



Anant Rana of Jamshedpur became 'Iron Man'

Why In News?

According to information received from the media on November 22, 2022, **Anant Rana of Sonari in Jamshedpur, Jharkhand**, created history at the Ironman India 70.3 Competition held in Goa and got the tag of '**Ironman**' in the world's difficult triathlon competition (cycling, swimming and running).

Key Points

- It is known that Anant Rana is working in Tata Steel.
- Anant Rana covered 1.9 km in this competition. Swimming in 36 minutes, 90 kms. Cycling in 2:52 hours and 21 kms. Completing the running in 1:47 hours, he won the title by getting the third position. He completed all three events in a total time of 5:27 hours.
- Hyderabad's Nehal Baig finished first in 4:29 hours, completing all three events.
- A total of 1600 super athletes from all over the world participated in this competition held in Goa.
- It is noteworthy that Ironman Federation organizes this competition all over the world. All the three events involved in this have to be completed in 8:30 hours. The athlete who completes the race in the stipulated time gets the title of 'Ironman'. The total distance of all three events is 70.3 miles. That's why it is called 'Ironman 70.3'.

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