

PENTATHLON 2023

We witnessed some amazing exhibition of physical performances and grit in our Pentathlon competition

Trekking



Phase 1 (in Uttarakhand)

6 members from All teams trekked the 22 km stretch from Gaumukh to Gangotri in 1 day

Average speed was **3.5 kmph**

6 members from each team participated in the trek

The first group **Nabo Diganta Adventure Foundation** finished the trek from Gaumukh to Gangotri in **just 3.06 hours**

White Water Rafting



All teams rafted 72 Km from Devprayag to Rishikesh, braving **Class III & IV rapids**, avoiding tumbling over or collisions.

Average speed was **17.51 kmph**

Nabo Diganta Adventure Foundation clocked in first to complete the race in **7 hours & 11 mins**

