

## ROPE SKIPPING DANMARKSREKORDER

	Disciplin	Antal	Hvem	Dato
<b>Master (kvinder)</b>	Single Rope Speed Sprint 30 sek.	98	Mathilde Helbo Larsen	30.07.2018
	Single Rope Speed Endurance 3 min.	457	Mathilde Helbo Larsen	30.07.2018
	Single Rope Triple Unders	161	Mathilde Helbo Larsen	03.10.2020
<b>Master (mænd)</b>	Single Rope Speed Sprint 30 sek.	91	Alfred Wulf-Andersen	21.07.2019
	Single Rope Speed Endurance 3 min.	413	Alfred Wulf-Andersen	03.10.2020
	Single Rope Triple Unders			

	Disciplin	Antal	Hvem	Dato
<b>Hold (kvinder)</b>	Single Rope Speed Relay 4x30 sek.	357	Julie Bøggild Andersen, Laura Enggaard, Pernille Mogensen, Thea Jonassen	01.02.2020
	Single Rope Double Unders Relay 2x30 sek.	167	Laura Enggaard, Pernille Mogensen	01.02.2020
	Double Dutch Speed Relay 4x30 sek.	414	Anna Kærsgaard Sørensen, Emilie Lykke, Louise Francis, Mathilde Helbo Larsen	01.02.2020
	Double Dutch Speed Sprint 1x60 sek.	209	Anna Kærsgaard Sørensen, Louise Francis, Marie Broen Magersholt	18.01.2020
<b>Hold (mix)</b>	Single Rope Speed Relay 4x30 sek.	338,5	Alfred Wulf-Andersen, Emma Faber-Rod, Laura Francis, Simon Meincke	01.02.2020
	Single Rope Double Unders Relay 2x30 sek.	165	Laura Francis, Erik Olson	01.02.2020
	Double Dutch Speed Relay 4x30 sek.	372	Karoline Nørgaard, Laura Francis, Mia Dobson, Simon Meincke	18.01.2020
	Double Dutch Speed Sprint 1x60 sek.	204	Emma Faber-Rod, Karoline Nørgaard, Simon Meincke	01.02.2020

Udgåede discipliner				
<b>Hold (kvinder)</b>	Single Rope Speed/Double Under Relay 4x30 sek.	351,5	Eva Skalshøj, Helene Træholt Jensen, Lisa Kristensen, Sofie Slettebo	21.04.2012
	Double Dutch Pairs Speed 2x60 sek.	402,5	Helene Træholt Jensen, Jannicke Christensen, Lisa Kristensen, Sofie Slettebo	2013
	Double Dutch Speed Relay 4x45 sek.	607	Anna Kærsgaard Sørensen, Emilie Lykke, Louise Francis, Mathilde Helbo Larsen	20.05.2017
<b>Hold (mix)</b>	Double Dutch Speed Relay 4x45 sek.	538	Emma Faber-Rod, Karoline Nørgaard, Mia Dobson, Simon Meincke	19.07.2019