1.Utilize Paste Option Feature

Performer Team Code Point

Rhaenyra Targaryen 13

Daemon Targaryen 20

Rhaenys Targaryen 19

Aemond Hightower 31

Alicent Hightower 5

Otto Hightower 21

2.Apply Convert to Text Feature

**Performer Team Code Point**

Rhaenyra Targaryen 13

Daemon Targaryen 20

Rhaenys Targaryen 19

Aemond Hightower 31

Alicent Hightower 5

Otto Hightower 21

3.Use Paste Special Option

Performer Team Code Point

Rhaenyra Targaryen 13

Daemon Targaryen 20

Rhaenys Targaryen 19

Aemond Hightower 31

Alicent Hightower 5

Otto Hightower 21

4.Copy Paste Excel Table as Plain Text in MS Word

Performer Team Code Point

Rhaenyra Targaryen 13

Daemon Targaryen 20

Rhaenys Targaryen 19

Aemond Hightower 31

Alicent Hightower 5

Otto Hightower 21