|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **分数** | **100米跑** | **3000米跑** | **引体向上（次）** | **双杠臂屈伸（次）** |
| ****100**** | 14″00 | 12′40″ | 14 | 28 |
| ****95**** | 14″20 | 12′50″ | 12 | 26 |
| ****90**** | 14″40 | 13′00″ | 10 | 24 |
| ****85**** | 14″60 | 13′20″ | 9 | 22 |
| ****80**** | 14″80 | 13′40″ | 8 | 20 |
| ****75**** | 15″00 | 14′00″ | 7 | 18 |
| ****70**** | 15″30 | 14′20″ | 6 | 16 |
| ****65**** | 15″60 | 14′40″ | 5 | 14 |
| ****60**** | 15″90 | 15′00″ | 4 | 12 |
| ****55**** | 16″20 | 15′30″ | 3 | 10 |
| ****50**** | 16″40 | 16′00″ | 2 | 8 |
| ****40**** | 16″80 | 16′30″ | 1 | 7 |
| 备注 | 其中3000米跑占40%，100米跑、单杠引体向上、双杠臂屈伸各占20% | | | |

**万安县公开招聘专职队员体能测试评分标准**