附件2.专职消防员体能测试评分标准

入职体能测试项目及评分标准

|  |  |  |  |
| --- | --- | --- | --- |
| **得分** | **1000米跑** | **100米跑** | **仰卧起坐** |
| 100 | 3′40″ | 12″80 | 70 |
| 95 | 3′50″ | 13″20 | 67 |
| 90 | 4′00″ | 13″60 | 64 |
| 85 | 4′10″ | 14″00 | 61 |
| 80 | 4′20″ | 14″20 | 58 |
| 75 | 4′30″ | 14″40 | 55 |
| 70 | 4′40″ | 14″60 | 52 |
| 65 | 4′50″ | 14″80 | 49 |
| 60 | 5′00″ | 15″00 | 46 |

转正体能测试项目及评分标准

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **得分** | **5000米跑** | **单杠卷身上** | **双杠臂屈伸** | **绳结** |
| 100 | 23′30″ | 14 | 30 | 40″ |
| 95 | 24′00″ | 12 | 28 | 43″ |
| 90 | 24′30″ | 10 | 26 | 45″ |
| 85 | 25′00″ | 9 | 24 | 48″ |
| 80 | 25′30″ | 8 | 22 | 50″ |
| 75 | 26′00″ | 7 | 20 | 53″ |
| 70 | 26′30″ | 6 | 18 | 55″ |
| 65 | 27′00″ | 5 | 16 | 58″ |
| 60 | 27′30″ | 4 | 14 | 1′00″ |