附件3：

南充市消防救援支队消防文员体能测试标准

男子3000m评分标准（分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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′05″ | 11′30″ | 12′05″ | 12′40″ | 13′35″ | 14′10″ | 14′45″ | 15′20″ | 15′55″ | 16′30″ | 17′05″ |
| 95分 | 12′15″ | 11′40″ | 12′15″ | 12′50″ | 13′55″ | 14′30″ | 15′05″ | 15′40″ | 16′15″ | 16′50″ | 17′25″ |
| 90分 | 12′25″ | 11′50″ | 12′25″ | 13′00″ | 14′15″ | 14′50″ | 15′25″ | 16′00″ | 16′35″ | 17′10″ | 17′45″ |
| 85分 | 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′05″ | 12′30″ | 13′05″ | 13′40″ | 14′55″ | 15′30″ | 16′05″ | 16′40″ | 17′15″ | 17′50″ | 18′25″ |
| 75分 | 13′25″ | 12′50″ | 13′25″ | 14′00″ | 15′15″ | 15′50″ | 16′25″ | 17′00″ | 17′35″ | 18′10″ | 18′45″ |
| 70分 | 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′05″ | 13′30″ | 14′05″ | 14′40″ | 16′05″ | 16′40″ | 17′15″ | 17′50″ | 18′25″ | 19′00″ | 19′35″ |
| 60分 | 14′25″ | 13′50″ | 14′25″ | 15′00″ | 16′35″ | 17′10″ | 17′45″ | 18′20″ | 18′55″ | 19′30″ | 20′05″ |
| 55分 | 14′55″ | 14′20″ | 14′55″ | 15′30″ | 17′05″ | 17′40″ | 18′15″ | 18′50″ | 19′25″ | 20′00″ | 20′35″ |
| 50分 | 15′25″ | 14′50″ | 15′25″ | 16′00″ | 17′35″ | 18′10″ | 18′45″ | 19′20″ | 19′55″ | 20′30″ | 21′05″ |
| 40分 | 15′55″ | 15′20″ | 15′55″ | 16′30″ | 18′05″ | 18′40″ | 19′15″ | 19′50″ | 20′25″ | 21′00″ | 21′35″ |

女子1500m评分标准（分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 7′15″ | 7′00″ | 7′15″ | 7′30″ | 7′45″ | 8′00″ | 8′15″ | 8′30″ | 8′45″ | 9′00″ | 9′15″ |
| 95分 | 7′20″ | 7′05″ | 7′20″ | 7′35″ | 7′50″ | 8′05″ | 8′20″ | 8′35″ | 8′50″ | 9′05″ | 9′20″ |
| 90分 | 7′25″ | 7′10″ | 7′25″ | 7′40″ | 7′55″ | 8′10″ | 8′25″ | 8′40″ | 8′55″ | 9′10″ | 9′25″ |
| 85分 | 7′30″ | 7′15″ | 7′30″ | 7′45″ | 8′00″ | 8′15″ | 8′30″ | 8′45″ | 9′00″ | 9′15″ | 9′30″ |
| 80分 | 7′35″ | 7′20″ | 7′35″ | 7′50″ | 8′05″ | 8′20″ | 8′35″ | 8′50″ | 9′05″ | 9′20″ | 9′35″ |
| 75分 | 7′45″ | 7′30″ | 7′45″ | 8′00″ | 8′15″ | 8′30″ | 8′45″ | 9′00″ | 9′15″ | 9′30″ | 9′45″ |
| 70分 | 7′55″ | 7′40″ | 7′55″ | 8′10″ | 8′25″ | 8′40″ | 8′55″ | 9′10″ | 9′25″ | 9′40″ | 9′55″ |
| 65分 | 8′05″ | 7′50″ | 8′05″ | 8′20″ | 8′35″ | 8′50″ | 9′05″ | 9′20″ | 9′35″ | 9′50″ | 10′05″ |
| 60分 | 8′15″ | 8′00″ | 8′15″ | 8′30″ | 8′45″ | 9′00″ | 9′15″ | 9′30″ | 9′45″ | 10′00″ | 10′15″ |
| 55分 | 8′25″ | 8′10″ | 8′25″ | 8′40″ | 8′55″ | 9′10″ | 9′25″ | 9′40″ | 9′55″ | 10′10″ | 10′25″ |
| 50分 | 8′35″ | 8′20″ | 8′35″ | 8′50″ | 9′05″ | 9′20″ | 9′35″ | 9′50″ | 10′05″ | 10′20″ | 10′35″ |
| 40分 | 8′45″ | 8′30″ | 8′45″ | 9′00″ | 9′15″ | 9′30″ | 9′45″ | 10′00″ | 10′15″ | 10′30″ | 10′45″ |

