



Photo/submitted by Dynoswimmers

Back L to R: Hans-Joerg Herzog, Thorsten Kuechler, Dean Osterloh, Marc Strittmatter, Carsten Franke. Front: Judi Rich, Iris Teckentrup and Lars Lensdorf.

PC swimmers place in Europe

STAFF REPORT

PALM COAST – The Dynoswim Aquatics Masters Swim Team traveled to Europe this past November for the annual 24 Hour Relay sponsored by SC Aquarius in Triesen, Liechtenstein.

Eight Dynoswimmers, two from Palm Coast, Judi Rich and Dean Osterloh, as well as six International Dynoswimmers, Lars Lensdorf, Marc Strittmatter, Carsten Franke, Iris Teckentrup, Hans-Joerg Herzog and Thorsten

Kuechler, who all hail from Germany, participated in this one of a kind event.

The German contingent of Dynoswimmers train with SG Frankfurt in Frankfurt, Germany, and the ASC Triathlon Club of Konstanz, Germany.

Dynoswim came in 5th of 11 teams for a total of 115,450 meters. That's more than 14,431 meters per swimmer at a 37.5 second pace. The goal of the relay competition, which includes approximately 300: 50 meter sprints per swimmer, is to com-

plete as many kilometers as possible in a 24-hour time period.

Dynoswim Aquatics was founded in Connecticut in 2002 and in Palm Coast in Dec. 2004. A Masters and Youth Swimming team training at the Frieda Zamba Aquatic complex, Dynoswim currently has more than 25 members (Palm Coast). Dynoswim is a competitive swimming program open to swimmers of all levels, backgrounds and abilities. For more information contact Dean Osterloh at dynoswim.com.