

SELECTED RESULTS GENDER Female

West Garo Hills

Porticipanto 12 vegra or volungor		West (Garo Hills	F	Female		Elite Performances	
Participants 13 years or younger						Elite Performances		
SELECTED PARTICIPANTS - AGE, RANK & PERFORMANCES								
Participants	Age	Overall Rank	District Rank	20m Sprint (secs)	Vertical Jump (cm)	10m Ladder Run (secs)	Compass Drill (secs)	
Dimsrang Sangma	16	5	1	3.27	52.00	2.41	10.44	
Kadim Sangma	15	10	2	3.34	51.90	3.31	8.47	
Wanmera Sangma	17	31	3	3.52	42.30	2.85	8.64	
Alandi Kadime Marak	16	38	4	3.53	43.80	2.81	9.49	
Walchera Sangma	15	54	5	3.65	46.70	3.00	9.68	
Tengsilchi Marak	16	65	6	3.86	44.70	2.92	9.01	
Xevarina Sangma	36	93	7	3.74	45.00	2.84	10.43	
Rikkesl Momin	13	101	8	3.43		3.05	8.78	
Silbamchi Marak	16	111	9	3.83	47.80	3.25	9.88	
Adiel Anana Marak	13	129	10	3.75	39.10	2.76	9.93	
Veronia Severa Sangma	10	140	11	3.83	44.20	3.05	10.22	
Benyan Sangma	16	147	12	3.68	42.10	3.11	10.21	
Amechingkame Sangma	15	162	13	3.82	42.70	3.18	9.80	
Akangesa Sangma	11	204	14	4.14	42.80	2.51	11.04	
Arkeyandomio Momin	11	218	15		35.40	2.51	9.39	
Sengsalyne Sengatchi Marak	29	222	16	3.75	43.30	3.30	10.56	
Ellayansha Sangma	15	245	17	3.92	37.60	3.11	9.26	
Akira Sangma	14	249	18	4.13	40.70	2.57	10.88	
Briyana Momin	17	252	19	3.83	35.70	3.04	9.50	
Chuangsha Jagame Marak	15	255	20	3.75	31.70	2.73	9.88	
Sara Sangma	13	256	21	3.94	37.00	2.66	10.59	
Chuesa Sangma	15	263	22	3.71	32.10	3.12	8.95	
Chuesa Sangma	15	280	23	3.71	31.10	3.12	8.95	
Cherikgni Sangma	12	286	24	3.78	33.70	3.02	9.73	
Wandasha Sangma	15	288	25	3.79	43.70	3.73	10.02	
Merime Sangma	14	292	26	3.72	44.70	3.76	10.55	
Atchibonmera Sangma	15	306	27	3.94	41.20	3.22	10.57	
Abanggi Chue Marak	16	308	28	3.75	33.20	3.11	9.70	
Sabira Sangma	17	310	29	3.60	33.60	2.91	11.17	
Panisadedimepala Sangma	16	316 344	30	3.84	42.00	3.22	11.29 10.13	
Chirongrik Sangma Bidarikachue Marak	15 11	347	31 32	3.98 4.09	34.10 42.20	2.83 3.12	10.84	
Menamchi Marak	15	347	33	3.89	35.50	3.07	10.24	
Niksera Marak	13	368	34	3.94	43.30	3.16	11.93	
Agneshsengkamchi Sangma	17	382	35	3.83	40.00	3.06	10.74	
Amava Marak	13	398	36	4.15	38.00	2.76	11.19	
Kasan Nangrime Sangma	15	401	37	3.92	34.30	2.80	11.24	
Chriskin Sangma	15	414	38	3.95	36.90	3.28	10.30	
Chuesahanna Sangma	16	434	39	4.14	41.30	3.33	10.57	
Bonchira Sangma	18	466	40	3.91	33.30	3.07	10.57	
Florasalova Marak	14	479	41	3.89	33.40	3.10	10.69	
Silkimchi Sangma	16	482	42	3.93	33.40	3.20	10.22	
Dhonisa Marak	15	486	43	3.98	42.70	3.43		
Dodime Sangma	13	510	44	3.98	30.50	2.74	11.00	
Emmyalkasha Sangma	10	511	45	4.15	36.30	2.81	11.53	
Abame Sangma	12	513	46	4.15	33.10	2.95	10.27	
Blesscina Avammay Maymanrik Sangma	13	542	47	4.06	32.80	3.08	10.40	
Hyacinthiana Marak	15	554	48	3.76	26.10	3.16	9.81	
Norikchi Marak	14	562	49	4.00	37.90	3.57	10.53	
Walgrimchi Marak	16	588	50	3.94	32.00	3.27	10.50	
Jheanchim Marak	17	596	51	4.24	38.60	3.26	10.92	
Brisynchi Marak	16	599	52	3.81	25.20	3.10	9.93	
Amachirikkame Momin	17	630	53	4.09	33.30	3.47	9.89	
Marme Sangma	14	632	54	4.08	33.10	3.24	10.62	
Aedajenatchi Sangma	15	688	55	4.00	31.00	3.18	10.99	
Silkimbe Sangma	17	726	56	3.75	33.00	3.42	12.15	
Rikesha Sangma	16	732	57	4.22	36.50	3.51	10.66	
Babina Sangma	16	738	58	4.13	30.50	3.32	10.14	
Niksameringpatchi Sangma	11	754	59	4.00	27.50	2.97	11.17	
Anorachuesa Momin	11	759	60	4.23	44.00	3.33	13.31	
Walosa Marak	15	765	61	4.05	33.60	3.25	11.73	

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Walosa Marak

Silkame Threesa Momin

Aichira Sangma Rikmadokatchi Shira

Eranikatchi Marak

Rokime Marak

Brookejakmikse Marak Niamibibe Sangma

Rimchi Sangma

Dania Marak

Benisaakim No_LastName 755

Evanrisha Sangma

Allayamazekona Marak

Milima Shira Chonkamepariangkansa Sangma

Chinome Sangma

Evefea Marak

Anna Salmikchi Sangma

Akimchildilsa Marak

Sonamchi Sangma

Kadime Marak

Nancy Hajong

Ency Marak

Elliameviosa Momin

Amebachiakie Momin

Tracy Sangma

Manila Momin

Timsre Sangma

Kyara Marak

Nitorichesil Sangma

Anindita Paul

Rikma Sangma

Arpita Paul

Flevia Momin

Note:

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

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arms Physical testing

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