附件1

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **公安机关人民警察体育锻炼标准（男子1000米，女子800米）** | | | | | | |
| **得分** | **25岁以下** | | **26到30岁** | | **31到35岁** | |
| **女子800米** | **男子1000米** | **女子800米** | **男子1000米** | **女子800米** | **男子1000米** |
| 100 | 3′23″ | 3′26″ | 3′30″ | 3′35″ | 3′40″ | 3′45″ |
| 95 | 3′26″ | 3′28″ | 3′35″ | 3′40″ | 3′45″ | 3′50″ |
| 90 | 3′29″ | 3′30″ | 3′40″ | 3′45″ | 3′50″ | 3′55″ |
| 85 | 3′32″ | 3′32″ | 3′45″ | 3′50″ | 3′55″ | 4′00″ |
| 80 | 3′35″ | 3′35″ | 3′50″ | 3′55″ | 4′00″ | 4′05″ |
| 75 | 3′40″ | 3′40″ | 3′55″ | 4′00″ | 4′05″ | 4′10″ |
| 70 | 3′45″ | 3′45″ | 4′00″ | 4′05″ | 4′10″ | 4′15″ |
| 65 | 3′50″ | 3′50″ | 4′05″ | 4′10″ | 4′15″ | 4′20″ |
| 60 | 3′55″ | 3′55″ | 4′10″ | 4′15″ | 4′20″ | 4′25″ |
| 55 | 4′00″ | 4′00″ | 4′15″ | 4′20″ | 4′25″ | 4′30″ |
| 50 | 4′05″ | 4′05″ | 4′20″ | 4′25″ | 4′30″ | 4′35″ |
| 45 | 4′10″ | 4′10″ | 4′25″ | 4′30″ | 4′35″ | 4′40″ |
| 40 | 4′15″ | 4′15″ | 4′30″ | 4′35″ | 4′40″ | 4′45″ |
| 35 | 4′20″ | 4′20″ | 4′35″ | 4′40″ | 4′45″ | 4′50″ |
| 30 | 4′25″ | 4′25″ | 4′40″ | 4′45″ | 4′50″ | 4′55″ |