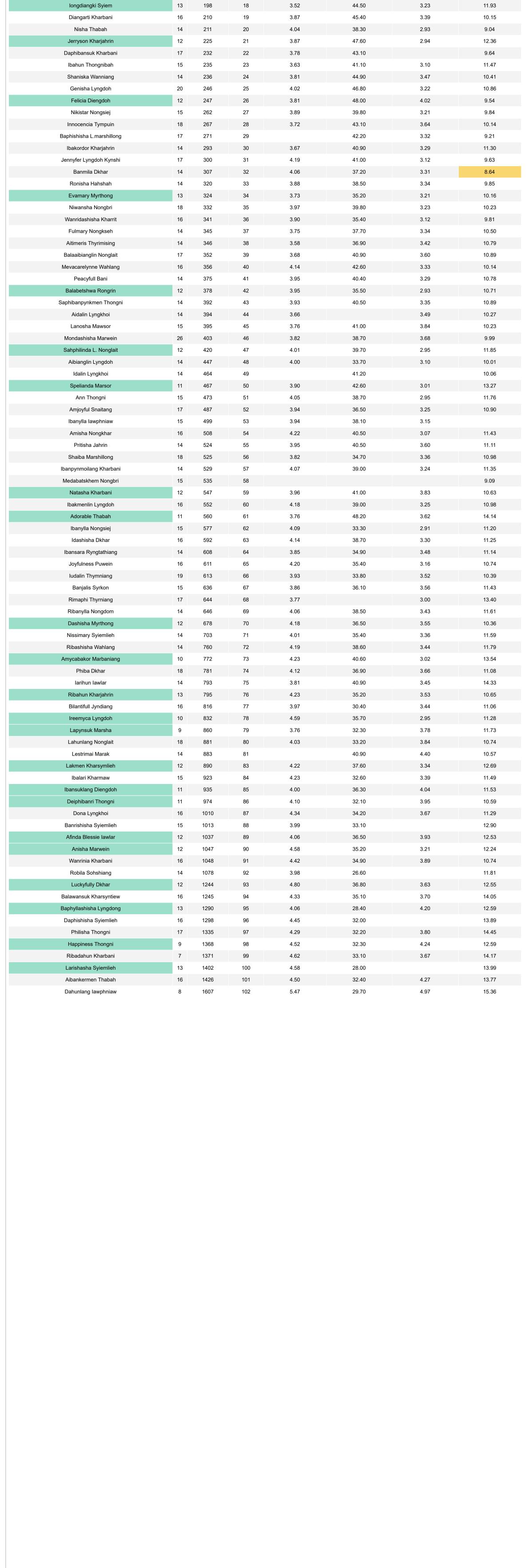
		SELECTED RESULTS					HOME PA	
		DIS	STRICT	GENDER Female		HOWL PA		
Participants 13 years or younger		West k	Khasi Hills			Elite Performances		
ECTED PARTICIPANTS - AGE, RANK & PERFORM	ANCES							
Participants	Age	Overall Rank	District Rank	20m Sprint (secs)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs)	
Aibanlang Puwein	16	3	1	3.34	61.20	2.90	7.84	
Jopbinson Lyngdoh	15	4	2	3.13	56.70	3.04	9.65	
Ioris Syiem	14	26	3	3.41	43.40	2.83	9.30	
Tsawanda Thabah	17	41	4	3.56	43.60	2.98	8.78	
Dolly Thongni	17	66	5	3.73	45.20	3.03	9.36	
Phibashisha Lyngdoh	17	74	6	3.86	45.20	3.02	9.03	
Merysha Marthong	14	76	7	3.59	42.90	3.19	9.15	
Shimtihan Lyngdoh	16	79	8	3.71	42.70	2.86	9.68	
Daiahunlang Kharbani	13	81	9	3.67	43.30	2.95	9.72	
Tresha Nongbri	14	102	10	3.64	48.20	3.27	10.65	
Philasakhi Marngar	14	104	11	3.70	42.60	3.11	9.44	
laipyndaplin Marbaniang	17	124	12	3.71	42.40	3.05	9.93	
Fivanala Marthong	13	128	13	3.73	40.70	2.94	9.88	
Veronika Sohshiang	22	133	14	3.57	38.30	3.15	9.37	
Betdabannylla L. Nonglait	17	141	15	3.69	43.20	3.05	10.61	
Badarisha Nonglait	17	156	16	3.72	39.00	3.11	9.43	
Willcyrose Sylemiong	15	189	17	3.57	44.70	3.63	10.39	
longdiangki Syiem	13	198	18	3.52	44.50	3.23	11.93	
Diangarti Kharbani	16	210	19	3.87	45.40	3.39	10.15	
Nisha Thabah	14	211	20	4.04	38.30	2.93	9.04	
Jerryson Kharjahrin	12	225	21	3.87	47.60	2.94	12.36	
Daphibansuk Kharbani	17	232	22	3.78	43.10	2.34	9.64	
Ibahun Thongnibah	15	235	23	3.63	41.10	3.10	11.47	
-								
Shaniska Wanniang	14	236	24	3.81	44.90	3.47	10.41	
Genisha Lyngdoh	20	246	25	4.02	46.80	3.22	10.86	
Felicia Diengdoh	12	247	26	3.81	48.00	4.02	9.54	
Nikistar Nongsiej	15	262	27	3.89	39.80	3.21	9.84	
