

deutsches Feuerwehr Fitness Abzeichen



Gruppenprüfkarte

Jahr der Prüfung

Interne Vermerke

Ausdauer

- [a] 5000 m Lauf
- [ai] Firefighter Run [+2:30]
- [b] 10000 m Lauf
- [c] Halbmarathon / Marathon
- [d] Triathlon
- [e] 1000 m Schwimmen
- [f] 20 km Radfahren
- [g] Radmarathon

Kraft

- [a] 40 kg Bankdrücken
- [b] Klimmziehen
- [c] Beugehang
- [d] Dummyziehen
- [e] Endlosleiter
- [f] Toughest Firefighter Alive
- [g] Firefighter Combat Challenge

Koordination

- [a] Parcours
- [b] 200 m Kombi-Schwimmen
- [c] Kasten-Bumerang-Test

Name, Vorname	Feuerwehr	Alter	↓ Leistung	Ausdauer		Kraft		Koordination		Gesamtergebnis	Anstecknadel	Bandschnalle	Urkunde
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Lieferadresse _____

Rechnungsadresse _____

E-Mail _____

Prüfer _____

Prüfer-Nr. _____ Ort _____

Datum _____ Unterschrift _____

