



中國香港跳繩總會

HONG KONG ROPE SKIPPING ASSOCIATION, CHINA | SINCE 1997

AFFILIATED WITH INTERNATIONAL ROPE SKIPPING FEDERATION AND ASIAN ROPE SKIPPING FEDERATION

6歲女子組三分鐘單人繩耐力跳

| NO | NAME | GROUP MEMBER | 3MINS SPEED | | | | SCORE | RANK |
|------|------|----------------------------------------|-------------|--------|--------|-------|-------|------|
| | | | Judge1 | Judge2 | Judge3 | FALSE | | |
| F001 | 蕭曉苓 | TONG SIR Rope Skipping Academy Limited | 279 | 278 | 279 | | 279 | 1 |
| F004 | 梁芷喬 | TONG SIR Rope Skipping Academy Limited | 254 | 250 | 255 | | 254.5 | 2 |
| F005 | 梁可悠 | 繩飛揚03 | 188 | 186 | 186 | | 186 | 3 |
| F003 | 吳嘉欣 | 繩飛揚03 | 123 | 129 | 128 | | 128.5 | 4 |
| F006 | 張汀娜 | 香港繩飛揚有限公司 | 110 | 108 | 107 | | 107.5 | 5 |
| F002 | 歐陽芯妍 | 香港繩飛揚有限公司 | 85 | 84 | 84 | | 84 | 6 |

7 - 8歲女子組三分鐘單人繩耐力跳

| NO | NAME | GROUP MEMBER | 3MINS SPEED | | | | SCORE | RANK |
|------|------|----------------------------------------|-------------|--------|--------|-------|-------|------|
| | | | Judge1 | Judge2 | Judge3 | FALSE | | |
| F022 | 陳曉琳 | 香港花式跳繩會 | 363 | 362 | 362 | | 362 | 1 |
| F011 | 陸蒨瑜 | Hong Kong Rope Skipping Union | 351 | 351 | 352 | | 351 | 2 |
| F030 | 馬諾呈 | 香港花式跳繩會 | 339 | 339 | 339 | | 339 | 3 |
| F031 | 葉向晴 | 香港花式跳繩會 | 322 | 322 | 322 | | 322 | 4 |
| F013 | 黃焯喬 | ZIBERTY JUMP ROPE CLUB | 321 | 321 | 321 | | 321 | 5 |
| F024 | 羅凱嶠 | Jumper | 317 | 316 | 318 | | 317.5 | 6 |
| F010 | 劉昕翹 | 香港花式跳繩會 | 316 | 316 | 317 | | 316 | 7 |
| F035 | 陳凱嘉 | Hong Kong Rope Skipping Academy | 310 | 308 | 308 | | 308 | 8 |
| F018 | 王樂晞 | 香港花式跳繩會 | 298 | 299 | 297 | | 298.5 | 9 |
| F028 | 吳綽琳 | 香港花式跳繩會 | 296 | 296 | 297 | | 296 | 10 |
| F033 | 賴祈睿 | 香港花式跳繩會 | 281 | 281 | 280 | | 281 | 11 |
| F027 | 王森怡 | 香港花式跳繩會 | 276 | 276 | 274 | | 276 | 12 |
| F014 | 鄭皓月 | JTI | 273 | 273 | 273 | | 273 | 13 |
| F007 | 蔡婧渲 | Jumper | 271 | 271 | 272 | | 271 | 14 |
| F019 | 王雨樂 | Rope Skipping Sport Academy | 264 | 264 | 264 | | 264 | 15 |
| F015 | 連熙桐 | Jumper | 263 | 262 | 265 | | 262.5 | 16 |
| F034 | 盧烙飴 | 香港花式跳繩會 | 257 | 256 | 258 | | 257.5 | 17 |
| F029 | 施懿 | Jumper | 251 | 254 | 254 | | 254 | 18 |
| F009 | 梁信行 | 香港花式跳繩會 | 250 | 253 | 253 | | 253 | 19 |
| F036 | 黎芷菲 | Rope Skipping Sport Academy | 251 | 250 | 252 | | 251.5 | 20 |
| F012 | 林旨允 | 香港花式跳繩會 | 230 | 231 | 231 | | 231 | 21 |
| F023 | 藍心悠 | Rope Skipping Sport Academy | 222 | 223 | 224 | | 223.5 | 22 |
| F016 | 余諾澄 | 香港繩飛揚有限公司 | 85 | 85 | 85 | | 85 | 23 |
| F008 | 曹總程 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F017 | 葉斯橋 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F020 | 林芯欣 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F021 | 陳頌恩 | TONG SIR Rope Skipping Academy Limited | abs | | | | -1 | abs |
| F025 | 李析潼 | 繩飛揚02 | abs | | | | -1 | abs |
| F026 | 劉芷詠 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F032 | 黎洛彤 | Jumper | abs | | | | -1 | abs |
| F037 | 譚子淇 | 繩飛揚03 | abs | | | | -1 | abs |

