附件3

**漠河市消防救援大队公开招聘专职消防员体能测试得分对比表**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **项目** | **3000米** | | **100米** | |
| **年龄**  **得分** | 25岁及以上 | 18-25岁 | 25岁及以上 | 18-25岁 |
| 25 | 16′ | 15′ | 15″50 | 15″ |
| 21.5 | 16′20″ | 15′20″ | 16″50 | 16″ |
| 18 | 16′40″ | 15′40″ | 17″50 | 17″ |
| 14.5 | 17′ | 16′ | 18″50 | 18″ |
| 11 | 17′20″ | 16′20″ | 19″50 | 19″ |
| 7.5 | 17′40″ | 16′40″ | 20″50 | 20″ |
| 4 | 18′ | 17′ | 21″50 | 21″ |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **项目** | **单  杠** | | **双  杠** | |
| **年龄**  **得分** | 25岁及以上 | 18-25岁 | 25岁及以上 | 18-25岁 |
| 25 | 8 | 10 | 8 | 12 |
| 20 | 7 | 9 | 7 | 11 |
| 15 | 6 | 8 | 6 | 10 |
| 10 | 5 | 7 | 5 | 9 |
| 5 | 4 | 6 | 4 | 8 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **项目** | **俯卧撑（次/3分钟）** | | **仰卧起坐（次/3分钟）** | |
| **年龄**  **得分** | 25岁及以上 | 18-25岁 | 25岁及以上 | 18-25岁 |
| 25 | 40 | 50 | 40 | 50 |
| 20 | 35 | 45 | 35 | 45 |
| 15 | 30 | 40 | 30 | 40 |
| 10 | 25 | 35 | 25 | 35 |
| 5 | 20 | 30 | 20 | 30 |