



## FireFit Rulebook

Official Rulebook of the  
FireFit Europe Competitions

v2026.2

Presented by:



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## Introduction

*Disclaimer: For reasons of better readability, the generic masculine is used throughout the following texts. Female and other gender identities are expressly included, provided it is necessary for the statement.*

The purpose of this set of rules is to provide a unified base for the participants and organizers of a FireFit Championships event.

The purpose of this rulebook is to provide a uniform basis for the participants and organizers of a FireFit Championships event. The rules under which FireFit Europe competitions are held differ in some parts from those of FireFit Canada. This is based on country-specific legal circumstances as well as different technical firefighting requirements.

Furthermore, this rulebook is under continuous development and adjustment to offer participants the best possible and most current basis without leaving questions or gaps open.

In addition to this document, interested parties can view the current status of the rules at any time online on the FireFit Europe homepage. Changes and updates are also communicated there. Should aspects of these rules be unclear or should suggestions for improvement exist, these are always welcome at any time. This is the only way we can jointly further develop FireFit Europe.

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## Changes

### v2026.1 to v2026.2

- [General] Total time for Tandem Mixed: 6 minutes (ID 28)
- [General] Change of ID 2 „early start (before 2nd tone) – 2 seconds“
- [Tandem] Introduction of ID 29.1: „Lost control of the SCBA – Disqualification“
- [Tandem] Change of ID 33: „Quick release not engaged and bottle is about to fall – Disqualification“
- [Relay] Change of ID 43: only given once; applicable for waiting starters too

### v2025 to v2026.1

Compared to version v2025, there are far-reaching rule changes as well as an adjustment of the layout, which is why individual changes are not listed.

## Official FireFit Rules and Course Description

### Requirements

1. The waiver and release form must be signed by each participant before the start or is accepted by using the online registration.
2. For liability reasons, participants must be at least 18 years old for the regular ranking in individual, tandem or relay.
3. A valid G 26.3 is mandatory for the individual start and must be able to be shown at any time on request.
4. In order to be listed in the regular categories, each participant must be a member of a professional, factory or volunteer fire brigade, belong to the THW or the state/federal police (see special features for both groups under Equipment).  
FireFit Europe decides on exceptions or the establishment of further evaluation categories.
5. As a rule, the starting order is determined by the personal best times of the competitors. This is already requested in the registration. If no best time is given there, the principle of chance will decide. This means that the athletes will compete against a person with a similar time if possible to make the races exciting. The organizer's helpers are planned into the starting field in an organizationally sensible way.
6. Starter lists published in advance are only for rough orientation and are by no means binding, i.e. participants are not entitled to the starting place number mentioned there, but should be available at the beginning of the competition day.  
For orientation, starting blocks of 10 participants are regularly called. These should then be ready in the immediate vicinity of the starter tent.  
As soon as the previous participant starts his or her start, the next participant must be in full protective equipment in the starting tent.  
In principle, a time of about three to eight minutes per run, including dismantling, can be assumed. In addition, the current start numbers are displayed at the HAIX Tower.  
If a participant does not appear "ready-to-race" in the starter tent even after several calls, his right to a start without entitlement to a refund of the entry fee expires.

## Equipment

1. In order to live up to the claim of creating a competition for firefighters that comes close to an operational situation, the participants must be dressed appropriately, regardless of the prevailing weather conditions:

Participants must wear suitable (suitable size) protective clothing in accordance with the currently valid DIN standard or a state standard valid for the respective competitor and provide it for acceptance at all times. The clothing must be fully functional (without holes, tears, missing lining, frayed hems, etc.) and approved for interior attack. Before taking the starting position, all closure systems (Velcro, zipper, hooks, etc.) of the jacket must be completely closed (except for Velcro straps at the neck) and the pants must touch the boot shaft when standing. The jacket must not be folded over in the abdominal area.

- Helmet (suitable for indoor attacks at the time of approval [independent of state standards], neck protection and visor may be dispensed with, paintwork is permitted)
- Jacket and trousers (**DIN EN 469 level 2**)
- Gloves (**internal attack according to DIN EN 659**)
- Boots (**DIN EN 15090 Type 2 or Type 3**)

National standards may include **HuPF, NFPA 1971.2013Ed.; OSHA 29 CFR or NIT 306:2005** . All equipment must contain an appropriate label to enable verification.

