



Name Athlet:in: _____

 F MHeat: 1 2Lane: 1 2 3 4 5 6
 7 8 9 10 11 12

Division:

 18+
 AK30-34
 AK35-39
 AK40-44
 AK45-49
 AK50+**SKILL**
AK 40-44

FOR TIME

3 Rope Climbs
8 m Handstand Walk*
10 Overhead Squats
8 m Handstand Walk***3** Rope Climbs
8 m Handstand Walk*
10 Overhead Squats
8 m Handstand Walk***2** Rope Climbs
8 m Handstand Walk*
10 Overhead Squats
8 m Handstand Walk***2** Rope Climbs
8 m Handstand Walk*
10 Overhead Squats
8 m Handstand Walk***1** Rope Climb

→ Finish Line

* 2 m Segments

AK 40-44: 55/40 kg

Time cap: 10 min

Score:

Die Zeit, die für das Beenden des Tests benötigt wird oder die Anzahl der erfolgreich absolvierten Wiederholungen bei Erreichen des Time Cap.

Rope Climbs	3: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 Reps
10 Overhead Squats		17 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	21 Reps
Rope Climbs	3: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 Reps
10 Overhead Squats		38 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	42 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	44 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	48 Reps
10 Overhead Squats		58 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	62 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	64 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	68 Reps
10 Overhead Squats		78 Reps
Handstand Walk	2m Seg.: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	82 Reps
Rope Climb	1: <input type="checkbox"/>	83 Reps
Finish Line	----- min : sek : dec oder -----Reps	84 Reps

Technical Official:

Name

DBVfF e.V. DM 2023 Test SKILL

