

## ROPE SKIPPING DANMARKSREKORDER

|                         | Disciplin                          | Antal | Sjippere                 | Dato       |
|-------------------------|------------------------------------|-------|--------------------------|------------|
| <b>Master (kvinder)</b> | Single Rope Speed Sprint 30 sek.   | 100   | Karla Helbo Larsen       | 04.10.2025 |
|                         | Single Rope Speed Endurance 3 min. | 472   | Natacha Vincent          | 31.07.2025 |
|                         | Single Rope Triple Unders          | 172   | Emma Vedel Christensen   | 07.10.2023 |
| <b>Master (mænd)</b>    | Single Rope Speed Sprint 30 sek.   | 109   | Marcus Lu-Nielsen        | 05.10.2024 |
|                         | Single Rope Speed Endurance 3 min. | 480   | Marcus Lu-Nielsen        | 04.10.2025 |
|                         | Single Rope Triple Unders          | 178   | Tobias Freyvall Jonassen | 07.10.2023 |

|                       | Disciplin                                 | Antal | Sjippere                                                                                       | Dato       |
|-----------------------|-------------------------------------------|-------|------------------------------------------------------------------------------------------------|------------|
| <b>Hold (kvinder)</b> | Single Rope Speed Relay 4x30 sek.         | 386   | Cecilie Christensen, Emma Vedel Christensen, Mathilde Drasbek Emmersen, Thea Freyvall Jonassen | 14.08.2026 |
|                       | Single Rope Double Unders Relay 2x30 sek. | 188   | Emma Vedel Christensen, Thea Freyvall Jonassen                                                 | 18.04.2026 |
|                       | Double Dutch Speed Relay 4x30 sek.        | 427   | Anna Kærsgaard Sørensen, Karoline Nørgaard, Marie Magersholt, Mathilde Helbo Larsen            | 28.07.2022 |
|                       | Double Dutch Speed Sprint 1x60 sek.       | 218   | Anna Kærsgaard Sørensen, Karoline Nørgaard, Marie Magersholt                                   | 07.05.2022 |
| <b>Hold (mix)</b>     | Single Rope Speed Relay 4x30 sek.         | 400   | Alfred Wulf-Andersen, Karla Helbo Larsen, Marcus Lu-Nielsen, Natacha Vincent                   | 14.08.2026 |
|                       | Single Rope Double Unders Relay 2x30 sek. | 186,5 | Mathilde Drasbek Emmersen, Tobias Freyvall Jonassen                                            | 29.07.2025 |
|                       | Double Dutch Speed Relay 4x30 sek.        | 435   | Alfred Wulf-Andersen, Josephine Rasmussen, Marcus Lu-Nielsen, Natacha Vincent                  | 11.08.2026 |
|                       | Double Dutch Speed Sprint 1x60 sek.       | 237   | Josephine Rasmussen, Marcus Lu-Nielsen, Vigga Kruse Partsch                                    | 11.08.2026 |
| <b>Hold (mænd)</b>    | Single Rope Double Unders Relay 2x30 sek. | 195,5 | Alfred Wulf-Andersen, Marcus Lu-Nielsen                                                        | 18.04.2026 |

| Udgåede discipliner   |                                                |       |                                                                              |            |
|-----------------------|------------------------------------------------|-------|------------------------------------------------------------------------------|------------|
| <b>Hold (kvinder)</b> | Single Rope Speed/Double Under Relay 4x30 sek. | 351,5 | Eva Skalsøj, 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 |

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