students = [("serg", "man", "good"),

("gena", "man", "bad"),

("ann", "woman", "great"),

("janna", "woman", "bad"), ]

def welldone(x):

name, sex, mark = x

return mark in ["great", "good"]

print("Результат:", [x[0] for x in students if welldone(x) and x[1] == "man"])