sea will be one of her longest swims yet.

Even for extreme swimmers this incredible feat is only possible with extensive preparation and special mental training. She will need to spend several hours in the water training every day, as well as in the gym, and to practise special techniques. The reward: Her aim of completing the Ocean’s Seven is getting a little closer with every swim. Once she’s completed the crossing in Hawaii, the elite athlete only needs to swim the Cook Strait between the North and South Islands of New Zealand and the North Channel between Ireland and Scotland.

More information at: www.nathaliepohl.de



Nathalie Pohl at the "Oceanman" in Dubai (photo: private)



Award ceremony in the age group 20-29 with winner Nathalie Pohl (from left to right: Demi Lopes, Nathalie Pohl, Laura Demoustier). (photo: private)

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