



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 50+

FOR TIME

2 Rope Climbs
 4 m Handstand Walk*
 10 Overhead Squats
 4 m Handstand Walk*

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 4 m Handstand Walk*
 10 Overhead Squats
 4 m Handstand Walk*

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 4 m Handstand Walk*
 10 Overhead Squats
 4 m Handstand Walk*

2 Rope Climbs
 4 m Handstand Walk*
 10 Overhead Squats
 4 m Handstand Walk*

2 Rope Climbs

→ Finish Line

* 1 m Segments

AK 50+: 40/25 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	2: <input type="checkbox"/> <input type="checkbox"/>	2 Reps
Handstand Walk	4m in 1m segments	6 Reps
10 Overhead Squats		16 Reps
Handstand Walk	4m in 1m segments	20 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	22 Reps
Handstand Walk	4m in 1m segments	26 Reps
10 Overhead Squats		36 Reps
Handstand Walk	4m in 1m segments	40 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	42 Reps
Handstand Walk	4m in 1m segments	46 Reps
10 Overhead Squats		56 Reps
Handstand Walk	4m in 1m segments	60 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	62 Reps
Handstand Walk	4m in 1m segments	66 Reps
10 Overhead Squats		76 Reps
Handstand Walk	4m in 1m segments	80 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	82 Reps
Finish Line	_____ : _____ : _____ min : sek : dec oder _____Reps	83 Reps

Technical Official:

_____ Name

DBVfF e.V. DM 2023 Test SKILL

