附件2

2022年度聘用制政府专职消防队员招录体能标准
**3000m评分标准（分钟）**

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

**俯卧撑评分标准（次/2分钟）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数年龄 | 18-20岁 | 21-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 |
| 100分 | 77 | 79 | 81 | 79 | 72 | 67 | 65 | 56 |
| 95分 | 71 | 73 | 75 | 73 | 66 | 61 | 59 | 50 |
| 90分 | 65 | 67 | 69 | 67 | 60 | 55 | 53 | 44 |
| 85分 | 61 | 63 | 65 | 63 | 56 | 51 | 49 | 40 |
| 80分 | 57 | 59 | 61 | 59 | 52 | 47 | 45 | 36 |
| 75分 | 53 | 55 | 57 | 55 | 48 | 43 | 41 | 32 |
| 70分 | 51 | 53 | 55 | 53 | 46 | 41 | 39 | 30 |
| 65分 | 49 | 51 | 53 | 51 | 44 | 39 | 37 | 28 |
| 60分 | 47 | 49 | 51 | 49 | 42 | 37 | 35 | 26 |
| 55分 | 31 | 33 | 35 | 33 | 31 | 29 | 27 | 25 |
| 50分 | 30 | 32 | 34 | 32 | 30 | 28 | 26 | 24 |
| 40分 | 29 | 31 | 33 | 31 | 29 | 27 | 25 | 23 |

**屈腿仰卧起坐评分标准（次/2分钟）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数年龄 | 18-20岁 | 21-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 |
| 100分 | 70 | 73 | 76 | 73 | 70 | 67 | 64 | 61 |
| 95分 | 67 | 70 | 73 | 70 | 67 | 64 | 61 | 58 |
| 90分 | 64 | 67 | 70 | 67 | 64 | 61 | 58 | 55 |
| 85分 | 61 | 64 | 67 | 64 | 61 | 58 | 55 | 52 |
| 80分 | 58 | 61 | 64 | 61 | 58 | 55 | 52 | 49 |
| 75分 | 55 | 58 | 61 | 58 | 55 | 52 | 49 | 46 |
| 70分 | 52 | 55 | 58 | 55 | 52 | 49 | 46 | 43 |
| 65分 | 49 | 52 | 55 | 52 | 49 | 46 | 43 | 40 |
| 60分 | 46 | 49 | 52 | 49 | 46 | 43 | 40 | 37 |
| 55分 | 43 | 46 | 49 | 46 | 43 | 40 | 37 | 34 |
| 50分 | 40 | 43 | 46 | 43 | 40 | 37 | 34 | 31 |
| 40分 | 37 | 40 | 43 | 40 | 37 | 34 | 31 | 28 |