

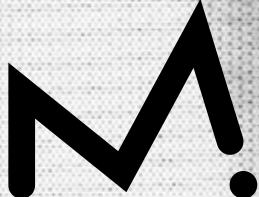
SOIL TO SYSTEM. SAME CARBON, MEASURED TWICE.

SLAMBO SYSTEM

vid-archive: metabolic_trace status: active subject: sawe

“Even when i am running.
I can’t forget.
I am still a farmer.”

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At 8k there was a shamba on the left.

You were looking at it. Not once. But a couple of times.

You were running at 2:55 pace.

And I remember thinking, he is so comfortable that he can distract himself.

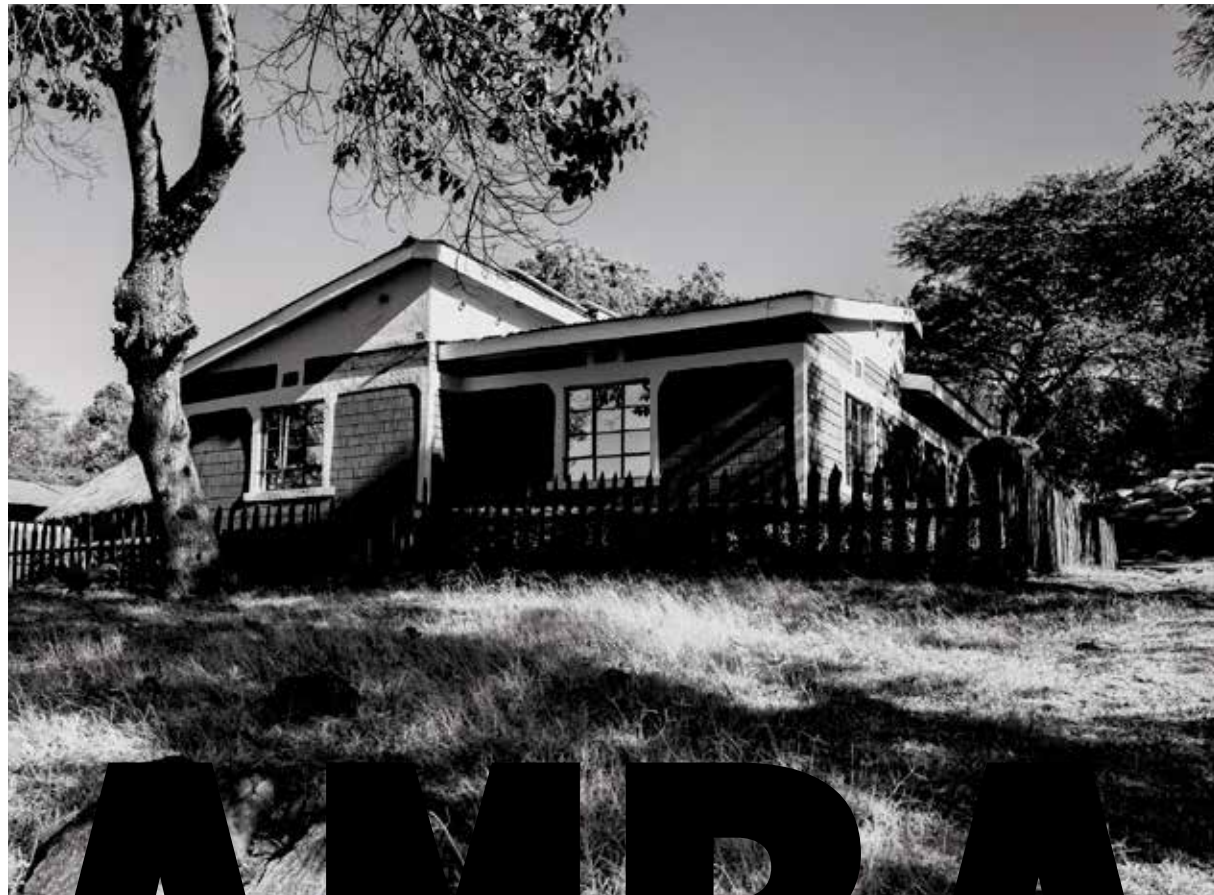
The others? They had no time to turn their heads. It would have been a waste of energy.

But you looked.

You were interested in that shamba.

Why?

CLAUDIO BERARDELLI



SHAMBA

SHAMBA - Swahili - noun

A small holding - land worked by hand.

A farming system created in Kenya in the mid 19th-century.

Crops are grown for use, not yield.

Nothing is wasted.

Maize. Greens. Soil underfoot.

Output is not measured by performance metrics.

It is lived.

Time is seasonal.

Effort is continuous.

Time is continuous.

Effort is seasonal.



Because of the rain,
you can see the crops.

You imagine how they are growing.

Even when you are running,
you think about it.

You can't forget.

You are still a farmer.

