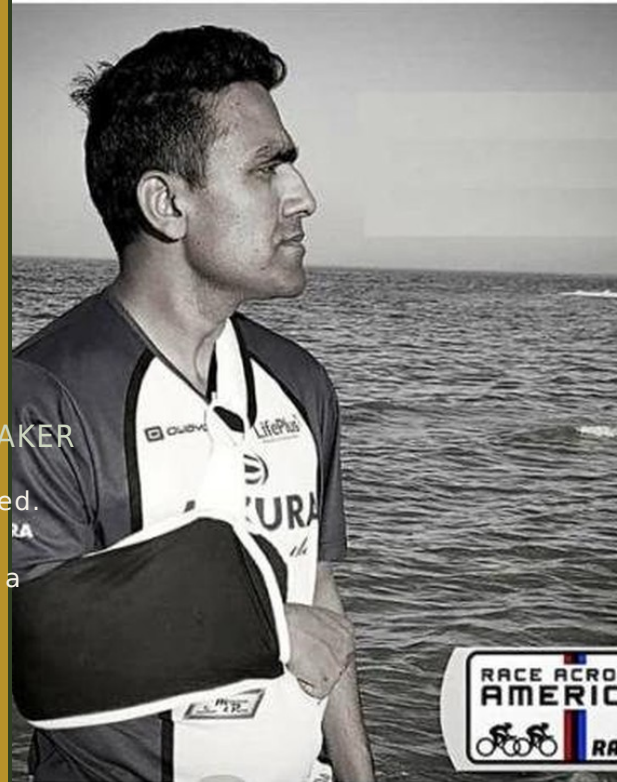


LT COL · INDIAN ARMY · CORPS OF EME

BHARAT PANNU

ULTRA-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 5,000km

World Records
3x Guinness · 1x WUCA

95h 47m

Race Across America
Finished 2024 · 11d 23h 36m

Ultra Spice record
India's longest ultra-race

1st

Indian world podium
Intl. ultra-cycling, VRAAM 2020

SIGNATURE ACHIEVEMENTS

- 2024 RAAM Finisher & Armed Forces Cup Winner**
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 8d 3h 5m, dedicated to 50 years of the 1971 victory.
- 2020 Two Guinness World Records in one month**
Fastest Manali-Leh (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 (4,086 km / 12 days).
- 2019 Ultra Spice Champion & course record**
Winner in a record 95h 47m; the honour was 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.



THE TEDx TALK

Cycling My Way to Euphoria

“Beyond Exhaustion, Into Clarity”

WHAT HE SPEAKS ABOUT

Resilience & mental toughness Breaking the impossible

Leadership & teamwork Peak performance & endurance

Purpose over comfort



IDEAL FOR

Corporate leadership offsites & conferences • The Armed Forces • Universities & schools • Sport & endurance communities

**“Euphoria isn’t waiting at the finish line.
It lives within the struggle.”**

— from the TEDx stage

ABOUT

Lt Col Bharat Pannu is a serving officer of the Indian Army’s Corps of EME and one of the country’s foremost ultra-endurance cyclists. He took up the sport in 2016 with no sporting background — and within a few years rewrote the record books, holding four world records, finishing the Race Across America and winning its Armed Forces Cup, and becoming the first Indian to podium at an international ultra-cycling event. He races under the banner Team Pannu, carrying the pride of the Indian Armed Forces — and now mentors the next generation of Indian cyclists toward international podiums.

AS SEEN IN

ADGPI (Indian Army) • DD News • ABP Majha • The Indian Express • NDTV • Lokmat • ANI

Invite Bharat to speak.

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

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INSTAGRAM • YOUTUBE

[@bharat_pannu](https://www.instagram.com/bharat_pannu) • [@TeamPannu](https://www.youtube.com/TeamPannu)

RACE ACROSS AMERICA 2024

Selected images — free for editorial use with credit to Team Pannu. High-resolution files 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 Armed Forces Cup

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



— Winner & Finisher

The Armed Forces Cup alongside the 2024 Solo Finisher award.



— Official RAAM Finisher

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

A DECADE OF RECORDS & THE STAGE

From the Himalaya to the length of India — and from the saddle to the speaker's stage.



— Manali-Leh — a world record

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



— The Golden Quadrilateral

5,942 km around India in 14d 23h 52m — flagged off at India Gate.



— Kashmir to Kanyakumari

3,604 km down the length of India — a WUCA world record, 2019.



— On the TEDx stage

"Cycling My Way to Euphoria — Beyond Exhaustion, Into Clarity."