



12TH SOUTH ASIAN GAMES - 2016  
GUWAHATI, ASSAM, 6- - 10-2-2016



Event 23  
09-Feb-16

Men, 400m Freestyle

Open  
Results Final

SAFR 4:04.35 ULLALMATH A.P.A. GAGAN IND DHAKA (BAN) 06-Feb-10

Points: FINA 2013

Rank	YB		Time		Pts	100m	200m	300m	400m			
Final												
1.	SAURABH SANGVEKAR		INDIA		<b>3:58.84</b>	782	SAR	57.73	1:01.14	1:00.12	59.85	
	50m:	27.59	27.59	150m:	1:28.41	30.68	250m:	2:28.95	30.08	350m:	3:28.90	29.91
	100m:	57.73	30.14	200m:	1:58.87	30.46	300m:	2:58.99	30.04	400m:	3:58.84	29.94
2.	SAJAN PRAKASH		INDIA		<b>4:03.79</b>	735		57.80	1:01.52	1:01.06	1:03.41	
	50m:	27.89	27.89	150m:	1:28.51	30.71	250m:	2:29.73	30.41	350m:	3:31.48	31.10
	100m:	57.80	29.91	200m:	1:59.32	30.81	300m:	3:00.38	30.65	400m:	4:03.79	32.31
3.	KYLE ABEYSINGH		SRI LANKA		<b>4:11.07</b>	673		58.85	1:02.41	1:03.47	1:06.34	
	50m:	28.53	28.53	150m:	1:29.87	31.02	250m:	2:32.24	30.98	350m:	3:38.25	33.52
	100m:	58.85	30.32	200m:	2:01.26	31.39	300m:	3:04.73	32.49	400m:	4:11.07	32.82
4.	MD. MAHFIZUR RAHMAN		BANGLADESH		<b>4:19.58</b>	609		1:00.78	1:04.11	1:06.77	1:07.92	
	50m:	29.02	29.02	150m:	1:32.28	31.50	250m:	2:37.73	32.84	350m:	3:46.11	34.45
	100m:	1:00.78	31.76	200m:	2:04.89	32.61	300m:	3:11.66	33.93	400m:	4:19.58	33.47
5.	ISRAR HUSSAIN		86 PAKISTAN		<b>4:27.46</b>	557		1:02.52	1:08.30	1:09.43	1:07.21	
	50m:	30.12	30.12	150m:	1:36.51	33.99	250m:	2:45.28	34.46	350m:	3:55.03	34.78
	100m:	1:02.52	32.40	200m:	2:10.82	34.31	300m:	3:20.25	34.97	400m:	4:27.46	32.43
6.	SIRISH GURUNG		98 NEPAL		<b>4:31.54</b>	532		1:05.11	1:09.16	1:09.65	1:07.62	
	50m:	30.89	30.89	150m:	1:39.48	34.37	250m:	2:48.69	34.42	350m:	3:58.17	34.25
	100m:	1:05.11	34.22	200m:	2:14.27	34.79	300m:	3:23.92	35.23	400m:	4:31.54	33.37
7.	HARIS BANDEY		99 PAKISTAN		<b>4:36.17</b>	506		1:04.03	1:10.38	1:11.97	1:09.79	
	50m:	30.52	30.52	150m:	1:39.02	34.99	250m:	2:50.37	35.96	350m:	4:02.03	35.65
	100m:	1:04.03	33.51	200m:	2:14.41	35.39	300m:	3:26.38	36.01	400m:	4:36.17	34.14
8.	ISMAIL MUTHASIM ADNAN 01		MALDIVES		<b>5:07.76</b>	365		1:08.68	1:17.91	1:20.80	1:20.37	
	50m:	32.32	32.32	150m:			250m:		350m:	4:28.17	40.78	
	100m:	1:08.68	36.36	200m:	2:26.59		300m:	3:47.39	400m:	5:07.76	39.59	

