

## ROPE SKIPPING DANMARKSREKORDER

	Disciplin	Antal	Sjippere	Dato
<b>Master (kvinder)</b>	Single Rope Speed Sprint 30 sek.	98	Mathilde Helbo Larsen	30.07.2018
	Single Rope Speed Endurance 3 min.	457,5	Mathilde Hjort Petersen	09.10.2021
	Single Rope Triple Unders	161	Mathilde Helbo Larsen	03.10.2020
<b>Master (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	Sjippere	Dato
<b>Hold (kvinder)</b>	Single Rope Speed Relay 4x30 sek.	357,5	Karla Marie Heramb, Mathilde Hjort Petersen, 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, Marie Magersholt, Mathilde Helbo Larsen	07.05.2022
	Double Dutch Speed Sprint 1x60 sek.	218	Anna Kærsgaard Sørensen, Karoline Nørgaard, Marie Broen Magersholt	07.05.2022
<b>Hold (mix)</b>	Single Rope Speed Relay 4x30 sek.	369,5	Alfred Wulf-Andersen, Marcus Lu-Nielsen, Marie Broen Magersholt, Mathilde Helbo-Larsen	07.05.2022
	Single Rope Double Unders Relay 2x30 sek.	179,5	Alfred Wulf-Andersen, Mathilde Helbo Larsen	21.05.2022
	Double Dutch Speed Relay 4x30 sek.	403	Alfred Wulf-Andersen, Emma Faber-Rod, Josephine Rasmussen, Simon Meincke	07.05.2022
	Double Dutch Speed Sprint 1x60 sek.	226	Alfred Wulf-Andersen, Emma Faber-Rod, Simon Meincke	29.05.2021

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

Alle danmarkskrekorder er registreret ifm. officielle konkurrencer afholdt af GymDanmark, ERSO/FISAC/IJRU.  
Resultater fra virtuelle konkurrencer registreres ikke som danmarkskrekorder.