附件2

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| --- | --- | --- | --- | --- | --- |
| **体能测试项目标准** | | | | | |
| 20周岁--30周岁 | | | 31周岁--40周岁 | | |
| 项目  分值 | 男子组 | 女子组 | 项目  分值 | 男子组 | 女子组 |
| 1000米跑 | 800米跑 | 1000米跑 | 800米跑 |
| 100 | 3′35″ | 3′30″ | 100 | 3′55″ | 3′50″ |
| 97.5 | 3′37″5 | 3′32″5 | 97.5 | 3′57″5 | 3′52″5 |
| 95 | 3′40″ | 3′35″ | 95 | 4′00″ | 3′55″ |
| 92.5 | 3′42″5 | 3′37″5 | 92.5 | 4′02″5 | 3′57″5 |
| 90 | 3′45″ | 3′40″ | 90 | 4′05″ | 4′00″ |
| 87.5 | 3′47″5 | 3′42″5 | 87.5 | 4′07″5 | 4′02″5 |
| 85 | 3′50″ | 3′45″ | 85 | 4′10″ | 4′05″ |
| 82.5 | 3′52″5 | 3′47″5 | 82.5 | 4′12″5 | 4′07″5 |
| 80 | 3′55″ | 3′50″ | 80 | 4′15″ | 4′10″ |
| 77.5 | 3′57″5 | 3′52″5 | 77.5 | 4′17″5 | 4′12″5 |
| 75 | 4′00″ | 3′55″ | 75 | 4′20″ | 4′15″ |
| 72.5 | 4′02″5 | 3′57″5 | 72.5 | 4′22″5 | 4′17″5 |
| 70 | 4′05″ | 4′00″ | 70 | 4′25″ | 4′20″ |
| 67.5 | 4′07″5 | 4′02″5 | 67.5 | 4′27″5 | 4′22″5 |
| 65 | 4′10″ | 4′05″ | 65 | 4′30″ | 4′25″ |
| 62.5 | 4′12″5 | 4′07″5 | 62.5 | 4′32″5 | 4′27″5 |
| 60 | 4′15″ | 4′10″ | 60 | 4′35″ | 4′30″ |
| 57.5 | 4′17″5 | 4′12″5 | 57.5 | 4′37″5 | 4′32″5 |
| 55 | 4′20″ | 4′15″ | 55 | 4′40″ | 4′35″ |
| 52.5 | 4′22″5 | 4′17″5 | 52.5 | 4′42″5 | 4′37″5 |
| 50 | 4′25″ | 4′20″ | 50 | 4′45″ | 4′40″ |
| 47.5 | 4′27″5 | 4′22″5 | 47.5 | 4′47″5 | 4′42″5 |
| 45 | 4′30″ | 4′25″ | 45 | 4′50″ | 4′45″ |
| 42.5 | 4′32″5 | 4′27″5 | 42.5 | 4′52″5 | 4′47″5 |
| 40 | 4′35″ | 4′30″ | 40 | 4′55″ | 4′50″ |
| 37.5 | 4′37″5 | 4′32″5 | 37.5 | 4′57″5 | 4′52″5 |
| 35 | 4′40″ | 4′35″ | 35 | 5′00″ | 4′55″ |