Event 24  
09-Feb-16

Women, 400m Freestyle

Open  
Results

SAFR 4:36.08 VIDYANATHAN S. IND ISLAMABAD (PAK) 04-Apr-04

Points: FINA 2013

Rank	YB		Time		Pts	100m	200m	300m	400m			
1.	V MALVIKA		INDIA		<b>4:30.08</b>	694	SAR	1:03.84	1:08.60	1:08.84	1:08.80	
	50m:	30.93	30.93	150m:	1:37.94	34.10	250m:	2:46.87	34.43	350m:	3:55.81	34.53
	100m:	1:03.84	32.91	200m:	2:12.44	34.50	300m:	3:21.28	34.41	400m:	4:30.08	34.27
2.	SHIVANI KATARIA		INDIA		<b>4:38.43</b>	633		1:03.96	1:08.76	1:11.94	1:13.77	
	50m:	30.74	30.74	150m:	1:38.03	34.07	250m:	2:47.72	35.00	350m:	4:02.19	37.53
	100m:	1:03.96	33.22	200m:	2:12.72	34.69	300m:	3:24.66	36.94	400m:	4:38.43	36.24
3.	GAURIKA SINGH		02 NEPAL		<b>4:40.93</b>	616		1:05.81	1:11.01	1:12.00	1:12.11	
	50m:	31.95	31.95	150m:	1:41.17	35.36	250m:	2:52.81	35.99	350m:	4:05.42	36.60
	100m:	1:05.81	33.86	200m:	2:16.82	35.65	300m:	3:28.82	36.01	400m:	4:40.93	35.51
4.	I. SENANAYAKE		SRI LANKA		<b>4:43.78</b>	598		1:06.89	1:11.99	1:12.73	1:12.17	
	50m:	32.05	32.05	150m:	1:42.94	36.05	250m:	2:55.04	36.16	350m:	4:07.91	36.30
	100m:	1:06.89	34.84	200m:	2:18.88	35.94	300m:	3:31.61	36.57	400m:	4:43.78	35.87
5.	SOFIA GADEGAARD SHAH97		NEPAL		<b>4:54.51</b>	535		1:07.27	1:13.80	1:17.13	1:16.31	
	50m:	32.71	32.71	150m:	1:43.49	36.22	250m:	2:59.11	38.04	350m:	4:16.73	38.53
	100m:	1:07.27	34.56	200m:	2:21.07	37.58	300m:	3:38.20	39.09	400m:	4:54.51	37.78
6.	MISHAEL AISHA AYUB		02 PAKISTAN		<b>5:13.66</b>	443		1:14.85	1:22.61	1:20.42	1:15.78	
	50m:	35.76	35.76	150m:	1:56.11	41.26	250m:	3:17.79	40.33	350m:	4:36.02	38.14
	100m:	1:14.85	39.09	200m:	2:37.46	41.35	300m:	3:57.88	40.09	400m:	5:13.66	37.64



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Event 24, Women, 400m Freestyle, Open

Rank	YB		Time		Pts	100m	200m	300m	400m			
7.	AMINATH SHAJAN	93	MALDIVES	<b>5:15.45</b>	435	1:12.96	1:21.36	1:21.04	1:20.09			
	50m:	34.30	34.30	150m:	1:53.51	40.55	250m:	3:14.96	40.64	350m:	4:36.11	40.75
	100m:	1:12.96	38.66	200m:	2:34.32	40.81	300m:	3:55.36	40.40	400m:	5:15.45	39.34
8.	MISS NAJMA KHATUN	98	BANGLADESH	<b>5:19.85</b>	417	1:16.64	1:20.65	1:21.63	1:20.93			
	50m:	36.81	36.81	150m:	1:56.84	40.20	250m:	3:17.73	40.44	350m:	4:39.91	40.99
	100m:	1:16.64	39.83	200m:	2:37.29	40.45	300m:	3:58.92	41.19	400m:	5:19.85	39.94

Event 25  
09-Feb-16 Men, 200m Fly Open Results

SAFR	2:05.06	MURLIDHARAN ARJUN	IND	COLOMBO (SRI)	22-Aug-06
Points: FINA 2013					

Rank	YB		Time		Pts	100m	200m	
1.	SAJAN PRAKASH		INDIA	<b>2:03.02</b>	744	SAR	59.00	1:04.02
2.	KT. CHERANTHA DE SILVA		SRI LANKA	<b>2:11.10</b>	615		1:01.48	1:09.62
3.	MD JUWEL AHMED		BANGLADESH	<b>2:13.02</b>	589		1:02.10	1:10.92
4.	MUHAMMAD AFZAL	88	PAKISTAN	<b>2:18.18</b>	525		1:06.27	1:11.91

