

Certificates Issed
Results - 12TH SOUTH ASIAN GAMES 2016 - GUWAHATI,
ASSAM - 5TH – 16TH FEBRUARY 2016

Merit Certificates & Participation Certificates were issued by the Organizing Committee of the 12th South Asian Games 2016.

INDIA - GOLD

| Men | Women |
|---------------|-----------------------|
| Dilip Kumar | Pallavi Retiwala |
| Guru Datt | Pooja Chaurushi |
| Dhiraj Sawant | Sarojini Devi Thoudam |

NEPAL - SILVER

| Men | Women |
|----------------|-----------------|
| Rudra Katwal | Roza KC |
| Tika Ram Thapa | Yamkumari Ghale |
| | Himal Tamata |

SRI LANKA - BRONZE

| Men | Women |
|-------------------|-------------------|
| Nuwan Kumara | Gayani Dasanayaka |
| Lakruwan Wijesiri | Dinusha Desilua |

MEN – INDIVIDUAL

| Position | Name | Country | Swim Time | T1 | Bike Time | T2 | Run Time | Main Time |
|----------------------------------|--------------|-----------|-----------|----------|-----------|----------|----------|-----------|
| 1 st GOLD | Dilip Kumar | India | 00:19:21 | 00:00:17 | 01:04:05 | 00:00:08 | 00:39:04 | 02:02:53 |
| 2 nd SILVER | Guru Dutt | India | 00:21:10 | 00:00:17 | 01:07:27 | 00:00:09 | 00:36:30 | 02:05:31 |
| 3 rd BRONZE | Nuwan Kumara | Sri Lanka | 00:24:36 | 00:00:22 | 01:06:07 | 00:00:09 | 00:39:25 | 02:10:38 |
| 4 th | Lakruwa | Sri Lanka | 00:22:35 | 00:00:19 | 01:07:48 | 00:00:10 | 00:41:38 | 02:12:29 |
| 5 th | Rudra | Nepal | 00:22:38 | 00:00:19 | 01:13:10 | 00:00:10 | 00:47:25 | 02:23:40 |
| 6 th | Tika Ram | Nepal | 00:22:31 | 00:00:20 | 01:20:36 | 00:00:08 | 00:47:01 | 02:30:33 |

WOMEN – INDIVIDUAL

| Position | Name | Country | Swim Time | T1 | Bike Time | T2 | Run Time | Main Time |
|----------------------------------|-------------------|-----------|-----------|----------|-----------|----------|----------|-----------|
| 1 st GOLD | Pallavi Retiwala | India | 00:10:03 | 00:00:36 | 00:40:01 | 00:00:11 | 00:21:06 | 01:11:57 |
| 2 nd SILVER | Pooja Chaurushi | India | 00:10:02 | 00:00:36 | 00:39:47 | 00:00:11 | 00:22:02 | 01:12:36 |
| 3 rd BRONZE | Roza K.C | Nepal | 00:12:52 | 00:00:42 | 00:38:50 | 00:00:09 | 00:23:28 | 01:16:00 |
| 4 th | Gayani Dasanayaka | Sri Lanka | 00:11:56 | 00:00:37 | 00:40:02 | 00:00:08 | 00:23:33 | 01:16:14 |
| 5 th | Yamkumari Ghale | Nepal | 00:12:38 | 00:00:44 | 00:40:55 | 00:00:09 | 00:26:06 | 01:20:29 |
| 6 th | Dinusha Desilua | Sri Lanka | 00:12:53 | 00:00:30 | 00:44:00 | 00:00:11 | 00:26:40 | 01:24:13 |

MIX RELAY

| Position | Name | Country | Timing |
|----------------------------------|--|-----------|----------|
| 1 st GOLD | Pallavi Retiwala Dilip Kumar Sorojini Devi Thoudam Dhiraj Sawant | India | 01:24:31 |
| 2 nd SILVER | YamKumari Ghale Himal Tamata Roza K.C Rudra Katuwal | Nepal | 01:31:35 |
| 3 rd BRONZE | Gayani Dasanayake Lakruwan Wijesiri Dinusha De Silva Nuwan Kumara | Sri Lanka | 01:32:05 |