SABASTIAN SAWE
KAPSABET

SOIL TO SYSTEM.
SAME CARBON,
MEASURED TWICE.

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SUBJECT: SAWÉ | STATUS: ACTIVE | DIRECTIVE: A QUITE RESISTANCE TO THE DISPOSABLE | NODE: 06

SUBJECT: SAWÉ | STATUS: ACTIVE | DIRECTIVE: A QUITE RESISTANCE TO THE DISPOSABLE | NODE: 07

Carbon 13 (13c)

Used to measure how externally supplied carbohydrate is used during effort.

By analysing breath, the system identifies how much fuel is oxidised in real time.

What is consumed is directly observed in use.

Fuelling is then tailored for use, not yield.

Nothing is wasted.

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SUBJECT: SAWE | STATUS: ACTIVE | DIRECTIVE: A QUITE RESISTANCE TO THE DISPOSABLE | NODE: 08

SUBJECT: SAWE | STATUS: ACTIVE | DIRECTIVE: A QUITE RESISTANCE TO THE DISPOSABLE | NODE: 09



method: bioelectrical_impedance
state: under_analysis
signal: body_composition / hydration



method: indirect_calorimetry
state: under_analysis
signal: oxygen_consumption / resting_metabolic_rate



method: doubly_labelled_water
input: deuterium / oxygen-18
output: energy_expenditure



method: urine_sampling
input: ²H / ¹⁸O
state: longitudinal
signal: isotope_elimination_rate



method: breath_sampling
collection: sample_bag → exetainer
trace: 13C
signal: carbohydrate_oxidation

FUEL IS SPECIFIC

FUEL IS DESIGNED

TAILORED FOR USE, NOT YIELD

INTAKE IS CONTROLLED

OUTPUT IS MEASURED

CARBON IS TRACED

NOTHING IS WASTED



node: urine_sampling: daily
hydration_status: assessed across
collection period
trace: deuterium / oxygen-18
process: elimination_tracking
over time
samples are analysed to
quantify isotope disappearance,
providing an estimate of
energy expenditure
output: energy_expenditure_estimate



node: urine_assay
subject: sawe
method: biochemical_analysis
input: metabolic_byproducts
operator: joshua rowe
lab: maurten
urine_sample: detected
hydration_state: variable
metabolite_signature: detected
output: observable

node: metabolic_trace
subject: sawe
method: 13C tracing
input: exogenous_carbohydrate
operator: joshua rowe
lab: maurten
breath_sample: detected
oxidation_rate: variable
carbon_signature: detected
output: observable

Start of Record
i-STAT CG8+

Patient ID: ---
Result Date: 19/03/2026 05:14

Result Info

37.0°C

pH	7.397	mmHg
PCO2	32.5	mmHg
PO2	71	mmol/L
HCO3	20.0	mmol/L
BE,ecf	-5	%
sO2	94	mmol/L
TCO2	21	mmol/L
Na	139	mmol/L
K	4.4	mmol/L
iCa	1.18	mmol/L
Glu	115	mg/dL
Hct	52	%PCV
Hb*	17.7	g/dL

*via Hc

Sample Type: Capillary

Start of Record
i-STAT CG4+

Patient ID: ---
Result Date: 19/03/2026

Result Info

37.0°C

pH	7.398	mmHg
PCO2	30.8	mmHg
PO2	72	mmol/L
HCO3	19.0	mmol/L
BE,ecf	-6	%
sO2	94	mmol/L
TCO2	20	mmol/L
Na	142	mmol/L
K	5.5	mmol/L
iCa	1.17	mmol/L
Glu	121	mg/dL
Hct	50	%PCV
Hb*	17.0	g/dL

*via Hct

Sample Type: Capillary

Operator ID: ---

VRD_v26.2 - [metabolic_system / observation]

File Edit Search Transfer Setup Help

2026-04-26 2:01:24

node: metabolic_system
subject: Sabastian Sawe
status: under_observation

sample: capillary_blood
device: i-STAT_CG8+

id: 0870420226

analysis:

Acid-base status is within normal physiological range (pH 7.397), with a mild reduction in PCO2 (32.5 mmHg) and bicarbonate (20.0 mmol/L), consistent with a transient respiratory-metabolic adjustment.

Lactate is elevated (5.2 mmol/L), indicating recent high-intensity effort and active metabolic demand.

Electrolytes (Na 139 mmol/L, K 4.4 mmol/L, ionised Ca 1.18 mmol/L) are within expected ranges.

Glucose (115 mg/dL) and haemoglobin (17.7 g/dL) are stable.

Overall profile reflects a system under load, with no abnormal findings outside expected exercise response.

state: recorded
confidence: high

-- end of record --

return: lab_note
-- end of record --

100%

SYSTEM

ASMAI 2 METSY 2

“Even when i am running.
I can't forget.
I am still a farmer.”

vid-archive: metspojic_trace status: active subject: 2awe

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