

## ROPE SKIPPING DANMARKSREKORDER

|                             | Disciplin                          | Antal | Hvem                    | Dato       |
|-----------------------------|------------------------------------|-------|-------------------------|------------|
| <b>Master<br/>(kvinder)</b> | Single Rope Speed Sprint 30 sek.   | 98    | Mathilde Helbo Larsen   | 30.07.2018 |
|                             | Single Rope Speed Endurance 3 min. | 457,5 | Mathilde Hjort Petersen | 09.10.2021 |
|                             | Single Rope Triple Unders          | 161   | Mathilde Helbo Larsen   | 03.10.2020 |
| <b>Master<br/>(mænd)</b>    | Single Rope Speed Sprint 30 sek.   | 99    | Marcus Lu-Nielsen       | 10.10.2021 |
|                             | Single Rope Speed Endurance 3 min. | 440   | Alfred Wulf-Andersen    | 09.10.2021 |
|                             | Single Rope Triple Unders          | 29    | Simon Dahl Meincke      | 09.10.2021 |

|                           | Disciplin                                 | Antal | Hvem  | Dato       |
|---------------------------|---|-------|---|------------|
| <b>Hold<br/>(kvinder)</b> | Single Rope Speed Relay 4x30 sek.         | 357,5 | Karla Marie Heramb, Mathilde Hjort Petersen,<br>Natacha Meier Vincent, Mynte Wittenkamp   | 22.01.2022 |
|                           | Single Rope Double Unders Relay 2x30 sek. | 181   | Mathilde Hjort Petersen, Natacha Vincent  | 05.02.2022 |
|                           | Double Dutch Speed Relay 4x30 sek.        | 420   | Anna Kærsgaard Sørensen, Karoline Nørgaard,<br>Marie Magersholt, Mathilde Helbo Larsen    | 07.05.2022 |
|                           | Double Dutch Speed Sprint 1x60 sek.       | 218   | Anna Kærsgaard Sørensen, Karoline Nørgaard,<br>Marie Broen Magersholt                     | 07.05.2022 |
| <b>Hold<br/>(mix)</b>     | Single Rope Speed Relay 4x30 sek.         | 369,5 | Alfred Wulf-Andersen, Marcus Lu-Nielsen,<br>Marie Broen Magersholt, Mathilde Helbo-Larsen | 07.05.2022 |
|                           | Single Rope Double Unders Relay 2x30 sek. | 176   | Alfred Wulf-Andersen, Mathilde Helbo Larsen   | 07.05.2022 |
|                           | Double Dutch Speed Relay 4x30 sek.        | 403   | Alfred Wulf-Andersen, Emma Faber-Rod,<br>Josephine Rasmussen, Simon Meincke               | 07.05.2022 |
|                           | Double Dutch Speed Sprint 1x60 sek.       | 226   | Alfred Wulf-Andersen, Emma Faber-Rod,<br>Simon Meincke                                    | 29.05.2021 |

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

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