Event 26  
09-Feb-16 Women, 200m Fly Open Results

SAFR	2:23.65	MISHRA RICHA	IND	ISLAMABAD (PAK)	05-Apr-04
Points: FINA 2013					

Rank	YB		Time		Pts	100m	200m	
1.	DAMINI GOWDA		INDIA	<b>2:21.12</b>	643	SAR	1:05.96	1:15.16
2.	RIDMI RANKOTHGE		SRI LANKA	<b>2:39.10</b>	448		1:16.15	1:22.95
3.	SONIA AKTAR	97	BANGLADESH	<b>2:45.17</b>	401		1:15.79	1:29.38
4.	MIRAAL ZAHRA HAQUE	02	PAKISTAN	<b>2:51.66</b>	357		1:21.06	1:30.60

Event 27  
09-Feb-16 Men, 50m Backstroke Open Results Final

SAFR	27.48	M ARVIND	IND	GUWAHATI, ASSAM	09-Feb-16
Points: FINA 2013					

Rank			Time		Pts	
Final						
1.	P.S MADHU		INDIA	<b>26.86</b>	716	SAR
2.	M ARVIND		INDIA	<b>27.18</b>	691	
3.	MATTHEW ABEYSINGHE		SRI LANKA	<b>27.49</b>	668	
4.	AKALANKA PEIRIS		SRI LANKA	<b>28.06</b>	628	
5.	SYED MUHAMMAD HASSEB TARIQ		PAKISTAN	<b>28.25</b>	616	
6.	MD RUBEL RANA		BANGLADESH	<b>28.86</b>	577	
7.	MUHAMMAD KHAN		PAKISTAN	<b>29.66</b>	532	
8.	MD MONIRUL ISLAM		BANGLADESH	<b>29.72</b>	529	



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Event 28  
09-Feb-16

Women, 50m Backstroke

Open  
Results Final

SAFR 30.42 KIMIKO RAHEEM SRI GUWAHATI, ASSAM 09-Feb-16

Points: FINA 2013

Rank						Time	Pts
Final							
1.	KIMIKO RAHEEM	SRI LANKA				<b>29.75</b>	752
2.	MAANA PATEL	INDIA				<b>30.06</b>	729 SAR
3.	BISMA KHAN	PAKISTAN				<b>31.95</b>	607
4.	GAURIKA SINGH	NEPAL				<b>32.57</b>	573
5.	VINOLI KALUARACHCHI	SRI LANKA				<b>32.86</b>	558
6.	NAIMA AKTER	BANGLADESH				<b>33.84</b>	511
7.	AREEBA SHAIKH	PAKISTAN				<b>35.28</b>	451
8.	AISHATH SAUSAN	MALDIVES				<b>35.47</b>	444

Event 29  
09-Feb-16

Men, 4 x 200m Freestyle

Open  
Results

SAFR 8:05.76 INDIA IND ISLAMABAD (PAK) 31-Mar-04

Points: FINA 2013

Rank							Time	Pts
1.	INDIA	INDIA					<b>7:43.42</b>	736 SAR
	SAURABH SANGVEKAR	+0.68	26.56	28.93	29.52	28.91	1:53.92	
	RAJ BHANWADIA	+0.39	27.51	30.65	30.53	28.80	1:57.49	
	NEIL CONTRACTOR	+0.46	25.71	29.42	30.45	30.52	1:56.10	
	SAJAN PRAKASH	+0.19	26.56	29.71	30.20	29.44	1:55.91	
2.	SRI LANKA	SRI LANKA					<b>7:58.99</b>	667
	KYLE ABEYSINGH	+0.77	26.79	28.88	29.50	30.76	1:55.93	
	SHEHAN DE SILVA	+0.20	26.90	30.36	31.40	30.50	1:59.16	
	KT. CHERANTHA DE SILVA	+0.54	26.68	30.97	31.33	30.58	1:59.56	
	MATTHEW ABEYSINGHE	+0.69	26.20	31.41	33.21	33.52	2:04.34	
3.	BANGLADESH	BANGLADESH					<b>8:31.08</b>	549
	MD ASHIF REZA	+0.66	27.22	30.10	31.52	32.17	2:01.01	
	MD ANIK ISLAM	+0.75			32.25	31.59	2:04.12	
	MD JUWEL AHMED	+0.36	27.91	31.45	33.62	33.31	2:06.29	
	MD. MAHFIZUR RAHMAN	+0.44	31.07	35.30	36.85	36.44	2:19.66	
4.	PAKISTAN	PAKISTAN					<b>8:41.90</b>	515
	ISRAR HUSSAIN	86	+0.83	29.48	31.91	33.82	32.78	2:07.99
	MUHAMMAD SAAD	98	+0.45	28.66	33.86	34.80	34.67	2:11.99
	HARIS BANDEY	99	+0.47	28.19	31.94	34.61	34.74	2:09.48
	SYED MUHAMMAD HASSEB TARIQ	96	+0.48	28.79	32.71	35.09	35.85	2:12.44
5.	NEPAL	NEPAL					<b>9:17.68</b>	422
	MANISH CHITRAKAR	97	+0.75	32.36	36.69	38.46	36.09	2:23.60
	SHUVAM SHRESTHA	01	+0.39	33.74	37.36	38.45	37.32	2:26.87
	ANUBHAV SUBBA	02	+0.37	30.08	33.97	37.01	36.29	2:17.35
	SIRISH GURUNG	98	+0.63	29.97	33.52	34.63	31.74	2:09.86
6.	MALDIVES	MALDIVES					<b>9:41.96</b>	372
	ISMAIL MUTHASIM ADNAN	01	+0.75	32.16	37.07	38.90	36.54	2:24.67
	MUBAL AZZAM IBRAHIM	00	+0.28	33.38	36.79	38.35	33.98	2:22.50
	NAZRAN MOHAMED NAZEER	97	+0.39	31.46	36.77	39.93	39.55	2:27.71
	HASSAN ASHRAF	85	+0.55	30.88	35.38	40.21	40.61	2:27.08



