警察体能测试项目及评分标准

|  |  |  |
| --- | --- | --- |
| （一）公安机关录用人民警察体能测评项目及评分标准 | | |
| （男子，25岁以下） | | |
| 得分 | 1000米（秒） | 10米x4往返跑（秒） |
| 50 | 3'15" | 9"6 |
| 48 | 3'19" | 9"8 |
| 46 | 3'23" | 10" |
| 44 | 3'27" | 10"2 |
| 42 | 3'31" | 10"4 |
| 40 | 3'35" | 10"6 |
| 38 | 3'39" | 10"8 |
| 36 | 3'43" | 11" |
| 34 | 3'47" | 11"2 |
| 32 | 3'51" | 11"4 |
| 30 | 3'55" | 11"6 |
| 28 | 3'59" | 11"8 |
| 26 | 4'03" | 12" |
| 24 | 4'07" | 12"2 |
| 22 | 4'11' | 12"4 |
| 20 | 4'15" | 12"6 |
| 18 | 4'19" | 12"8 |
| 16 | 4'23" | 13" |
| 14 | 4'27" | 13"2 |
| 12 | 4'31" | 13"5 |
| 10 | 4'35" | 13"8 |
| 8 | 4'39" | 14"1 |
| 6 | 4'43" | 14"4 |
| 4 | 4'47" | 14"7 |
| 2 | 4'51" | 15" |

|  |  |  |
| --- | --- | --- |
| （二）公安机关录用人民警察体能测评项目及评分标准 | | |
| （男子，25岁以上） | | |
| 得分 | 1000米（秒） | 10米x4往返跑（秒） |
| 50 | 3'35" | 10"4 |
| 48 | 3'39" | 10"6 |
| 46 | 3'43" | 10"8 |
| 44 | 3'47" | 11" |
| 42 | 3'51" | 11"2 |
| 40 | 3'55" | 11"4 |
| 38 | 3'59" | 11"6 |
| 36 | 4'03" | 11"8 |
| 34 | 4'07" | 12" |
| 32 | 4'11" | 12"2 |
| 30 | 4'15" | 12"4 |
| 28 | 4'19" | 12"6 |
| 26 | 4'23" | 12"9 |
| 24 | 4'27" | 13"2 |
| 22 | 4'31" | 13"5 |
| 20 | 4'35" | 13"8 |
| 18 | 4'39" | 14"1 |
| 16 | 4'43" | 14"4 |
| 14 | 4'47" | 14"7 |
| 12 | 4'51" | 15" |
| 10 | 4'55" | 15"2 |
| 8 | 4'59" | 15"4 |
| 6 | 5'03" | 15"6 |
| 4 | 5'07" | 15"8 |
| 2 | 5'11" | 16" |