9 - 10歲女子組三分鐘單人繩耐力跳

| NO | NAME | GROUP MEMBER | 3MINS SPEED | | | | SCORE | RANK |
|------|------|----------------------------------------|-------------|--------|--------|-------|-------|------|
| | | | Judge1 | Judge2 | Judge3 | FALSE | | |
| F063 | 王巧兒 | FEVER JUMPROPE | 454 | 453 | 452 | | 453.5 | 1 |
| F059 | 林卓恩 | TONG SIR Rope Skipping Academy Limited | 380 | 377 | 379 | | 379.5 | 2 |
| F058 | 陳彥希 | FEVER JUMPROPE | 379 | 379 | 377 | | 379 | 3 |
| F046 | 鄭壇桐 | 香港花式跳繩會 | 368 | 363 | 368 | | 368 | 4 |
| F076 | 張家晴 | 香港花式跳繩會 | 367 | 365 | 368 | | 367.5 | 5 |
| F065 | 王卓盈 | Hong Kong Rope Skipping Union | 347 | 346 | 347 | | 347 | 6 |
| F039 | 黃迦滄 | ZIBERTY JUMP ROPE CLUB | 336 | 340 | 340 | | 340 | 7 |
| F056 | 林可蕾 | ZIBERTY JUMP ROPE CLUB | 338 | 337 | 335 | | 337.5 | 8 |
| F052 | 麥皓晴 | Hong Kong Rope Skipping Academy | 334 | 335 | 335 | | 335 | 9 |
| F050 | 何逸然 | Hong Kong Rope Skipping Union | 329 | 330 | 331 | | 330.5 | 10 |

| | | | | | | | | |
|------|-----|---------------------------------|-----|-----|-----|--|-------|-----|
| F070 | 陳穎琪 | ZIBERTY JUMP ROPE CLUB | 329 | 330 | 332 | | 329.5 | 11 |
| F057 | 譚葦晴 | 香港花式跳繩會 | 326 | 327 | 330 | | 326.5 | 12 |
| F074 | 楊曼婧 | Hong Kong Rope Skipping Union | 326 | 326 | 326 | | 326 | 13 |
| F067 | 黃詩晴 | 香港花式跳繩會 | 323 | 322 | 324 | | 323.5 | 14 |
| F042 | 廖婉晴 | 香港花式跳繩會 | 321 | 321 | 321 | | 321 | 15 |
| F047 | 黃美兒 | 繩飛揚02 | 306 | 306 | 307 | | 306 | 16 |
| F062 | 魏熙琳 | 香港花式跳繩會 | 302 | 301 | 301 | | 301 | 17 |
| F069 | 張皓月 | Hong Kong Rope Skipping Union | 300 | 300 | 301 | | 300 | 18 |
| F043 | 羅鈺鏐 | Hong Kong Rope Skipping Academy | 298 | 298 | 299 | | 298 | 19 |
| F064 | 崔滄琳 | ZIBERTY JUMP ROPE CLUB | 298 | 297 | 297 | | 297 | 20 |
| F077 | 余曉嵐 | 香港花式跳繩會 | 296 | 296 | 297 | | 296 | 21 |
| F054 | 鄭柏蔚 | Rope Skipping Sport Academy | 293 | 291 | 292 | | 292.5 | 22 |
| F044 | 潘綽悠 | Jumper | 290 | 291 | 291 | | 291 | 23 |
| F060 | 鄭柏蓉 | Rope Skipping Sport Academy 1 | 291 | 286 | 289 | | 290 | 24 |
| F040 | 黃詠希 | 繩飛揚02 | 286 | 281 | 282 | | 281.5 | 25 |
| F038 | 胡芍萱 | 香港花式跳繩會 | 277 | 278 | 274 | | 277.5 | 26 |
| F053 | 許茵婷 | Jumper | 272 | 273 | 272 | | 272 | 27 |
| F055 | 梁靖汶 | JTI | 263 | 263 | 263 | | 263 | 28 |
| F049 | 關可廷 | Jumper | 258 | 259 | 254 | | 258.5 | 29 |
| F078 | 周紀濛 | Masterful Studio | 249 | 249 | 250 | | 249 | 30 |
| F041 | 潘瑜 | Hong Kong Rope Skipping Academy | abs | | | | -1 | abs |
| F045 | 麥家悅 | Rope Skipping Sport Academy 1 | abs | | | | -1 | abs |
| F048 | 羅天悠 | ZIBERTY JUMP ROPE CLUB | abs | | | | -1 | abs |
| F051 | 李恩妍 | 繩飛揚02 | abs | | | | -1 | abs |
| F061 | 陳子嫣 | Rope Skipping Sport Academy 1 | abs | | | | -1 | abs |
| F066 | 吳懷悅 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F068 | 王玥霖 | Hong Kong Rope Skipping Academy | abs | | | | -1 | abs |
| F071 | 梁思晴 | Jumper | abs | | | | -1 | abs |
| F072 | 陳詩諾 | Hong Kong Rope Skipping Academy | abs | | | | -1 | abs |
| F073 | 衛珏澄 | Hong Kong Rope Skipping Academy | abs | | | | -1 | abs |
| F075 | 繆悅柔 | ZIBERTY JUMP ROPE CLUB | abs | | | | -1 | abs |

