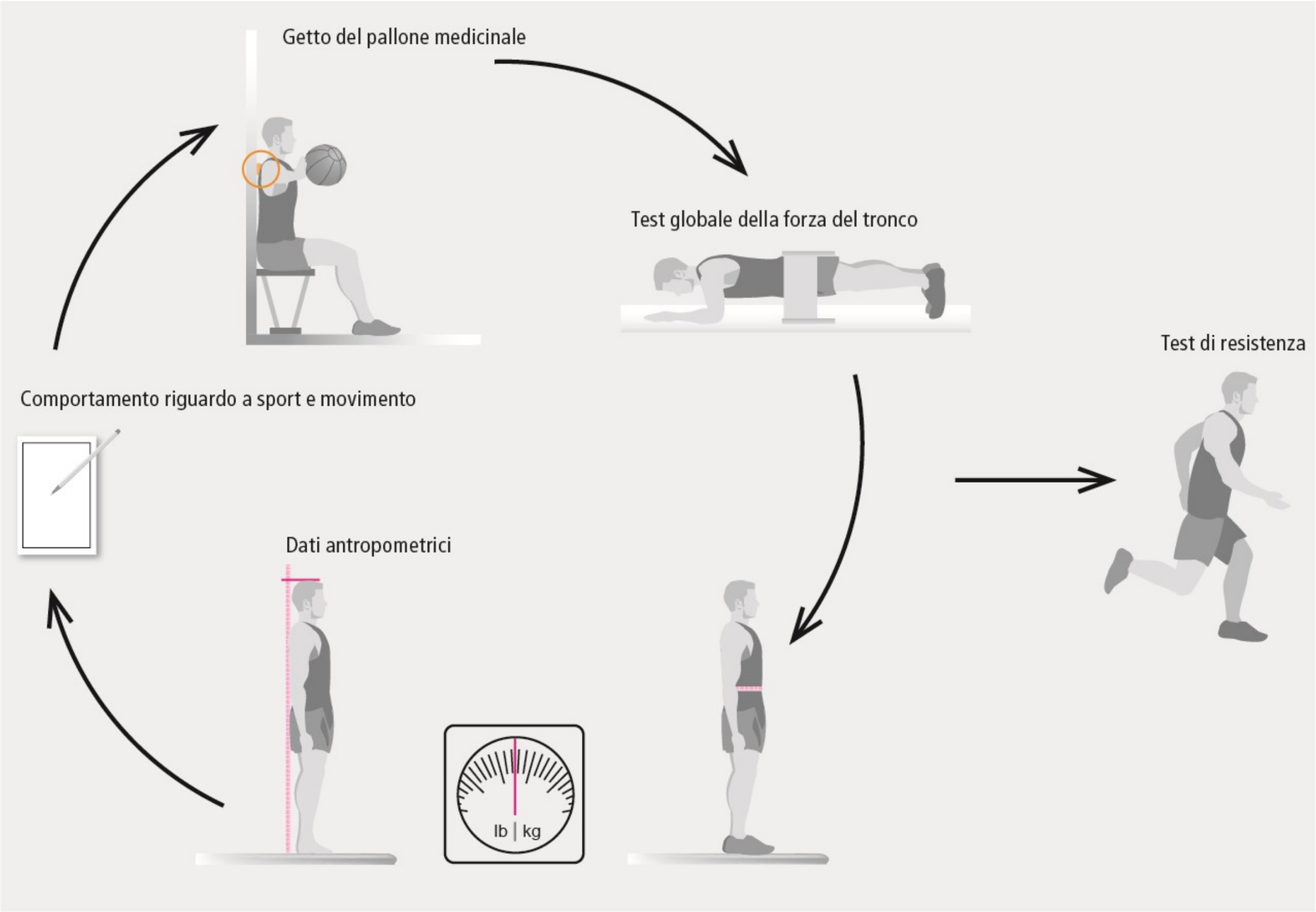Test di Fitness dell’Esercito 3 discipline (TFE3) – SR test d'entrata