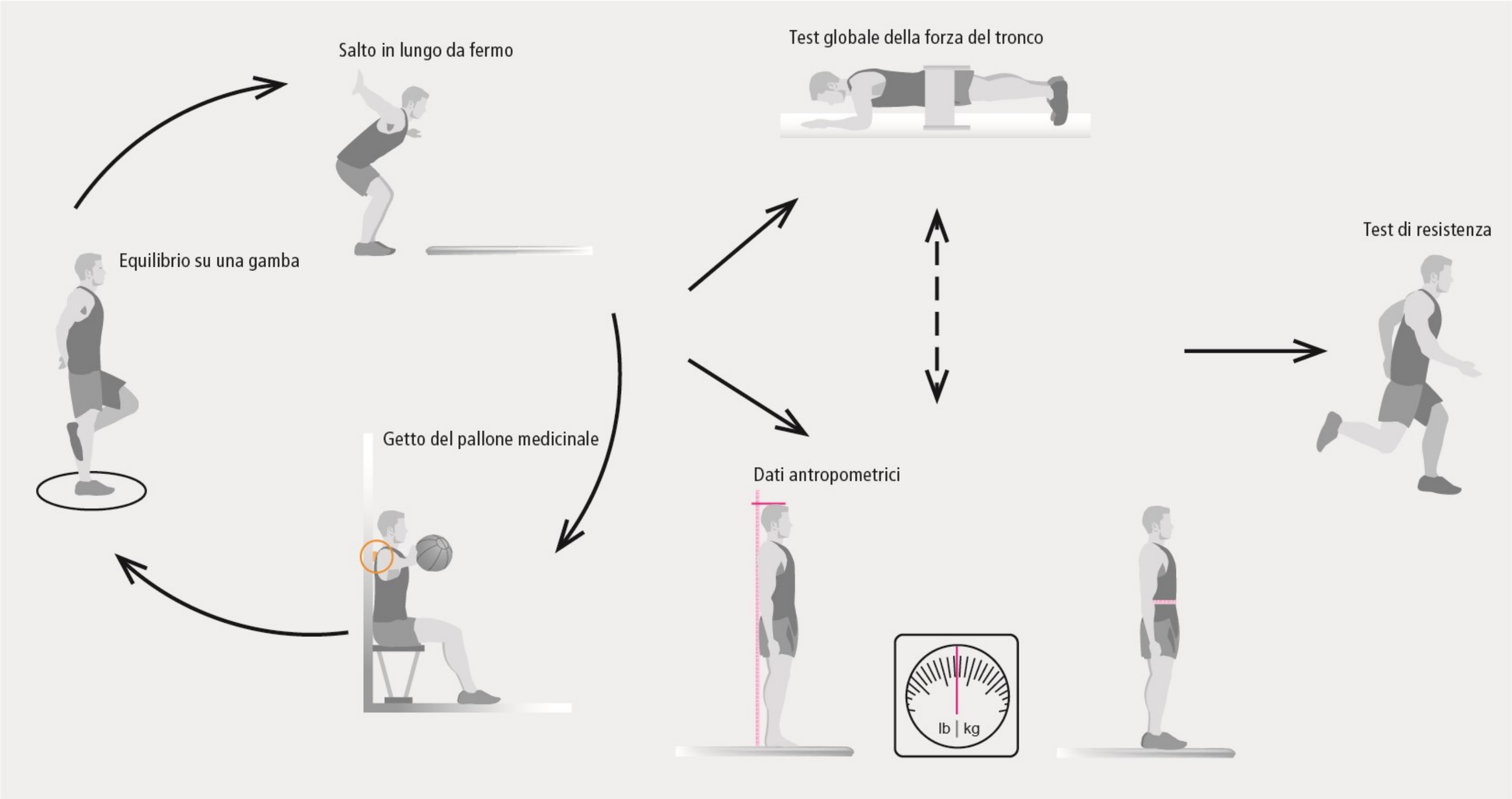Test di Fitness dell'Esercito 5 discipline (TFE5) – SR / SU test intermedio