Innocencia Tympuin	18	267	28	3.72	43.10	3.64	10.14	
Baphishisha L.marshillong	17	271	29		42.20	3.32	9.21	
lbakordor Kharjahrin	14	293	30	3.67	40.90	3.29	11.30	
Jennyfer Lyngdoh Kynshi	17	300	31	4.19	41.00	3.12	9.63	
Banmila Dkhar	14	307	32	4.06	37.20	3.31	8.64	
Ronisha Hahshah	14	320	33	3.88	38.50	3.34	9.85	
Evamary Myrthong	13	324	34	3.73	35.20	3.21	10.16	
Niwansha Nongbri	18	332	35	3.97	39.80	3.23	10.23	
Wanridashisha Kharrit	16	341	36	3.90	35.40	3.12	9.81	
Fulmary Nongkseh	14	345	37	3.75	37.70	3.34	10.50	
Aitimeris Thyrimising	14	346	38	3.58	36.90	3.42	10.79	
Balaaibianglin Nonglait	17	352	39	3.68	40.90	3.60	10.89	
Mevacarelynne Wahlang	16	356	40	4.14	42.60	3.33	10.14	
Peacyfull Bani	14	375	41	3.95	40.40	3.29	10.78	
Balabetshwa Rongrin	12	378	42	3.95	35.50	2.93	10.71	
Saphibanpynkmen Thongni	14	392	43	3.93	40.50	3.35	10.89	
Aidalin Lyngkhoi	14	394	44	3.66		3.49	10.27	
Lanosha Mawsor	15	395	45	3.76	41.00	3.84	10.23	
Mondashisha Marwein	26	403	46	3.82	38.70	3.68	9.99	
Sahphilinda L. Nonglait	12	420	47	4.01	39.70	2.95	11.85	
Aibianglin Lyngdoh	14	447	48	4.00	33.70	3.10	10.01	
Idalin Lyngkhoi	14	464	49	-	41.20		10.06	
Spelianda Marsor	11	467	50	3.90	42.60	3.01	13.27	
Ann Thongni	15	473	51	4.05	38.70	2.95	11.76	
Amjoyful Snaitang	17	487	52	3.94	36.50	3.25	10.90	
	17	487		3.94	36.50	3.25	10.90	
Ibanylla lawphniaw			53				44.40	
Amisha Nongkhar	16	508	54	4.22	40.50	3.07	11.43	
Pritisha Jahrin	14	524	55	3.95	40.50	3.60	11.11	
Shaiba Marshillong	18	525	56	3.82	34.70	3.36	10.98	
Ibanpynmoilang Kharbani	14	529	57	4.07	39.00	3.24	11.35	
Medabatskhem Nongbri	15	535	58				9.09	
Natasha Kharbani	12	547	59	3.96	41.00	3.83	10.63	
Ibakmenlin Lyngdoh	16	552	60	4.18	39.00	3.25	10.98	
Adorable Thabah	11	560	61	3.76	48.20	3.62	14.14	

