男子单杠引体向上评分标准 (次/2min)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数(分) | 年龄(周岁) | | | | | | | | | | | |
| 入职 | 20-24 | 25-27 | 28-30 | 31-33 | 34-36 | 37-39 | 40-42 | 43-45 | 46-48 | 49-51 | 52-55 |
| 100 | 14 | 15 | 16 | 15 | 14 | 13 | 12 | 16 | 15 | 14 | 13 | 12 |
| 95 | 12 | 13 | 14 | 13 | 12 | 11 | 10 | 14 | 13 | 12 | 11 | 10 |
| 90 | 10 | 11 | 12 | 11 | 10 | 9 | 8 | 12 | 11 | 10 | 9 | 8 |
| 85 | 9 | 10 | 11 | 10 | 9 | 8 | 7 | 11 | 10 | 9 | 8 | 7 |
| 80 | 8 | 9 | 10 | 9 | 8 | 7 | 6 | 10 | 9 | 8 | 7 | 6 |
| 75 | 7 | 8 | 9 | 8 | 7 | 6 | 5 | 9 | 8 | 7 | 6 | 5 |
| 70 | 6 | 7 | 8 | 7 | 6 | 5 | 4 | 8 | 7 | 6 | 5 | 4 |
| 65 | 5 | 6 | 7 | 6 | 5 | 4 | 3 | 7 | 6 | 5 | 4 | 3 |
| 60 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 6 | 5 | 4 | 3 | 2 |
| 55 | 3 | 4 | 5 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 2 | 1 |
| 50 | 2 | 3 | 4 | 3 | 2 | 2 | - | 4 | 3 | 2 | 1 | - |
| 40 | 1 | 2 | 3 | 2 | 1 | - | - | 3 | 2 | 1 | - | - |

男子3000m评分标准

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数(分) | 年龄(周岁) | | | | | | | | | | | |
| 入职 | 20-24 | 25-27 | 28-30 | 31-33 | 34-36 | 37-39 | 40-42 | 43-45 | 46-48 | 49-51 | 52-54 |
| 100 | 12'30" | 11'55" | 11'20" | 11'55" | 12'30" | 13'15" | 13'50" | 14'25" | 15'00" | 15'35" | 16'10" | 16'45" |
| 95 | 1240" | 12'05" | 11'30" | 12'05" | 12'40" | 13'35" | 14'10" | 14'45" | 15'20" | 15'55" | 16'30" | 17'05" |
| 90 | 12'50" | 12'15" | 11'40" | 12'15" | 12'50" | 13'55" | 14'30" | 15'05" | 1540" | 16'15" | 16'50" | 17'25" |
| 85 | 13'10" | 12'35" | 12'00" | 12'35" | 13'10" | 14'15" | 14'50" | 15'25" | 16'00" | 16'35" | 17'10" | 17'45" |
| 80 | 13'30" | 12'55" | 12'20" | 12'55" | 13'30" | 14'35" | 15'10" | 15'45" | 16'20" | 16'55" | 17'30" | 18'05" |
| 75 | 13'50" | 13'15" | 12'40" | 13'15" | 13'50" | 14'55" | 15'30" | 16'05" | 16'40" | 17'15" | 17'50" | 18'25" |
| 70 | 14'10" | 13'35" | 13'00" | 13'35" | 14'10" | 15'15" | 15'50" | 16'25" | 17'00" | 17'35" | 18'10" | 18'45" |
| 65 | 14'30" | 13'55" | 13'20" | 13'55" | 14'30" | 15'35" | 16'10" | 16'45" | 17'20" | 17'55" | 18'30" | 19'05" |
| 60 | 14'50" | 14'15" | 13'40" | 14'15" | 14'50" | 15'55" | 16'30" | 17'05" | 17'40" | 18'15" | 18'50" | 19'25" |

男子100m (次/2min)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数(分) | 年龄(周岁) | | | | | | | | | | | |
| 入职 | 20-24 | 25-27 | 28-30 | 31-33 | 34-36 | 37-39 | 40-42 | 43-45 | 46-48 | 49-51 | 52-55 |
| 100 | 12"00 | 11"50 | 11"00 | 10"50 | 12"00 | 12"50 | 13"00 | 14"50 | 15"00 | / | / | / |
| 95 | 12"50 | 12"00 | 11"50 | 11"00 | 12"50 | 13"00 | 14"50 | 15"00 | 16"50 | / | / | / |
| 90 | 13"00 | 12"50 | 12"00 | 11"50 | 13"00 | 14"50 | 15"00 | 16"50 | 17"00 | / | / | / |
| 85 | 14"50 | 13"00 | 12"50 | 12"00 | 14"50 | 15"00 | 16"50 | 17"00 | 18"50 | / | / | / |
| 80 | 15"00 | 14"50 | 13"00 | 12"50 | 15"00 | 16"50 | 17"00 | 18"50 | 19"00 | / | / | / |
| 75 | 16"50 | 15"00 | 14"50 | 13"00 | 16"50 | 17"00 | 18"50 | 19"00 | 20"50 | / | / | / |
| 70 | 17"00 | 16"50 | 15"00 | 14"50 | 17"00 | 18"50 | 19"00 | 20"50 | 21"00 | / | / | / |
| 65 | 18"50 | 17"00 | 16"50 | 15"00 | 18"50 | 19"00 | 20"50 | 21"00 | 22"50 | / | / | / |
| 60 | 19"00 | 18"50 | 17"00 | 16"50 | 19"00 | 20"50 | 21"00 | 22"50 | 23"00 |  |  |  |