11 - 12歲女子組三分鐘單人繩耐力跳

| NO | NAME | GROUP MEMBER | 3MINS SPEED | | | | | SCORE | RANK |
|------|------|---------------------------------|-------------|--------|--------|-------|-------|-------|------|
| | | | Judge1 | Judge2 | Judge3 | FALSE | | | |
| F092 | 李雨綺 | Hong Kong Rope Skipping Union | 429 | 430 | 429 | | 429 | 1 | |
| F091 | 黃嘉慧 | Masterful Studio | 422 | 422 | 422 | | 422 | 2 | |
| F098 | 施穎 | Hong Kong Rope Skipping Union | 407 | 407 | 408 | | 407 | 3 | |
| F126 | 關泳嵐 | 香港花式跳繩會 | 387 | 386 | 387 | | 387 | 4 | |
| F134 | 吳曉桐 | Hong Kong Rope Skipping Academy | 384 | 385 | 383 | | 384.5 | 5 | |
| F090 | 甯穎晞 | Rope Skipping Sport Academy 1 | 375 | 375 | 375 | | 375 | 6 | |
| F107 | 林芳羽 | Hong Kong Rope Skipping Academy | 374 | 374 | 372 | | 374 | 7 | |
| F099 | 葉翠兒 | 香港花式跳繩會 | 363 | 363 | 363 | | 363 | 8 | |
| F132 | 鄺鈺圻 | Hong Kong Rope Skipping Academy | 360 | 362 | 362 | | 362 | 9 | |
| F124 | 柯芷曦 | Hong Kong Rope Skipping Union | 358 | 358 | 358 | | 358 | 10 | |
| F129 | 羅倚晴 | 香港花式跳繩會 | 357 | 356 | 357 | | 357 | 11 | |
| F131 | 胡卓鑾 | Hong Kong Rope Skipping Academy | 355 | 355 | 352 | | 355 | 12 | |
| F144 | 楊梓晴 | 香港花式跳繩會 | 348 | 349 | 348 | | 348 | 13 | |
| F130 | 彭子僑 | Jumper | 344 | 343 | 342 | | 343.5 | 14 | |
| F112 | 廖可妍 | ZIBERTY JUMP ROPE CLUB | 334 | 333 | 334 | | 334 | 15 | |
| F093 | 蕭叡 | 香港花式跳繩會 | 333 | 333 | 333 | | 333 | 16 | |
| F121 | 趙晴欣 | Hong Kong Rope Skipping Union | 331 | 331 | 331 | | 331 | 17 | |
| F142 | 陸盼伊 | 循理會美林小學 | 322 | 323 | 321 | | 322.5 | 18 | |
| F117 | 林懿 | Rope Skipping Sport Academy 1 | 319 | 319 | 319 | | 319 | 19 | |
| F137 | 劉采翹 | 香港花式跳繩會 | 319 | 319 | 321 | | 319 | 19 | |
| F081 | 杜昕桐 | Hong Kong Rope Skipping Union | 317 | 315 | 317 | | 317 | 21 | |
| F119 | 鄭思睿 | 香港花式跳繩會 | 317 | 317 | 317 | | 317 | 21 | |
| F088 | 吳善滄 | 香港花式跳繩會 | 316 | 317 | 316 | | 316 | 23 | |
| F128 | 張焯喬 | 香港花式跳繩會 | 310 | 310 | 311 | | 310 | 24 | |
| F136 | 賴祈頌 | 香港花式跳繩會 | 310 | 310 | 310 | | 310 | 24 | |
| F115 | 駱卓勵 | 香港花式跳繩會 | 308 | 308 | 308 | | 308 | 26 | |
| F082 | 梁芷晴 | 香港花式跳繩會 | 307 | 308 | 307 | | 307 | 27 | |
| F109 | 劉栩華 | 繩飛揚02 | 306 | 306 | 308 | | 306 | 28 | |
| F122 | 龍康平 | 香港花式跳繩會 | 306 | 305 | 306 | | 306 | 28 | |
| F080 | 黃善樺 | Hong Kong Rope Skipping Academy | 306 | 305 | 308 | | 305.5 | 30 | |
| F111 | 胡芍蕾 | 香港花式跳繩會 | 303 | 304 | 305 | | 304.5 | 31 | |
| F139 | 陳泳兒 | 香港花式跳繩會 | 303 | 304 | 305 | | 304.5 | 31 | |
| F079 | 黎綽文 | 香港花式跳繩會 | 304 | 304 | 303 | | 304 | 33 | |
| F110 | 蔡諾禧 | 香港花式跳繩會 | 302 | 301 | 301 | | 301 | 34 | |

