**上饶市公安局信州分局辅警招聘体能测评项目和评分标准**

**男子（25岁以下）**

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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″2 | 3′26″ | 13 | 0.72 |
| 95 | 9″5 | 3′28″ |  | 0.70 |
| 90 | 9″8 | 3′30″ | 12 | 0.68 |
| 85 | 10″1 | 3′32″ |  | 0.66 |
| 80 | 10″4 | 3′35″ | 11 | 0.64 |
| 75 | 10″7 | 3′40″ |  | 0.62 |
| 70 | 11″0 | 3′45″ | 10 | 0.60 |
| 65 | 11″3 | 3′50″ |  | 0.58 |
| 60 | 11″6 | 3′55″ | 9 | 0.56 |
| 55 | 11″9 | 4′00″ |  | 0.54 |
| 50 | 12″2 | 4′05″ | 8 | 0.52 |
| 45 | 12″5 | 4′10″ | 7 | 0.50 |
| 40 | 12″8 | 4′15″ | 6 | 0.48 |
| 35 | 13″1 | 4′20″ | 5 | 0.46 |

**男子（26-30岁）**

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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 | 10″1 | 3′35″ | 12 | 0.70 |
| 95 | 10″4 | 3′40″ |  | 0.68 |
| 90 | 10″7 | 3′45″ | 11 | 0.66 |
| 85 | 11″0 | 3′50″ |  | 0.64 |
| 80 | 11″3 | 3′55″ | 10 | 0.62 |
| 75 | 11″6 | 4′00″ |  | 0.60 |
| 70 | 11″9 | 4′05″ | 9 | 0.58 |
| 65 | 12″2 | 4′10″ |  | 0.56 |
| 60 | 12″5 | 4′15″ | 8 | 0.54 |
| 55 | 12″8 | 4′20″ |  | 0.52 |
| 50 | 13″1 | 4′25″ | 7 | 0.50 |
| 45 | 13″4 | 4′30″ | 6 | 0.48 |
| 40 | 13″7 | 4′35″ | 5 | 0.46 |
| 35 | 14″0 | 4′40″ | 4 | 0.44 |

**男子（31-35岁）**

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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 | 10″4 | 3′45″ | 11 | 0.68 |
| 95 | 10″7 | 3′50″ |  | 0.66 |
| 90 | 11″0 | 3′55″ | 10 | 0.64 |
| 85 | 11″3 | 4′00″ |  | 0.62 |
| 80 | 11″6 | 4′05″ | 9 | 0.60 |
| 75 | 11″9 | 4′10″ |  | 0.58 |
| 70 | 12″2 | 4′15″ | 8 | 0.56 |
| 65 | 12″5 | 4′20″ |  | 0.54 |
| 60 | 12″8 | 4′25″ | 7 | 0.52 |
| 55 | 13″1 | 4′30″ |  | 0.50 |
| 50 | 13″4 | 4′35″ | 6 | 0.48 |
| 45 | 13″7 | 4′40″ | 5 | 0.46 |
| 40 | 14″0 | 4′45″ | 4 | 0.44 |
| 35 | 14″3 | 4′50″ | 3 | 0.42 |