2. Members of the THW start in their official uniforms and are taken into account in their own ranking.
3. Members of the state or federal police start in their official protective equipment (SK4 vest and ballistic helmet or KSA) and are taken into account in their own ranking.
4. All equipment worn at the start, including items not expressly requested, such as action cams, sunglasses, attachments, carabiners, etc., must also be carried by the respective competitor at the finish line. Lost equipment must be taken up immediately by the active owner (participant must still be active in his task in tandem/relay), i.e. immediately interrupt the task and put it on again correctly before continuing the course (if required). Failure to do so will result in disqualification.

5. Draeger breathing apparatus and respirators will be provided. These must be worn by all participants. **The use of your own masks and regulators is not permitted without exception.** Changes or additions of any kind to the respiratory protection technology provided are also not permitted. Knotting the straps is also part of this.  
To ensure a tighter fit of the equipment during the run, Velcro straps are optionally provided at the start for attachment at chest height. The regulator is connected by a referee before the start. If this comes loose during the run for no apparent reason, the participant will be granted a restart after sufficient regeneration time. If the participant causes the disconnection, this will result in disqualification. Using up the breathing air supply also leads to disqualification.

**[See Penalty ID 3,4,4.1,23-26]**

## In Competition

### General

1. Each participant will be assigned a track side and an official referee for the duration of their run.
2. This referee observes the participant during the course to monitor compliance with the rules. The decision of an referee is generally binding. They can be recognized by their black and white shirts.
3. The Course Marshall is superior to the appointed referees and has overall responsibility for the competition. In the event of questions regarding the rules, his decision is binding. He can be recognized by his black and red shirt.
4. If a wrong decision by a referee can be proven by a video recording, the participant, accompanied by a maximum of one other person, can visit the Course Marshall within the next two subsequent runs and present the video.  
If a wrong decision is clearly recognisable to him, he can correct the result. The decision of the Course Marshall is final.
5. The team ranking (category) is calculated by adding the fastest three individual times of each team (**ATTENTION: The spelling of the team names must be identical in order to be scored!**).
6. Fair play and respectful interaction with each other are among the basic values of competitive sport, especially among firefighter colleagues! Therefore, unsportsmanlike behaviour on and off the course will not be tolerated and will be punished accordingly.
7. FireFit Europe clearly and consciously distances itself from drug use. The competitions should be and remain doping-free. No prohibited substances may be taken or started under the influence of alcohol. If participants are found to have violated, they will be disqualified and excluded from the competition. FireFit Europe reserves the right to carry out random checks.
8. All participants must complete the course within the prescribed time window. This is 6 minutes for male starters, 7 minutes for female starters and 6 minutes for tandem mixed starters. After this time, the run will be stopped, regardless of where the participant is on the course. In addition, Course Marshall may, at its sole discretion, stop a participant's run at any time if it believes that it poses a health hazard to itself or others.  
Each participant should know his or her own limits! As in a real fire operation, all participants were asked to divide their forces in such a way that the entire course could be completed without damage.

**[See Penalty ID 21,22,27,28]**

## Procedure

### **Start:**

**[See Penalty ID 1,2,2.1,5]**

9. All course utensils as well as the HAIX Tower must not be touched by the participants before the start. If a participant wishes to make a change/reposition, he must inform his assigned referee of this. If this change is possible within the framework of the rules, the referee will carry it out himself or expressly allow the participant to make it.
10. When the course, referees and participants are ready, the starter asks the participants to take the starting positions. Relatives of the participants must now have left the course. From this point on, they are allowed to touch the High Rise Pack, but no longer move it decisively. If the hands are placed under the High Rise Pack, they must be in constant contact with the ground until the start is cleared.

With the sound of the third tone of the start signal, the participants are allowed to start their run. In the case of an early start before the second tone sounds, the start is only repeated if the non-delinquent participant has been decisively disturbed. Otherwise, the early starter will receive a penalty and the race will continue. The final decision is up to the Course Marshall.

