|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 体能测试评分表 | | | | | | | | |
| **项目** | **中长跑（男1000m、女800m）** | | | | **10米×4往返跑** | | | |
| **年龄** | **30岁以下** | | **31岁以上** | | **30岁以下** | | **31岁以上** | |
| **分值** | **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** |
| 100 | 3′35″ | 3′30″ | 3′45″ | 3′40″ | 10″1 | 11″1 | 10″4 | 11″4 |
| 95 | 3′40″ | 3′35″ | 3′50″ | 3′45″ | 10″4 | 11″4 | 10″7 | 11″7 |
| 90 | 3′45″ | 3′40″ | 3′55″ | 3′50″ | 10″7 | 11″7 | 11″0 | 12″0 |
| 85 | 3′50″ | 3′45″ | 4′00″ | 3′55″ | 11″0 | 12″0 | 11″3 | 12″3 |
| 80 | 3′55″ | 3′50″ | 4′05″ | 4′00″ | 11″3 | 12″3 | 11″6 | 12″6 |
| 75 | 4′00″ | 3′55″ | 4′10″ | 4′05″ | 11″6 | 12″6 | 11″9 | 12″9 |
| 70 | 4′05″ | 4′00″ | 4′15″ | 4′10″ | 11″9 | 12″9 | 12″2 | 13″2 |
| 65 | 4′10″ | 4′05″ | 4′20″ | 4′15″ | 12″2 | 13″2 | 12″5 | 13″5 |
| 60 | 4′15″ | 4′10″ | 4′25″ | 4′20″ | 12″5 | 13″5 | 12″8 | 13″8 |
| 55 | 4′20″ | 4′15″ | 4′30″ | 4′25″ | 12″8 | 13″8 | 13″1 | 14″1 |
| 50 | 4′25″ | 4′20″ | 4′35″ | 4′30″ | 13″1 | 14″1 | 13″4 | 14″4 |
| 45 | 4′30″ | 4′25″ | 4′40″ | 4′35″ | 13″4 | 14″4 | 13″7 | 14″7 |
| 40 | 4′35″ | 4′30″ | 4′45″ | 4′40″ | 13″7 | 14″7 | 14″0 | 15″0 |
| 35 | 4′40″ | 4′35″ | 4′50″ | 4′45″ | 14″0 | 15″0 | 14″3 | 15″3 |
| 30 | 4′45″ | 4′40″ | 4′55″ | 4′50″ | 14″3 | 15″3 | 14″6 | 15″6 |
| 25 | 4′50″ | 4′45″ | 5′00″ | 4′55″ | 14″6 | 15″6 | 14″9 | 15″9 |
| 20 | 4′55″ | 4′50″ | 5′05″ | 5′00″ | 14″9 | 15″9 | 15″2 | 16″2 |
| 15 | 5′00″ | 4′55″ | 5′10″ | 5′05″ | 15″2 | 16″2 | 15″5 | 16″5 |
| 10 | 5′05″ | 5′00″ | 5′15″ | 5′10″ | 15″5 | 16″5 | 15″8 | 16″8 |
| 5 | 5′10″ | 5′05″ | 5′20″ | 5′15″ | 15″8 | 16″8 | 16″1 | 17″1 |
| 0 | 5′15″ | 5′10″ | 5′25″ | 5′20″ | 16″1 | 17″1 | 16″4 | 17″4 |