

## 本集内容

French freediver breaks deep dive world record

法国自由潜水员打破深潜世界纪录

## 文字稿

Meet French freediver Arnaud Jerald.

来认识下法国的自由潜水员阿诺·杰拉德。

He broke the world record for the deepest dive with bi-fins after he descended to a depth of 120m.

他打破了穿戴双脚蹼自由深潜的世界纪录，下潜深度达到 120 米。

Arnaud Jerald, freediver

"It was an amazing dive. I can't believe I made it. I put all my effort this winter [into] my training here to [make] it. But for sure, at the end when you [make] it, it's bigger than what I [could] imagine."

阿诺·杰拉德 自由潜水员

“这次潜水非常顺利。不敢相信我真的做到了。整个冬天我都全力以赴投入训练，就是为了打破这项纪录。但可以肯定的是当我最后完成潜水、打破记录时，那种巨大的成就感超乎我的想象。”

The dive, which took 3 minutes and 34 seconds to complete, is the seventh time he's broken the world record in his career.

这次潜水全程用时 3 分 34 秒，这是他在职业生涯中第七次打破世界纪录。

The 26-year-old was taking part in Vertical Blue, an annual competition that takes place in the Bahamas.

这位 26 岁的潜水员当时在参加蓝洞深度赛，这是一项在巴哈马举行的年度赛事。

视频链接

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-230914>