### **Stair Climb:**

**[See Penalty ID 6.7]**

11. The High Rise Pack (19kg) can be carried up the tower in any way. When walking up, neither the handrails have to be used, nor do all the steps have to be used. No piece of equipment or the pack may fall more than one landing (floor of the next lower balcony). Once on the upper deck, the package must be placed in the box provided for this purpose. It must remain there and must only not touch the bottom of the tower outside the box

Only participants with a height of less than 1.67 m are allowed to place the High Rise Pack directly in front of the parapet and use it as a step.

### **Hose Hoist:**

**[See Penalty ID 6,7,7.1,8,9]**

12. For the Hose Hoist station, a rolled hose package (donut roll) is attached to a 16 mm core-sheath rope. The combined weight of rope and donut roll is 19 kg. During the hoist, the donut roll must not slide further than the bottom of the next lower balcony. After this has been pulled over the parapet, it must also be placed in the box provided for this purpose. Like the High Rise Pack, the Donut Roll must not touch the floor of the upper deck after it has been deposited. The box or railing must not be climbed at any time.

Participants under 1.67 m tall who have used the High Rise Pack as a step must also place it in the designated box after completing the task.

13. In order to guarantee safe descent of the tower, each handrail must be touched/used at least once, as well as each individual step must be entered. Slipping down or stumbling down counts as a violation.

**Challenger Force Machine:** **[See Penalty ID 10-14]**

14. The participant must stand with both feet on the standing surfaces of the Challenger Force Machine and use the available hammer to beat the weight backwards over a distance of 25.4 cm. Hooking, pushing or levering the weight is not allowed - it must be hit. The handle of the hammer, after pick-up, must not touch the weight to be struck or other parts of the striking machine. The weight must reach the corresponding mark on the bottom of the beating machine with its perpendicular front. For safety reasons, control of the hammer must not be lost at any time when striking. Finally, the hammer must come to rest on the 1 m x 1 m marked area of the course. It is sufficient if any part of the hammer touches this surface or cuts the imaginary perpendicular planes through the outer edges of the surface.

**Run:** **[See Penalty ID 15.16]**

15. The 42.5 m long slalom run leads along the outer edge of the competition area around the four hydrants set up, with the first being at the height of the door frame and also having to be circumnavigated on the outside. Each hydrant must be circumnavigated in the intended order and must not fall over.

**Hose Advance:** **[See Penalty ID 17-19]**

16. The participant then grabs the nozzle of a C42 hose filled with water and under pressure and pulls it out over a distance of 23 m between the hydrants already circulating and the door frame.

From there, a target must be hit with the water jet, the spray lance must be closed and dropped. The opening of the spray lance is permitted even before passing through the door frame. However, after throwing, in a resting position, the vehicle must touch the blue floor marking or at least cut the imaginary perpendicular plane through the front outer edge of the surface.

**Victim Rescue:** **[See Penalty ID 20, 20.1]**

17. A rescue dummy of the type "Rescue Randy" weighing around 80 kg must then be pulled backwards over a distance of 30 m with a rescue handle. The dummy's feet must be pulled over the front edge of the blue ground marking to the target. Neither wearing the dummy, nor pulling on its clothing or limbs are allowed.

The use of violence or "causing injury" of the rescue dummy (the fictitious person to be rescued), such as hitting or kicking, is also not permitted. This includes, in particular, deliberately dropping into the target or throwing away the dummy at the finish.

If a participant falls, he has to free himself without help, grab the dummy again from behind with a rescue handle and continue his run.

## Special Features Tandem

The starting runners of a tandem run start their run without wearing breathing apparatus. The strapping is prepared uniformly for all participants and must not be changed in length. The starting runners can freely choose the position of the breathing apparatus, after approval by the referee: lying down or standing on the cylinder valve, with the compressed air cylinder in the direction of the participant. The device can stand freely or be leaned against the legs. The position of the straps can also be freely chosen, as long as they are not seriously bent or twisted. Participants must not touch the devices with their hands before the start signal (third long-drawn tone) sounds. This also applies if the device falls over. After the start signal, before entering the first step of the tower, the device must be shouldered, the lap belt must be closed and all 4 straps must be visibly tightened. No respirator mask is worn, nor does the High Rise Pack have to be carried. If the starting runner is entitled to use the High Rise Pack as a step, it will be placed in front of the parapet at the request of the runner before the start. After finishing the Hose Hoist, it is also to be placed in the box.