| | | | | | | | | |
|------|-----|---------------------------------|-----|-----|-----|--|-------|-----|
| F086 | 黃斯詩 | Rope Skipping Sport Academy 1 | 297 | 298 | 298 | | 298 | 35 |
| F125 | 羅詩霖 | 繩飛揚03 | 298 | 297 | 296 | | 297.5 | 36 |
| F146 | 莫苗欣 | Hong Kong Rope Skipping Academy | 292 | 293 | 294 | | 293.5 | 37 |
| F097 | 孔若谷 | 香港花式跳繩會 | 292 | 292 | 294 | | 292 | 38 |
| F113 | 王穎蓁 | 香港花式跳繩會 | 291 | 291 | 292 | | 291 | 39 |
| F138 | 張焯嵐 | 香港花式跳繩會 | 290 | 290 | 291 | | 290 | 40 |
| F089 | 陳凱琳 | Hong Kong Rope Skipping Academy | 275 | 275 | 276 | | 275 | 41 |
| F133 | 陳詩韻 | 香港繩飛揚有限公司 | 272 | 275 | 271 | | 271.5 | 42 |
| F123 | 嚴奕儒 | Jumper | 273 | 270 | 271 | | 270.5 | 43 |
| F106 | 黃梓君 | JTI | 267 | 268 | 269 | | 268.5 | 44 |
| F096 | 潘可兒 | Jumper | 265 | 265 | 264 | | 265 | 45 |
| F127 | 何芍嵐 | 循理會美林小學 | 262 | 261 | 262 | | 262 | 46 |
| F101 | 李芊瀾 | 香港花式跳繩會 | 261 | 263 | 261 | | 261 | 47 |
| F116 | 鄧凱澄 | 香港花式跳繩會 | 256 | 254 | 256 | | 256 | 48 |
| F087 | 陳嘉嵐 | 香港花式跳繩會 | 253 | 252 | 251 | | 252.5 | 49 |
| F141 | 楊澤筠 | Hong Kong Rope Skipping Academy | 254 | 252 | 252 | | 252 | 50 |
| F108 | 胡筠琳 | 香港花式跳繩會 | 251 | 252 | 254 | | 251.5 | 51 |
| F143 | 黃依穎 | Hong Kong Rope Skipping Academy | 245 | 241 | 243 | | 244 | 52 |
| F084 | 梁安喬 | 香港花式跳繩會 | 238 | 243 | 239 | | 238.5 | 53 |
| F145 | 蔡敏妮 | 繩飛揚02 | 242 | 238 | 238 | | 238 | 54 |
| F094 | 何婉晴 | 循理會美林小學 | 222 | 225 | 224 | | 224.5 | 55 |
| F085 | 陳緻霖 | 繩飛揚03 | 189 | 190 | 189 | | 189 | 56 |
| F102 | 嚴詠瑤 | 繩飛揚02 | 181 | 181 | 181 | | 181 | 57 |
| F120 | 董卓華 | Jumper | 162 | 151 | 171 | | 166.5 | 58 |
| F083 | 葉子盈 | FEVER JUMPROPE | abs | | | | -1 | abs |
| F095 | 謝恩 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F100 | 林樂瑤 | 循理會美林小學 | abs | | | | -1 | abs |
| F103 | 林嘉慧 | 繩飛揚02 | abs | | | | -1 | abs |
| F104 | 陳梓澄 | 繩飛揚02 | abs | | | | -1 | abs |
| F105 | 葉穎恩 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F114 | 劉穎心 | 香港繩飛揚有限公司 | abs | | | | -1 | abs |
| F118 | 林靜詩 | 香港花式跳繩會 | abs | | | | -1 | abs |
| F135 | 楊凱珊 | 繩飛揚02 | abs | | | | -1 | abs |
| F140 | 呂頌雯 | 香港繩飛揚有限公司 | abs | | | | -1 | abs |

