

# *Cuba wins silver medal at the Apnea World Championship in Kuwait*

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**Apnea, Lemay Gutiérrez**

Havana, May 12 (JIT) - Cuban Lemay Gutiérrez Álvarez won a silver medal in the dynamic modality with bialettes at the Kuwait 2023 World Freediving Championship.

"I did 195 meters and 68 centimeters in three minutes and 19 seconds," said the athlete, who on Tuesday was fourth in the first presentation of a Cuban in world championships of apnea in swimming pool.

Then he covered 121 meters in the required three minutes in a 50-meter pool in the modality of dynamic apnea without equipment.

"Today I felt much better. I also competed in a variant that I have been working harder on during my daily preparation," he said.

"In my last presentation I will swim in the monofin modality, in which I am stronger and there are more competitors, from what I have learned from the entries," said the 50-year-old diving instructor.

"In Guayaquil I won in the monofin modality with a 200-meter course in a 50-meter pool, but that was a Pan-American. Here is the best of the planet, so the fight will be tougher," explained the marine biologist

from Kuwait.

"I've been doing this for more than 30 years and it's really comforting to be in this competition, where we not only compete, but also make friends and exchange everything from training systems to invitations to dive," he said.

More than 350 athletes from 45 nations are competing in the competition in which Gutiérrez is accompanied by Luis López Bermúdez, head of the delegation and Inder's recreation specialist.

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