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| **体能测试评分标准** | | | | | | |
| **得分** | **100米跑 /秒** | **10米×4 往返跑/秒** | **3000米跑/分** | **引体向上 /次** | **俯卧撑 次/分** | **立定跳远 /米** |
| 100 | 13"7 | 10"1 | 15′00 | 12 | 34 | 2.65 |
| 95 | 14"0 | 10"4 | 15′15 |  | 33 | 2.61 |
| 90 | 14"3 | 10"7 | 15′30 | 11 | 32 | 2.57 |
| 85 | 14"6 | 11"0 | 15′45 |  | 31 | 2.53 |
| 80 | 14"9 | 11"3 | 16′00 | 10 | 30 | 2.49 |
| 75 | 15"2 | 11"6 | 16′15 |  | 29 | 2.45 |
| 70 | 15"5 | 11"9 | 16′30 | 9 | 28 | 2.41 |
| 65 | 15"8 | 12"2 | 16′45 |  | 27 | 2.37 |
| 60 | 16"1 | 12"5 | 17′00 | 8 | 26 | 2.33 |
| 55 | 16"4 | 12"8 | 17′15 |  | 25 | 2.29 |
| 50 | 16"7 | 13"1 | 17′30 | 7 | 24 | 2.25 |
| 45 | 17"0 | 13"4 | 17′45 | 6 | 23 | 2.21 |
| 40 | 17"3 | 13"7 | 18′00 | 5 | 21 | 2.17 |
| 35 | 17"6 | 14"0 | 18′15 | 4 | 19 | 2.13 |
| 30 | 17"9 | 14"3 | 18′30 | 3 | 17 | 2.09 |
| 25 | 18"2 | 14"6 | 18′45 | 2 | 15 | 2.05 |
| 20 | 18"5 | 14"9 | 19′00 | 1 | 13 | 2.01 |
| 15 | 18"8 | 15"2 | 19′15 |  | 11 | 1.97 |
| 10 | 19"1 | 15"5 | 19′30 |  | 9 | 1.93 |
| 5 | 19"4 | 15"8 | 19′45 |  | 7 | 1.89 |