13 - 14歲女子組三分鐘單人繩耐力跳

| | | | 3MINS SPEED | | | | | | |
|------|------|---------------------------------|-------------|--------|--------|-------|-------|------|--|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK | |
| F158 | 梁思濤 | Hong Kong Rope Skipping Union | 459 | 459 | 459 | | 459 | 1 | |
| F152 | 陳映而 | Rope Skipping Sport Academy | 409 | 409 | 409 | | 409 | 2 | |
| F164 | 杜朗延 | Hong Kong Rope Skipping Union | 403 | 404 | 403 | | 403 | 3 | |
| F148 | 陳穎 | Rope Skipping Sport Academy | 388 | 389 | 388 | | 388 | 4 | |
| F161 | 章樂妍 | Hong Kong Rope Skipping Union | 386 | 386 | 386 | | 386 | 5 | |
| F153 | 蔡偲慧 | 香港花式跳繩學社 | 386 | 385 | 385 | | 385 | 6 | |
| F168 | 廣詠彤 | Hong Kong Rope Skipping Academy | 377 | 378 | 377 | | 377 | 7 | |
| F163 | 謝鈞濤 | 香港花式跳繩會 | 359 | 362 | 363 | | 362.5 | 8 | |
| F150 | 張文淇 | Rope Skipping Sport Academy 1 | 330 | 328 | 330 | | 330 | 9 | |
| F147 | 吳逸桐 | Individual | 329 | 329 | 330 | | 329 | 10 | |
| F167 | 丁彤 | 繩飛揚03 | 320 | 321 | 323 | | 320.5 | 11 | |
| F165 | 單焯瑤 | 香港花式跳繩會 | 319 | 319 | 319 | | 319 | 12 | |
| F155 | 范晞晴 | Rope Skipping Sport Academy 1 | 308 | 307 | 306 | | 307.5 | 13 | |
| F156 | 劉利恩 | 繩飛揚02 | 305 | 306 | 308 | | 305.5 | 14 | |
| F154 | 鄭芯悅 | 香港花式跳繩會 | 301 | 302 | 302 | | 302 | 15 | |
| F151 | 鄭恩敏 | Masterful Studio | 283 | 281 | 282 | | 282.5 | 16 | |
| F166 | 馮晞桐 | Jumper | 257 | 254 | 255 | | 254.5 | 17 | |
| F162 | 郭恩錡 | 繩飛揚02 | 230 | 230 | 230 | | 230 | 18 | |
| F157 | 陳凱婧 | Individual | 187 | 187 | 186 | | 187 | 19 | |
| F149 | 楊雅汶 | Hong Kong Rope Skipping Union | abs | | | | -1 | abs | |
| F159 | 關文晴 | Hong Kong Rope Skipping Academy | abs | | | | -1 | abs | |
| F160 | 溫婉善 | 繩飛揚02 | abs | | | | -1 | abs | |

15 - 17歲女子組三分鐘單人繩耐力跳

| | | | 3MINS SPEED | | | | | | |
|------|------|-------------------------------|-------------|--------|--------|-------|-------|------|--|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK | |
| F179 | 曾鈺婷 | 香港花式跳繩會 | 381 | 381 | 381 | | 381 | 1 | |
| F178 | 馮添桐 | Hong Kong Rope Skipping Union | 369 | 368 | 368 | | 368 | 2 | |
| F175 | 林曉彤 | ZIBERTY JUMP ROPE CLUB | 346 | 344 | 346 | | 346 | 3 | |