The handover to the second runner is mandatory after completion of the Challenger Force Machine by the starting runner. The second runner waits there for the first runner with the empty carrying plate attached. The bottle retaining strap of this carrying plate is also prepared uniformly for all participants and must not be changed. At the first physical contact of the two runners, the corresponding change mark must be touched by at least one of the participants.

Runner 2 opens the bottle retaining strap, releases the bottle from the carrying plate of the first runner by turning and pressing the Quick-Connect system and hands over the bottle to the first runner. Runner 1 now guides the bottle through the bottle retaining belt of runner 2, presses the bottle into the Quick-Connect system and closes the bottle retaining strap including the lever. The change must be completed before the first hydrant, i.e. the two runners are not allowed to touch each other after that point.

The non-active runner may not intervene in his partner's run at any time and may not overrun an imaginary line between the last hydrants of the course before the finish area.

For all other stations, the rules apply analogously to the individual competition.

**[See Penalty ID 29-36]**

## Special Features Relay

A relay consists of 3 to 5 participants. The course is divided into a maximum of 7 stations, of which each participant has to master at least one station.

If a team contains at least one participant, the ranking will be made as a mixed relay.

The station to be mastered by the female participant is determined by lot through the Course Marshall before each round. If a mixed relay team has several female participants, the relay team will determine one specific female participant before the first run, for whom the stations determined by lot are binding during the entire competition.

There are the following lots in the pot:

1. Stairs UP
2. Donut Roll Pull
3. Stairs DOWN
4. Force Machine
5. Run Hydrants
6. Hose Drag / Show Water
7. Victim Rescue
8. Spinners Choice (You choose the evolution!)
9. Stairs Up / Stairs Down
10. Donut Roll / Stairs Down
11. Stairs Down / Force Machine
12. Force Machine/ Hydrants

A flashlight is used as a baton. This must be carried in the hand of each starter. Putting the flashlight in the mouth or putting it in pockets or similar will result in disqualification. It is permissible to put down when pulling up the hosepack and hitting the Challenger Force Machine. If the flashlight falls more than one landing (floor of the next lower balcony), disqualification will take place. The same applies to touching the flashlight by a non-active participant.

The next runner may only start his part of the competition after successfully taking over the flashlight. During the handover, control of the flashlight must be exercised by the following runner, i.e. a simple touch is not enough, the flashlight must be firmly enclosed.

*Allowed Changing Positions*

1. **After the Stair Climb:** The participant who takes over waits at the parapet, may already reach over it with one arm, but may not touch the rope with his hands. After the first participant has set foot on the upper deck and no longer touches the High Rise Pack, the handover may take place.
2. **After the Hose Hoist:** The donut roll must already be dropped and the participant taking over must have at least one foot on the upper deck.
3. **After running down:** After the descending participant touches the ground with both feet, the handover can take place as long as the second participant has not yet entered the Challenger Force Machine.
4. **After the Challenger Force Machine:** After the hammer has been put down, the flashlight may be handed over until the first hydrant is crossed.
5. **After the run:** The transfer takes place between the last hydrant and the spray lance. However, if the participant taking over the spray lance is waiting, he or she must not touch it before the handover has been completed. The submitting participant is not allowed to leave the floor area.
6. **After the Hose Advance:** After the active participant has closed and ejected the spray lance, the transfer must take place between the target and the Rescue Randy.

