



Paul Asmuth, Honor Swimmer, United States of America, 1982



[Personal Website](#)

Videos: [Interview 1](#) [Show 1 at 3:20](#) [Panel 1](#) [Swim 1 at 5:10](#) [Swim 2 at 8:15](#) [Swim 3](#) [IMSHOF 1 at 8:43](#) [ISHOF 1](#)

Paul Asmuth won 10 Majors: 1982, 1987 and 1988 Capri to Naples; and 1980, 1981, 1982, 1983, 1984, 1985 and 1986 World Professional Marathon Swimming Federation. He was the first to swim 50 km Nantucket-to-Cape Cod.

He swam the English Channel 3 times and set the men's record in 1985 in 8 hours and 12 minute – which held until 1987. Paul set the speed record of 17 hours and 7 minutes in 1989 in the 64 km Lac t-Jean race – which stood in 2022 (and beyond). He won the 36 km Capri-Naples 3 times and set the overall speed record of 6 hours and 35 minutes in 1982 – which held until 2012. He was a 4-time winner of the 27 km Les Quatorze swim in 50°F water and set the record of 5 hours and 35 minutes.

He finished 59 professional marathon swimming races. He won 6 times the 42 km Lac Memphrémagog race and 8 times the 36 km Around Atlantic City race. Paul swam the 34 to 40 km Lac St-Jean race 7 times and won 2 times.

Paul coached the USA National Team between 2006 and 2012 including the Beijing and London Olympics.

Asmuth was inducted into the International Swimming Hall of Fame in 2010.

[Biography \(Openwaterpedia\)](#)

[Long Swims Database \(Marathon Swimmers Federation\)](#)