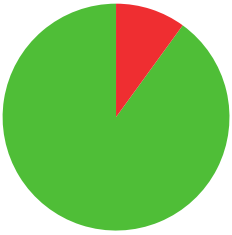


SONAM **DEMA**

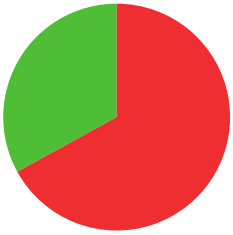
BHUTAN

AGE: **30**

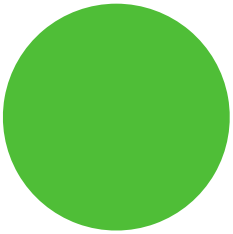
WORLD RANKING: **480** (CW)
HIGHEST WR: **167** (RW 17 September 2018) - **422** (CW 6 April 2026)



9
AVERAGE ARROW
(TWO YEAR PERIOD)



4/12 (33%)
MATCH WINS



1/1 (100%)
TIEBREAK WINS

648
SEASON BEST

648
CAREER BEST

QUALIFICATION

data taken from outdoor archery competitions at 50 metres

BIOGRAPHY

CITY OF RESIDENCE: **THIMPU, BHUTAN**
CITY OF BIRTH: **PARO, BHUTAN**

STARTED ARCHERY: **2014**
INTERNATIONAL DEBUT: **2015**

CLUB: **THIMPU, BHUTAN**
COACH: **TASHI TSHERING, (BHUTAN)**

HOBBIES: **-**

ARCHERY STATS

RIGHTHANDED

ARROW LENGTH:
28"/71.1 CM

DRAW WEIGHT:
40LBS/18.2 KG

MEDALS - OUTDOOR ARCHERY

WORLD ARCHERY CHAMPIONSHIPS: (CAPS: 3)
ASIAN GAMES: (CAPS: 2)
ASIAN OUTDOOR CHAMPIONSHIPS: (CAPS: 2)
ASIAN GRAND PRIX CIRCUIT: (CAPS: 3)

MEDALS - INDOOR ARCHERY

INDOOR WORLD SERIES: (CAPS: 3)