12TH SOUTH ASIAN GAMES - 2016  
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Event 30  
09-Feb-16

Women, 4 x 200m Freestyle

Open  
Results

SAFR 9:12.68 INDIA IND ISLAMABAD (PAK) 05-Apr-04

Points: FINA 2013

Rank							Time	Pts
1.	INDIA		INDIA				<b>8:55.98</b>	640 SAR
	SHRADDHA SUDHIR		+0.83	31.28	34.22	34.60	33.77	2:13.87
	V MALVIKA		+0.27	30.63	33.73	35.23	35.31	2:14.90
	DAMINI GOWDA		+0.34	31.43	34.43	35.52	34.03	2:15.41
	SHIVANI KATARIA		+0.33	29.34	33.28	34.33	34.85	2:11.80
2.	SRI LANKA		SRI LANKA				<b>9:26.47</b>	542
	MACHIKO RAHEEM		+0.68	30.55	33.71	34.11	34.36	2:12.73
	HIMANI VITHANAGE		+0.67	31.28	35.84	39.17	40.24	2:26.53
	UTHAMA SILVA		+1.00	33.76	37.42	38.30	38.60	2:28.08
	ISHANI ERANDIKA SENANAYAKE		+0.26	31.51	35.47	36.33	35.82	2:19.13
3.	PAKISTAN		PAKISTAN				<b>9:48.04</b>	485
	LIANNA CATHERINE SWAN	97	+0.65	31.36	34.91	36.55	36.59	2:19.41
	BISMA KHAN	02	+0.68	33.27	38.33	41.66	38.03	2:31.29
	AREEBA SHAIKH	00	+0.48	33.31			40.65	2:33.68
	KIRAN KHAN	89	+0.68	30.87	34.72	38.05	40.02	2:23.66
4.	NEPAL		NEPAL				<b>9:58.34</b>	460
	SOFIA GADEGAARD SHAH	97	+0.72	31.22	34.51	35.37	35.03	2:16.13
	SONIRA BISTA	97	+0.50	36.61	42.13	44.22	42.16	2:45.12
	SHREETIKA SINGH	99	+0.37	33.95	38.80	41.84	41.85	2:36.44
	GAURIKA SINGH	02	+0.77	32.12	35.73	36.74	36.06	2:20.65
5.	BANGLADESH		BANGLADESH				<b>10:02.03</b>	452
	MST SABURA KHATUN	88	+0.66	34.22	38.61	40.12	38.20	2:31.15
	MOST SHARMIN SULTANA	99	+0.29	34.04	38.64	40.33	37.68	2:30.69
	ROMANA AKTER	99	+0.49	34.05	39.00	41.31	38.16	2:32.52
	MISS NAJMA KHATUN	98	+0.27	33.48	37.71	38.88	37.60	2:27.67
6.	MALDIVES		MALDIVES				<b>10:51.28</b>	357
	AISHATH SAJINA	97	+0.66	36.78	42.19	44.42	41.18	2:44.57
	AMINATH SHAJAN	93	+0.62	32.73	37.93	40.78	38.91	2:30.35
	ANMAU AHMED SALEEM	01	+0.04	36.23	45.39	48.05	46.32	2:55.99
	AISHATH SAUSAN	88	+0.62	36.39	41.57	42.20	40.21	2:40.37