****上饶市公安局特警辅警招聘体能测评项目和评分标准****

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| **分值** | **体能测试项目** |
| **10米X4往返跑****（秒）** | **1000米****（分秒）** | **引体向上****（次）** | **纵跳摸高****（米）** |
| 100 | 9 "0 | 3′26 " | 26 | 0.80 |
| 95 | 9 "2 | 3′28 " | 24 | 0.78 |
| 90 | 9 "4 | 3′30 " | 22 | 0.76 |
| 85 | 9 "6 | 3′32 " | 20 | 0.74 |
| 80 | 9 "8 | 3′35 " | 18 | 0.72 |
| 75 | 10 "0 | 3′40 " | 16 | 0.70 |
| 70 | 10 "2 | 3′45 " | 14 | 0.68 |
| 65 | 10 "4 | 3′50 " | 12 | 0.66 |
| 60 | 10 "6 | 3′55 " | 10 | 0.64 |
| 55 | 10 "8 | 4′00 " | 8 | 0.62 |
| 50 | 11 "0 | 4′05 " | 6 | 0.60 |
| 45 | 11 "2 | 4′10 " | 4 | 0.58 |
| 40 | 11 "4 | 4′15 " | 2 | 0.56 |
| 35 | 11 "6 | 4′20 " | 1 | 0.54 |
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