Also in the relay races, only participants with a height of less than 1.67 m are allowed to use the High Rise Pack directly in front of the parapet as a step. After finishing the Hose Hoist, it must also be placed in the box provided. The following variants are possible:

- a.) Runner 1 is eligible to use the High Rise Pack as a step and completes the Stair Climb and the Hose Hoist. -> see Procedure for individual runs. The package may only be placed in the box by runner 1 before the flashlight is handed over.
- b.) A change takes place after the Stair Climb and runner 2 is entitled to use the High Rise Pack as a stage. Runner 1 places the package in front of the parapet and runner 2 only climbs onto the package after taking over the flashlight. Only runner 2 is now allowed to move the package.

*Relay mode*

Each relay team starts its competition by completing a qualifying run, the time of which serves as the basis for the subsequent knockout rounds. The erected relay trees are chosen as "large" as possible so that each relay team is allowed to run at least one more time. As a result, some relays can be given a so-called bye, i.e. a run without opponents. Such a bye run must also be completed in an adequate time in order to advance further in the relay tree. Any disqualification in the preliminary round, as well as in the knockout rounds, leads to permanent elimination.

All knockout rounds of a single category, except for the finals, will be held consecutively. Care will be taken to ensure sufficient break time between the individual rounds. As a guideline, 5-10 minutes are used.

With the start of the knockout rounds, the teams are free to demand a coin toss if they are dissatisfied with the assigned competition lane.

**[See Penalty ID 37-43]**



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## Special Features European Championships

The European Championships are generally held as a two-day event. However, in order to qualify for participation, participants have two to four qualification days available in the immediate days before. One individual, two tandem races (one each same-sex and mixed) and one relay race can be completed per day. By the end of the last qualifying run, each participant must commit to a competition category for each rating class and report this to the registration desk including his or her confirmation. There are no additional entry fees for participation in the European Championship.

Basically, the first five places in each category qualify. The other starting places will be filled with the following fastest runners or tandems until the total contingent is reached. The fastest scored time of all qualifying days will be used as the qualification time.

At the beginning of the qualification days, the station to be mastered by the female participant for the relay mixed class will be drawn and will remain in place during all qualification runs.

## Penalties Summary

ID	Misdemeanor	Penalty
<b>General / Individual</b>		
<b>1.</b>	Relatives of the participant on the track	10 seconds per offense
<b>2.</b>	Early start (before the sound of the 2nd tone (individual & relay) or 3rd tone (tandem))	2 seconds
<b>2.1</b>	Hands under High Rise Pack leave the ground before the start signal	2 seconds
<b>3.</b>	Prohibited equipment	Disqualification
<b>4.</b>	Gear that is not worn correctly (e.g. trousers over boot shaft, jacket folded in at the bottom, closure systems open, etc.)	2 seconds
<b>4.1</b>	Knotting the straps of the breathing apparatus	2 seconds
<b>5.</b>	Objects/tower touched without the referee's request (hosepack, hammer, PA, etc.)	2 seconds
<b>6.</b>	Hosepack touches the bottom of the tower outside the box (also leaving the package as a step)	2 seconds per parcel
<b>7.</b>	Object (hosepack, equipment) falls down more than one landing or lost control of Donut Roll (further than the bottom of the next lower balcony)	Disqualification
<b>7.1</b>	Climbing the box or railing/handrails	Disqualification
<b>8.</b>	Do not use the handrails when running down	2 seconds per handrail (left & right respectively)
<b>9.</b>	Omitting a stair step when running down the tower (also due to tripping or sliding)	2 seconds per level
<b>10.</b>	Early termination of the beating machine	2 seconds per field
<b>11.</b>	Hammer does not hit the front surface of the impact machine	2 seconds per offense
<b>12.</b>	Entering the beating machine outside the standing areas	5 seconds
<b>13.</b>	Hammer does not touch the discard space	2 seconds
<b>14.</b>	Lost control of the hammer (e.g. flying hammer)	Disqualification
<b>15.</b>	Omitting a pylon	5 seconds per pylons
<b>16.</b>	Knocking over a pylon	2 seconds per pylon
<b>17.</b>	Target is not knocked down by the water jet	2 seconds
<b>18.</b>	Spray lance remains in front of the blue marking of the door frame	2 seconds
<b>19.</b>	Spray lance is not closed correctly (Opening by surcharge is not punished)	2 seconds

