巡特警体能测试标准

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **100m分值** | 100m | **1000m分值** | 1000m | **引体向上分值** | 引体向上 |
| 150 | 10″20及以上 | 150 | 2.53及以上 | 150 | 52及以上 |
| 145 | 10″25 | 148 | 2.54 | 149 | 51 |
| 140 | 10″30 | 144 | 2.55 | 148 | 50 |
| 135 | 11″40 | 142 | 2.56 | 147 | 49 |
| 130 | 11″50 | 138 | 2.57 | 146 | 48 |
| 125 | 11″60 | 134 | 2.58 | 145 | 47 |
| 120 | 11″70 | 130 | 2.59 | 144 | 46 |
| 115 | 11″90 | 126 | 3.00 | 143 | 45 |
| 110 | 12″10 | 125 | 3.01 | 142 | 44 |
| 105 | 12″30 | 124 | 3.02 | 141 | 43 |
| 100 | 12″50 | 123 | 3.03 | 140 | 42 |
| 95 | 12″80 | 122 | 3.04 | 139 | 41 |
| 90 | 13″10 | 121 | 3.05 | 138 | 40 |
| 85 | 13″40 | 120 | 3.06 | 137 | 39 |
| 80 | 13″70 | 119 | 3.07 | 136 | 38 |
| 75 | 14″00 | 118 | 3.08 | 135 | 37 |
| 70 | 14″30 | 117 | 3.09 | 134 | 36 |
| 65 | 14″60 | 116 | 3.10 | 132 | 35 |
| 60 | 14″90 | 115 | 3.11 | 131 | 34 |
| 55 | 15″20 | 114 | 3.12 | 130 | 33 |
| 50 | 15″50 | 113 | 3.13 | 129 | 32 |
| 45 | 15″80 | 112 | 3.14 | 128 | 31 |
| 40 | 16″10 | 111 | 3.15 | 127 | 30 |
| 35 | 16″40及以下 | 110 | 3.16 | 126 | 29 |
|  |  | 108 | 3.18 | 125 | 28 |
|  |  | 106 | 3.20 | 124 | 27 |
|  |  | 104 | 3.22 | 123 | 26 |
|  |  | 102 | 3.24 | 122 | 25 |
|  |  | 100 | 3.26 | 121 | 24 |
|  |  | 95 | 3.28 | 120 | 23 |
|  |  | 90 | 3.30 | 118 | 22 |
|  |  | 85 | 3.32 | 116 | 21 |
|  |  | 80 | 3.35 | 114 | 20 |
|  |  | 75 | 3.40 | 112 | 19 |
|  |  | 70 | 3.45 | 110 | 18 |
|  |  | 65 | 3.50 | 108 | 17 |
|  |  | 60 | 3.55 | 106 | 16 |
|  |  | 55 | 4.00 | 104 | 15 |
|  |  | 50 | 4.05 | 102 | 14 |
|  |  | 45 | 4.10 | 100 | 13 |
|  |  | 40 | 4.15 | 95 |  |
|  |  | 35 | 4.20及以下 | 90 | 12 |
|  |  |  |  | 85 |  |
|  |  |  |  | 80 | 11 |
|  |  |  |  | 75 |  |
|  |  |  |  | 70 | 10 |
|  |  |  |  | 65 |  |
|  |  |  |  | 60 | 9 |
|  |  |  |  | 55 |  |
|  |  |  |  | 50 | 8 |
|  |  |  |  | 45 | 7 |
|  |  |  |  | 40 | 6 |
|  |  |  |  | 35 | 5及以下 |