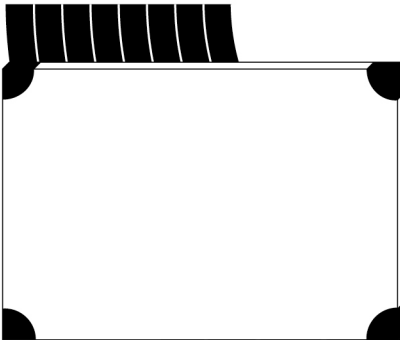
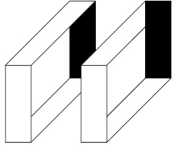




**d**  
**F**  
**F**  
**A**



[www.dfs-ev.de](http://www.dfs-ev.de)



## A u s d a u e r

### a—12 Minuten Lauf

Alter	bronze	silber	gold
10–11	1600	1800	2200
12–13	1800	2000	2400
14–15	2000	2200	2600
16–17	2200	2600	3000

[in Metern]

### c—3000 m Lauf

Alter	bronze	silber	gold
10–13	—	—	—
14–15	16:00	14:30	13:00
16–17	15:00	13:30	12:00

[in Minuten]

## K r a f t

### a—Liegestütze

Alter	bronze	silber	gold
10–11	5	10	15
12–13	10	15	20
14–15	15	20	30
16–17	20	25	35

[Wiederholungen]

### c—Beugehang

Alter	bronze	silber	gold
10–11	10	20	30
12–13	20	30	40
14–15	30	40	50
16–17	40	50	60

[in Sekunden]

## K o o r d i n a t i o n

### a—Parcours

Alter	bronze	silber	gold
10–11	2:10	1:55	1:40
12–13	2:05	1:50	1:35
14–15	2:00	1:45	1:30
16–17	1:55	1:40	1:25

[in Minuten]

### b—200 m Schwimmen

Alter	bronze	silber	gold
10–11	7:30	6:20	5:05

### b—500 m Schwimmen

12–13	16:30	14:00	12:30
14–15	15:30	13:00	11:30
16–17	14:30	12:00	10:30

[in Minuten]

# deutsches Feuerwehr Fitness Abzeichen

### b—Klimmziehen

Alter	bronze	silber	gold
10–11	3	6	12
12–13	4	7	13
14–15	5	8	14
16–17	6	9	15

[Wiederholungen]

## — Jugend

### b—Kasten-Bumerang-Test

Alter	bronze	silber	gold
10–11	1:35	1:25	1:15
12–13	1:30	1:20	1:10
14–15	1:25	1:15	1:05
16–17	1:20	1:10	1:00

[in Minuten]