<b>20.</b>	Improper handling of Randy (pulling on extremities, clothing)	5 seconds
<b>20.1</b>	Violence against Randy (hitting, throwing away at the target, deliberately dropping into the target)	Min. 10 seconds or disqualification by Course Marshall
<b>21</b>	Obstructing another participant	5 seconds
<b>22</b>	Crossing of the hose rolled out in the middle onto the adjacent track	5 seconds
<b>23</b>	Breathing air supply used up	Disqualification
<b>24</b>	Remove regulator or mask	Disqualification
<b>25</b>	Regulator or mask torn off (Distinction self-inflicted or without recognizable reason)	Restart or disqualification (decision by Course Marshall)
<b>26</b>	Losing and abandoning equipment	Disqualification
<b>27</b>	Unsportsmanlike behaviour (such as throwing objects, attempting to deceive, foul, insulting/cursing, yelling at the referees, blackening the opponent, subsequent movement of packages/hammer by inactive runners)	Min. 10 seconds or disqualification by Course Marshall
<b>28</b>	Total time (male & tandem mixed 6 min, female 7 min) exceeded	Disqualification
<b>Tandem</b>		
<b>29</b>	Intentional adjustment of the straps/bottle retaining strap	5 seconds
<b>29.1</b>	Lost control of the SCBA	Disqualification
<b>30</b>	Buckle of the waist belt apparently not closed before entering the tower (opening the buckle during the run remains unpunished)	2 seconds
<b>31</b>	Straps not visibly tightened before entering the tower	2 seconds per strap
<b>32</b>	Bottle change without touching the change mark	2 seconds
<b>33</b>	Quick release not engaged and bottle is about to fall	Disqualification
<b>34</b>	Bottle retaining strap not closed	2 seconds
<b>34.1</b>	Bottle change not completed in the intended area	2 seconds
<b>35</b>	Bottle falls from the plate of the 2nd runner before the finish	Disqualification
<b>36</b>	Partner follows beyond the last hydrant	2 seconds
<b>Relay</b>		
<b>37</b>	Lamp is actively touched by non-active member	Disqualification
<b>38</b>	Flashlight is not carried properly (bag, mouth, etc.)	Disqualification
<b>39</b>	The transferee has no control over the flashlight when handing over	2 seconds

<b>40</b>	Flashlight falls down more than one landing (floor of the next lower balcony)	Disqualification
<b>41</b>	Station is not completely terminated by handover	2 seconds + resulting penalties
<b>42</b>	Station is started by the transferee before handover	2 seconds
<b>43</b>	Participants follow beyond the last hydrant	2 seconds

Unless expressly stated otherwise, a penalty received may be revised by correcting the offense.

Basically, a task is considered completed as soon as the next task is started. A previously inflicted penalty cannot be corrected at this point.

Examples: The lifting of the hose package is completed as soon as the rope at the top of the tower is touched or the baton has been handed over.

Violations not listed here will be evaluated on a case-by-case basis by the Course Marshall and, if necessary, punished.

## Awards

In Europe, honors can be awarded to the top 3 in the following categories:

<b>Categories: Singles</b>	<b>Categories: Team</b>
Fastest Male	Fastest Team
Fastest Female	Fastest Relay – Male
Fastest Female - over 30	Fastest Relay – Female
Fastest Male - Over 30	Fastest Relay – Mixed
Fastest Male - Over 40	Tandem – Female
Fastest Male - Over 45	Tandem – Male
Fastest Male - Over 50	Tandem – Mixed
Fastest Male - Over 55	Tandem – Over 40
THW	Tandem – Over 50
Police	Department – Male
	Department – Female
	Department – Mixed
<b>Possible additional categories of a FireFit Europe event:</b>	
Fastest Female - Over 40	Fastest Relay – Male Over 40
Fastest Male - Over 60	Fastest Relay – Male Over 50

A category is only created if at least 4 participants of an age group have started. If a class does not come into being, the participants are automatically assigned to the next younger class.



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## Contact

If you have any questions, please feel free to contact us at any time. We are always available for you and try to clarify your questions and concerns as quickly as possible.

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## Appendix

### Parcours-Layout