**My SwimRun Friendship Battle** 
**Halfway done!**

It was a fantastic start! Despite the cold water temperatures in the north at the start a total of 9052 **km** were completed in the first half. That means an average of **61 km** per active participant.

**Teams**

In the team ranking, the podium is now more spread with **Floating Rockets** from Germany taking the lead with an average of 147,6 km !!! ahead of the engaged international team of **Come on Swimrun** with 124,3 km in a close battle with **"The Turbo Tadpoles – die Kraulquappen"** from Germany 115,7 km. Will be fun watching them the following days!

**Runners up** are the swedish team of **Frostbite (Sweden), Swimrun Sumin from Poland and Happy Hippos from Austria.** The second half offers enough opportunites to still change the picture.

Good to see that **4 of the Top 10 are new teams**, facing successfully that challenge being Come On SwimRun (INT), SwimRun Sumin (PL), High Runners (GR) and Wet wild related (PL).

**Individual Rankings**

In the men's individual ranking, last year’s winner started strong again and took the lead with **292 km**, ahead of his team mate S**ebastian Colberg** with **249,5 km narrowly edging Marcel Sandow** with **243 km**, all from Germany. I promise a great battle for the 2nd place. The first non german is Dimitry Kunihin from the international team of Come on Swimrun.

In the women's ranking the top spots changed. With their constant points **Nargiza Sharipova** from the International team took the lead with 258 km (overall 3rd), closely followed from her team mate **Yulia Nagavkina** 221,5 and **Juliane Sandow** (The Turbo Tadpoles) 197,5.

**Nations**

In the country ranking, **Germany** is concerning points allocated clearly ahead of the **International Team** and **Sweden**, followed from **Poland**.

**A big shutout** to all athletes doing already 15 days of Swimrun in a row: Clarissa Fröberg (Frostbite), Evelyne Puchwein (Happy Hippos) ?, and Nagizy Sharipova (INT), Henrik Forssell (Frostbite), Philipp Lehmann (Floating Rockets) – will they do it really till the end – give them a hand!!!

There is still a long way to go until the end. Let´s see how the teams can score during the second half with warmer temperatures. The ranking page is getting a lot of attention, and that will motivate the teams even more.

We are especially happy about all the activity on social media. Let’s have fun and spread the message of SwimRun to your networks!

All the best going forward!

**Next challenge:**

**The Coolest Outfit June 9th - 15th - June 2025**

• Participants can submit pictures on FB with the #myswimrunchampionships @myswimrunchampionships until June 2, 24:00

The picture with the most likes will win, don’t miss the opportunity to choose us as **collaborating partner**

• Voting ends the following Wednesday at 12:00 PM

**Award:: CAPS**  from My SwimRun Championships