附件：

2020年南昌市政府专职消防队员招聘体能测试

项目和评分标准

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 30周岁（含）以下 | | | | | 30周岁以上 | | | | |
| 单杠引体向上 | 双杠臂屈伸 | 3000米跑 | 100米跑 | 俯卧撑2分钟 | 单杠引体向上 | 双杠臂屈伸 | 3000米跑 | 100米跑 | 俯卧撑 2分钟 |
| 100 | 14 | 24 | 13′30″ | 12″00 | 62 | 13 | 22 | 14′10″ | 13″00 | 57 |
| 95 | 13 | 23 | 13′50″ | 12″25 | 56 | 12 | 21 | 14′30″ | 13″25 | 51 |
| 90 | 12 | 22 | 14′00″ | 12″50 | 50 | 11 | 20 | 14′50″ | 13″50 | 45 |
| 85 | 11 | 21 | 14′20″ | 13″00 | 46 | 10 | 19 | 15′10″ | 14″00 | 41 |
| 80 | 10 | 20 | 14′40″ | 13″50 | 42 | 9 | 18 | 15′30″ | 14″50 | 37 |
| 75 | 9 | 19 | 15′00″ | 14″00 | 38 | 8 | 17 | 15′50″ | 15″00 | 33 |
| 70 | 8 | 18 | 15′20″ | 14″50 | 36 | 7 | 16 | 16′10″ | 15″50 | 31 |
| 65 | 7 | 17 | 15′40″ | 15″00 | 34 | 6 | 15 | 16′40″ | 16″00 | 29 |
| 60 | 6 | 16 | 16′00″ | 15″50 | 32 | 5 | 14 | 17′10″ | 16″50 | 27 |
| 55 | 5 | 15 | 16′30″ | 16″00 | 31 | 4 | 13 | 17′40″ | 17″00 | 26 |
| 50 | 4 | 14 | 17′00″ | 16″50 | 30 | 3 | 12 | 18′10″ | 17″50 | 25 |
| 40 | 3 | 13 | 17′30″ | 17″00 | 29 | 2 | 11 | 18′40″ | 18″00 | 24 |
| 备注 | 体能测试成绩为5个项目的平均成绩 | | | | | | | | | |