| | | | | | | | | |
|------|-----|-------------------------------|-----|-----|-----|--|-------|-----|
| F171 | 尹恩琦 | 伊利沙伯中學舊生會中學 | 341 | 343 | 344 | | 343.5 | 4 |
| F182 | 周紹萱 | Masterful Studio | 341 | 340 | 341 | | 341 | 5 |
| F174 | 李宛君 | 香港花式跳繩會 | 323 | 324 | 323 | | 323 | 6 |
| F180 | 林蕙津 | 香港花式跳繩會 | 323 | 322 | 323 | | 323 | 6 |
| F173 | 李慧慈 | Jumper | 317 | 315 | 315 | | 315 | 8 |
| F176 | 林穎欣 | 香港花式跳繩會 | 305 | 307 | 306 | | 306.5 | 9 |
| F177 | 池詠琳 | JUMP TO INFINITY | 302 | 302 | 302 | | 302 | 10 |
| F183 | 楊欣嵐 | 繩飛揚03 | 269 | 268 | 266 | | 268.5 | 11 |
| F170 | 陳綽瑤 | Jumper | 228 | 224 | 227 | | 227.5 | 12 |
| F169 | 吳鑑淇 | Jumper | 177 | 177 | 176 | | 177 | 13 |
| F172 | 紀若彤 | Rope Skipping Sport Academy 1 | abs | | | | -1 | abs |

18 - 20歲女子組三分鐘單人繩耐力跳

| 3MINS SPEED | | | | | | | | |
|-------------|------|---------------------------------|--------|--------|--------|-------|-------|------|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK |
| F190 | 劉灝程 | Masterful Studio | 411 | 411 | 408 | | 411 | 1 |
| F188 | 林臻美 | Hong Kong Rope Skipping Union | 389 | 390 | 390 | | 390 | 2 |
| F191 | 張麗珠 | JUMP TO INFINITY | 360 | 359 | 360 | | 360 | 3 |
| F192 | 李文瑛 | Rope Skipping Sport Academy | 352 | 352 | 353 | | 352 | 4 |
| F186 | 簡詠霖 | JUMP TO INFINITY | 324 | 322 | 323 | | 323.5 | 5 |
| F185 | 張藝禧 | Hong Kong Rope Skipping Academy | 267 | 264 | 264 | | 264 | 6 |
| F184 | 鄭嘉慧 | JUMP TO INFINITY | 252 | 251 | 249 | | 251.5 | 7 |
| F187 | 許敬宜 | Rope Skipping Sport Academy 1 | abs | | | | -1 | abs |
| F189 | 伍曼儀 | Hong Kong Rope Skipping Academy | abs | | | | -1 | abs |

21 - 23歲女子組三分鐘單人繩耐力跳

| 3MINS SPEED | | | | | | | | |
|-------------|------|------------------|--------|--------|--------|-------|-------|------|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK |
| F193 | 陳嘉穎 | JUMP TO INFINITY | 395 | 395 | 394 | | 395 | 1 |
| F195 | 蔡穎琦 | 香港花式跳繩會 | 385 | 385 | 385 | | 385 | 2 |
| F194 | 陳淑敏 | JUMP TO INFINITY | 336 | 337 | 336 | | 336 | 3 |

11歲或以下 (挑戰組) 女子組三分鐘單人繩耐力跳

| 3MINS SPEED | | | | | | | | |
|-------------|------|---------------------------------|--------|--------|--------|-------|-------|------|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK |
| F199 | 盧灼橋 | Hong Kong Rope Skipping Academy | 368 | 368 | 368 | | 368 | 1 |
| F197 | 羅心悠 | Hong Kong Rope Skipping Academy | 362 | 361 | 362 | | 362 | 2 |
| F196 | 范珈瑩 | Hong Kong Rope Skipping Academy | 346 | 346 | 348 | | 346 | 3 |
| F198 | 李係賢 | 香港花式跳繩會 | 329 | 327 | 329 | | 329 | 4 |

12 - 14歲 (挑戰組) 女子組三分鐘單人繩耐力跳

| 3MINS SPEED | | | | | | | | |
|-------------|------|---------------------------------|--------|--------|--------|-------|-------|------|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK |
| F200 | 楊曉欣 | Hong Kong Rope Skipping Academy | 384 | 384 | 383 | | 384 | 1 |

15歲或以上 (挑戰組) 女子組三分鐘單人繩耐力跳

| 3MINS SPEED | | | | | | | | |
|-------------|------|-----------------------------|--------|--------|--------|-------|-------|------|
| NO | NAME | GROUP MEMBER | Judge1 | Judge2 | Judge3 | FALSE | SCORE | RANK |
| F201 | 高榆峰 | Rope Skipping Sport Academy | 432 | 431 | 430 | | 431.5 | 1 |