Adorable Thabah 11 560 61 3.76 48.20 3.62 14.14 62 33.30 2.91 Ibanylla Nongsiej 15 577 4.09 11.20 63 38.70 3.30 11.25 Idashisha Dkhar 16 592 4.14 Ibansara Ryngtathiang 14 608 64 3.85 34.90 3.48 11.14 16 65 4.20 35.40 3.16 10.74 Joyfulness Puwein 611 19 66 33.80 ludalin Thymniang 613 3.93 3.52 10.39 36.10 15 636 67 3.86 3.56 11.43 Banjalis Syrkon 17 Rimaphi Thyrniang 644 68 3.77 3.00 13.40 38.50 Ribanylla Nongdom 14 69 3.43 646 4.06 11.61 12 Dashisha Myrthong 678 70 4.18 36.50 3.55 10.36 Nissimary Syiemlieh 14 703 71 4.01 35.40 3.36 11.59 Ribashisha Wahlang 14 760 72 4.19 38.60 3.44 11.79 Amycabakor Marbaniang 10 772 73 4.23 40.60 3.02 13.54 18 781 74 4.12 36.90 3.66 11.08 Phiba Dkhar 14 793 75 3.81 40.90 3.45 14.33 larihun lawlar 13 Ribahun Kharjahrin 795 76 4.23 35.20 3.53 10.65 16 816 77 3.97 30.40 3.44 11.06 Bilantifull Jyndiang 10 78 Ireemyca Lyngdoh 832 4.59 35.70 2.95 11.28 9 860 79 3.76 32.30 3.78 11.73 Lapynsuk Marsha 18 881 80 4.03 33.20 3.84 10.74 Lahunlang Nonglait 40.90 10.57 Lestrimai Marak 14 883 81 4.40 12 83 37.60 3.34 12.69 Lakmen Kharsymlieh 890 4.22 Ibalari Kharmaw 15 923 84 4.23 32.60 3.39 11.49 Ibansuklang Diengdoh 935 85 36.30 4.04 11 4.00 11.53 Deiphibanri Thongni 11 974 86 4.10 32.10 3.95 10.59 Dona Lyngkhoi 1010 87 34.20 3.67 16 4.34 11.29 Banrishisha Syiemlieh 15 1013 88 3.99 33.10 12.90 12 1037 89 4.06 36.50 3.93 12.53 Afinda Blessie lawlar 1047 90 35.20 12 3.21 12.24 Anisha Marwein 4.58 Wanrinia Kharbani 16 1048 91 4.42 34.90 3.89 10.74 92 3.98 26.60 Robila Sohshiang 14 1078 11.81 Luckyfully Dkhar 1244 93 4.80 36.80 12.55 12 3.63 35.10 Balawansuk Kharsyntiew 16 1245 94 4.33 3.70 14.05 95 4.20 12.59 Baphyllashisha Lyngdong 13 1290 4.06 28.40 Daphishisha Syiemlieh 16 1298 96 4.45 32.00 13.89 17 97 32.20 3.80 Philisha Thongni 1335 4.29 14.45 Happiness Thongni 9 1368 98 4.52 32.30 4.24 12.59 1371 99 33.10 3.67 7 14.17 Ribadahun Kharbani 4.62 Larishasha Syiemlieh 13 1402 100 4.58 28.00 13.99 101 13.77 Aibankermen Thabah 16 1426 4.50 32.40 4.27 102 5.47 29.70 15.36 8 Dahunlang lawphniaw 1607 4.97



Note:
Overall rank is the participant's rank across all districts.
District rank is participant's rank within that particular district.
Ranking are calculated by forming a cumulative score of all tests and comparing how a given participant against the district or overall average
Elite performances:

20m sprint: Equal to or under 3.00secs (male). Equal to or under 3.50secs (female)
Vertical Jump: Equal to or higher than 60.0cms (male). Equal to or higher than 50.0cms (female)
10m Ladder Run: Equal to or Under 2.30secs (male). Equal to or Under 2.75secs (female)
Compass Drill: Equal to or Under 8.00secs (male). Equal to or Under 9.00secs (female)

Blank values represent no data found Note:

NEXT PAGE arms Physical testing