附件2：

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| **标 年**  **准 龄**  **内 容** | | **25岁以下（60分达标标准）** |
| 1 | 单杠引体向上 | 12个 |
| 2 | 双杠臂屈伸 | 14个 |
| 3 | 3000米 | 14分钟 |
| 备注 | 体能测试成绩=3000米跑步成绩×50%+双杠臂屈伸×25%+单杠引体向上成绩×25% | |

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| **标 年**  **准 龄**  **内 容** | | **26-30岁以下（60分达标标准）** |
| 1 | 单杠引体向上 | 10个 |
| 2 | 双杠臂屈伸 | 12个 |
| 3 | 3000米 | 14.5分钟 |
| 备注 | 体能测试成绩=3000米跑步成绩×50%+双杠臂屈伸×25%+单杠引体向上成绩×25% | |

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| 序号 | 姓名 | 3000米 | 双杠臂屈伸 | 单杠引体向上 |
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