附件2

体能测试标准

男子3000m评分标准（分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-55岁 |
| 100分 | 12′40″ | 12′05″ | 11′30″ | 12′05″ | 12′40″ | 13′35″ | 14′10″ | 14′45″ | 15′20″ | 15′55″ | 16′30″ | 17′05″ |
| 95分 | 12′50″ | 12′15″ | 11′40″ | 12′15″ | 12′50″ | 13′55″ | 14′30″ | 15′05″ | 15′40″ | 16′15″ | 16′50″ | 17′25″ |
| 90分 | 13′00″ | 12′25″ | 11′50″ | 12′25″ | 13′00″ | 14′15″ | 14′50″ | 15′25″ | 16′00″ | 16′35″ | 17′10″ | 17′45″ |
| 85分 | 13′20″ | 12′45″ | 12′10″ | 12′45″ | 13′20″ | 14′35″ | 15′10″ | 15′45″ | 16′20″ | 16′55″ | 17′30″ | 18′05″ |
| 80分 | 13′40″ | 13′05″ | 12′30″ | 13′05″ | 13′40″ | 14′55″ | 15′30″ | 16′05″ | 16′40″ | 17′15″ | 17′50″ | 18′25″ |
| 75分 | 14′00″ | 13′25″ | 12′50″ | 13′25″ | 14′00″ | 15′15″ | 15′50″ | 16′25″ | 17′00″ | 17′35″ | 18′10″ | 18′45″ |
| 70分 | 14′20″ | 13′45″ | 13′10″ | 13′45″ | 14′20″ | 15′35″ | 16′10″ | 16′45″ | 17′20″ | 17′55″ | 18′30″ | 19′05″ |
| 65分 | 14′40″ | 14′05″ | 13′30″ | 14′05″ | 14′40″ | 16′05″ | 16′40″ | 17′15″ | 17′50″ | 18′25″ | 19′00″ | 19′35″ |
| 60分 | 15′00″ | 14′25″ | 13′50″ | 14′25″ | 15′00″ | 16′35″ | 17′10″ | 17′45″ | 18′20″ | 18′55″ | 19′30″ | 20′05″ |
| 55分 | 15′30″ | 14′55″ | 14′20″ | 14′55″ | 15′30″ | 17′05″ | 17′40″ | 18′15″ | 18′50″ | 19′25″ | 20′00″ | 20′35″ |
| 50分 | 16′00″ | 15′25″ | 14′50″ | 15′25″ | 16′00″ | 17′35″ | 18′10″ | 18′45″ | 19′20″ | 19′55″ | 20′30″ | 21′05″ |
| 40分 | 16′30″ | 15′55″ | 15′20″ | 15′55″ | 16′30″ | 18′05″ | 18′40″ | 19′15″ | 19′50″ | 20′25″ | 21′00″ | 21′35″ |

男子俯卧撑评分标准（次/2分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-55岁 |
| 100分 | 62 | 64 | 66 | 64 | 62 | 60 | 58 | 56 | 54 | 52 | 50 | 48 |
| 95分 | 56 | 58 | 60 | 58 | 56 | 54 | 52 | 50 | 48 | 46 | 44 | 42 |
| 90分 | 50 | 52 | 54 | 52 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 |
| 85分 | 46 | 48 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 32 |
| 80分 | 42 | 44 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 |
| 75分 | 38 | 40 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 |
| 70分 | 36 | 38 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 |
| 65分 | 34 | 36 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 |
| 60分 | 32 | 34 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 |
| 55分 | 31 | 33 | 35 | 33 | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 |
| 50分 | 30 | 32 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 |
| 40分 | 29 | 31 | 33 | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 15 |

男子屈腿仰卧起坐评分标准（次/2分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-55岁 |
| 100分 | 70 | 73 | 76 | 73 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 |
| 95分 | 67 | 70 | 73 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 |
| 90分 | 64 | 67 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 |
| 85分 | 61 | 64 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 |
| 80分 | 58 | 61 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 |
| 75分 | 55 | 58 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 |
| 70分 | 52 | 55 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 |
| 65分 | 49 | 52 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 |
| 60分 | 46 | 49 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 |
| 55分 | 43 | 46 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 |
| 50分 | 40 | 43 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 | 19 |
| 40分 | 37 | 40 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 | 19 | 16 |