

LT COL · INDIAN ARMY · CORPS
OF EME

BHARAT PANNU

ULTRA-ENDURANCE CYCLIST
WORLD RECORD HOLDER · TEDX
SPEAKER

Four world records. The world's toughest bicycle race, finished. The first Indian to stand on an international ultra-cycling podium — a serving Army officer who turned the saddle into a story about the limits of the human spirit.

04

WORLD RECORDS

3× Guinness · 1× WUCA

5,000_{km}

RACE ACROSS AMERICA

Finished 2024 · 11d 23h 36m

1st

INDIAN WORLD PODIUM

International ultra-cycling ·
VRAAM 2020

30+

ULTRA RACES

Across three continents
since 2016



NO SPORTING BACKGROUND UNTIL 33



Born in Rohtak and raised across India as an Army kid, **Lt Col Bharat Pannu** is a serving officer of the Corps of EME — an aeronautical engineer responsible for Army helicopter maintenance. He discovered competitive cycling only in 2016, at the age of 33, through a chance entry into randonneuring in Nashik.

What followed rewrote India's record books: four world records, victory and course records at India's toughest ultra-races, the Armed Forces Cup at the Race Across America, and the distinction of being the **first Indian on an international ultra-cycling podium**. Every kilometre was trained for around full-time military duty — early mornings before PT, weekends, and annual leave spent racing.

"Adventure is not the absence of fear, but the triumph over it."

— LT COL BHARAT PANNU

SIGNATURE ACHIEVEMENTS

2024

RAAM FINISHER & ARMED FORCES CUP

5,000 km, Oceanside to Atlantic City, in 11d 23h 36m — the fastest armed-forces racer in the world's toughest bicycle race.

2021

GUINNESS WORLD RECORD — TRANS-INDIA WEST TO EAST

Koteshwar to Kibithoo, 3,800 km in 9d 7h 5m, dedicated to 50 years of the 1971 victory.

2020

TWO GUINNESS WORLD RECORDS IN ONE MONTH

Fastest Manali–Leh crossing (35h 32m) and the fastest Golden Quadrilateral — 5,942 km in 14d 23h 52m.

2020

FIRST INDIAN ON AN INTERNATIONAL ULTRA PODIUM

3rd overall and 1st in age category at the Virtual Race Across America — 4,940 km over 12 days.

2019

ULTRA SPICE CHAMPION & COURSE RECORD

Winner of India's longest ultra-race in a record 95h 47m; the honour was later renamed the Bharat Pannu Ultra Spice Award.

2019

KASHMIR TO KANYAKUMARI — WUCA WORLD RECORD

3,604 km down the length of India in 8 days 9 hours 48 minutes.

2017

RACE AROUND AUSTRIA

Among the first Indians ever to finish an ultra-distance race on European soil — 2,200 km in under 100 hours.

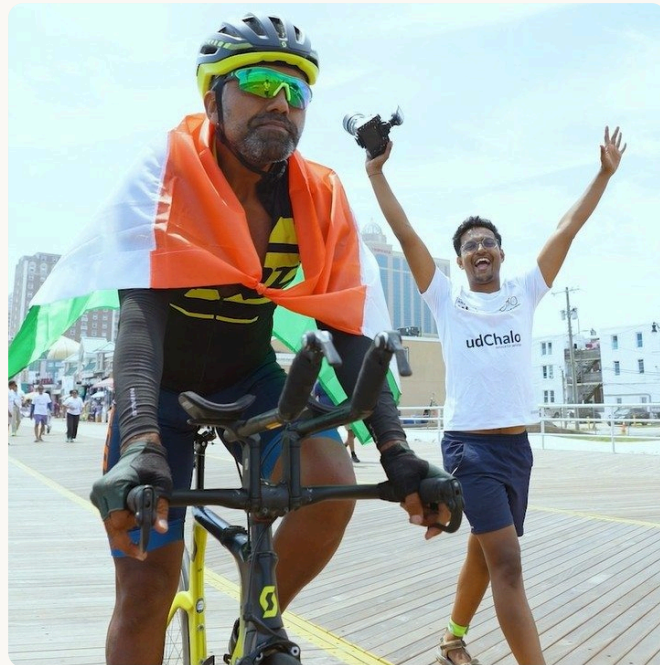
RACE ACROSS AMERICA 2024

Selected images — free for editorial use with credit to Team Pannu. High-resolution files available on request.