男子俯卧撑评分标准（次/2分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 79 | 81 | 79 | 72 | 67 | 65 | 56 | 54 | 52 | 50 | 48 |
| 95分 | 73 | 75 | 73 | 66 | 61 | 59 | 50 | 48 | 46 | 44 | 42 |
| 90分 | 67 | 69 | 67 | 60 | 55 | 53 | 44 | 42 | 40 | 38 | 36 |
| 85分 | 63 | 65 | 63 | 56 | 51 | 49 | 40 | 38 | 36 | 34 | 32 |
| 80分 | 59 | 61 | 59 | 52 | 47 | 45 | 36 | 34 | 32 | 30 | 28 |
| 75分 | 55 | 57 | 55 | 48 | 43 | 41 | 32 | 30 | 28 | 26 | 24 |
| 70分 | 53 | 55 | 53 | 46 | 41 | 39 | 30 | 28 | 26 | 24 | 22 |
| 65分 | 51 | 53 | 51 | 44 | 39 | 37 | 28 | 26 | 24 | 22 | 20 |
| 60分 | 49 | 51 | 49 | 42 | 37 | 35 | 26 | 24 | 22 | 20 | 18 |
| 55分 | 33 | 35 | 33 | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 |
| 50分 | 32 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 |
| 40分 | 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）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 73 | 76 | 73 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 |
| 95分 | 70 | 73 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 |
| 90分 | 67 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 |
| 85分 | 64 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 |
| 80分 | 61 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 |
| 75分 | 58 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 |
| 70分 | 55 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 |
| 65分 | 52 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 |
| 60分 | 49 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 |
| 55分 | 46 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 |
| 50分 | 43 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 | 19 |
| 40分 | 40 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 | 19 | 16 |

女子屈腿仰卧起坐评分标准（次/2分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 63 | 66 | 63 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | 39 |
| 95分 | 60 | 63 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | 36 |
| 90分 | 57 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | 33 |
| 85分 | 54 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | 30 |
| 80分 | 51 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | 27 |
| 75分 | 48 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | 24 |
| 70分 | 45 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | 21 |
| 65分 | 42 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | 21 | 18 |
| 60分 | 39 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | 21 | 18 | 15 |
| 55分 | 36 | 39 | 36 | 33 | 30 | 27 | 24 | 21 | 18 | 15 | 12 |
| 50分 | 33 | 36 | 33 | 30 | 27 | 24 | 21 | 18 | 15 | 12 | 9 |
| 40分 | 30 | 33 | 30 | 27 | 24 | 21 | 18 | 15 | 12 | 9 | 6 |

女子跳绳评分标准（次/1分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 135 | 140 | 135 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | 95 |
| 95分 | 130 | 135 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | 90 |
| 90分 | 125 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | 85 |
| 85分 | 120 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | 80 |
| 80分 | 115 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | 75 |
| 75分 | 110 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | 70 |
| 70分 | 105 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 |
| 65分 | 100 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 |
| 60分 | 95 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 |
| 55分 | 90 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 |
| 50分 | 85 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 |
| 40分 | 80 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 40 |