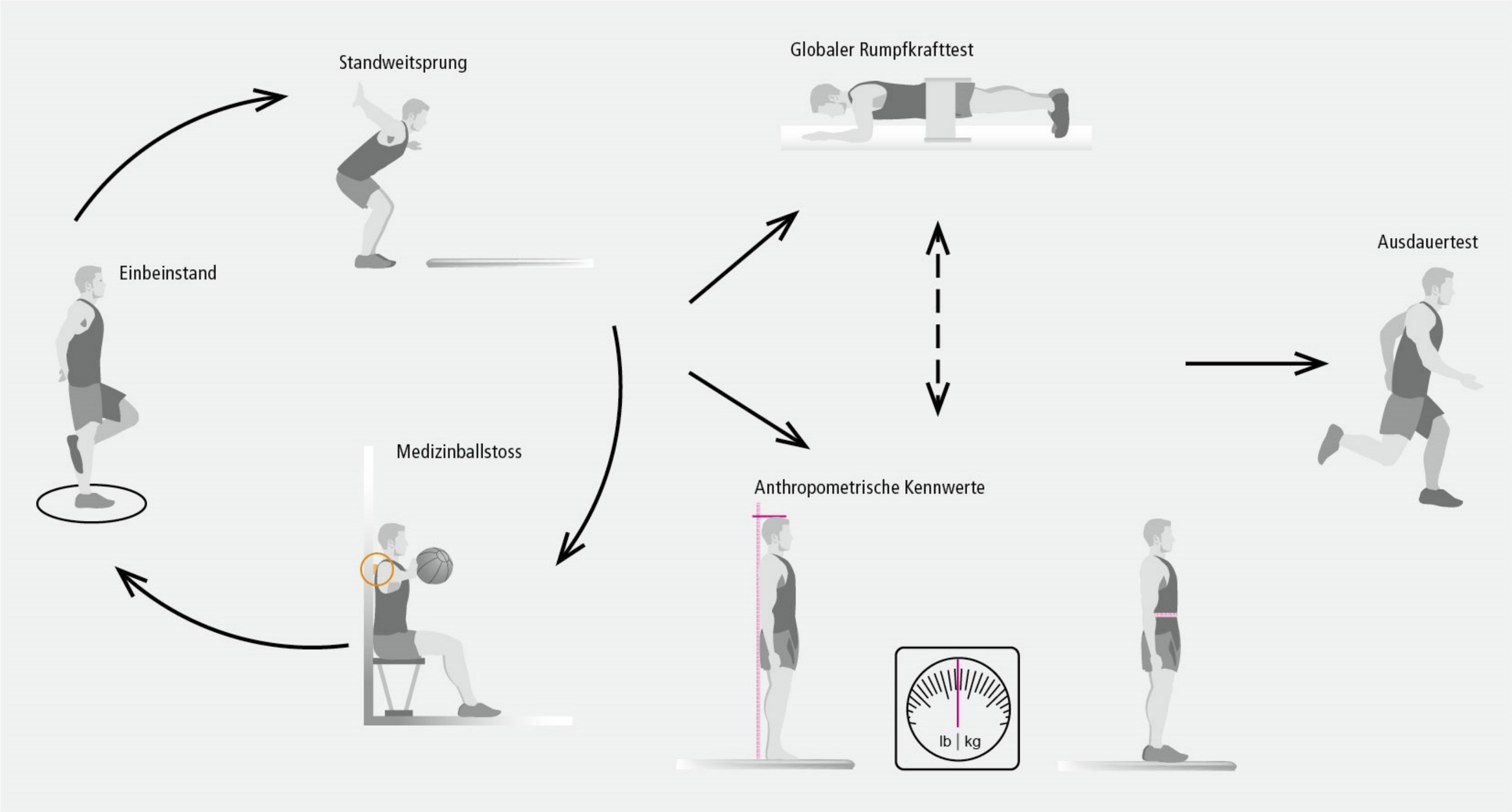Fitnesstest der Armee 5 Disziplinen (FTA5) – RS / OS Zwischentest