THE FINISH — ATLANTIC CITY

Team Pannu under the arch after 5,000 km from the Pacific — 11 days, 23 hours, 36 minutes.



THE TRICOLOUR ON THE BOARDWALK

Rolling into Atlantic City draped in the Indian flag — the final metres of the world's toughest bicycle race.



THE ARMED FORCES CUP

Awarded to the fastest racer among the armed forces of all competing nations.

Congratulations Lt Col Bhārat Kumar Pannu

On Successful Completion in 11 Days 23 Hours 36 Minutes

Race Across America 2024

A 5000 km Ultra Endurance Cycling Race


Rick Boethling
Executive Director




Fred Boethling
President

OFFICIAL RAAM FINISHER

Signed by the race's Executive Director and President — 5,000 km, certified.

A DECADE OF RECORDS

From the Himalaya to the southern tip of India – the rides that put four world records in the book.



KASHMIR TO KANYAKUMARI

3,604 km down the length of India in 8d 9h 48m – WUCA world record, 2019.



LEH-MANALI – WORLD RECORD

472 km across the Himalaya in 35h 32m – a Guinness World Record, 2020.



VRAAM – THE FIRST PODIUM

3rd overall at the Virtual Race Across America, 2020 – the first Indian on an international ultra podium.

THE GUINNESS CERTIFICATES



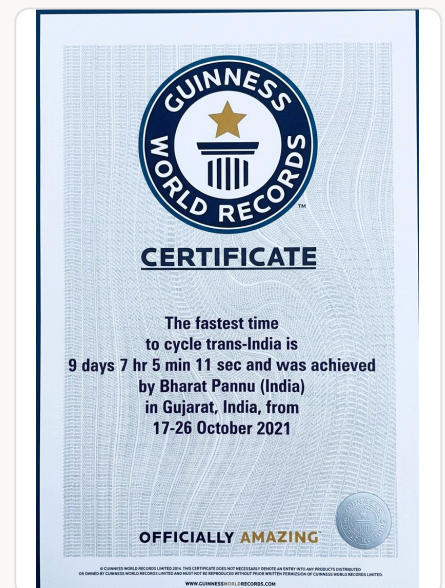
MANALI-LEH

Fastest cycle journey – 35h 32m.



GOLDEN QUADRILATERAL

5,942 km around India – 14d 23h 52m.



TRANS-INDIA, WEST TO EAST

Koteshwar to Kibithoo – 9d 7h 5m.

FROM THE SADDLE TO THE STAGE



THE TEDx TALK

CYCLING MY WAY TO EUPHORIA

"Beyond Exhaustion, Into Clarity" — TEDx KIIT University, Bhubaneswar

WHAT HE SPEAKS ABOUT

RESILIENCE & MENTAL TOUGHNESS

BREAKING THE IMPOSSIBLE

LEADERSHIP & TEAMWORK

PEAK PERFORMANCE

PURPOSE OVER COMFORT

IDEAL FOR

- Corporate leadership offsites & conferences
- The Armed Forces & defence institutions
- Universities, colleges & schools
- Sport & endurance communities

AS SEEN IN

ADGPI (INDIAN ARMY) · DD NEWS · ANI · THE INDIAN EXPRESS · NDTV · ABP MAJHA · LOKMAT

*"Euphoria isn't waiting at the finish line.
It lives within the struggle."*

— FROM THE TEDx STAGE

INVITE BHARAT TO SPEAK

For keynotes, talks, appearances and partnerships — reach out directly, or through the website.

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