附件2.专职消防员体能测试评分标准

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **得分** | **5×40米搬运重物折返** | **3000米跑** | **引体向上** | **双杠杠端臂屈伸** |
| 100 | 52" | 12′40″ | 14个 | 30个 |
| 95 | 53" | 12′50″ | 12个 | 28个 |
| 90 | 54" | 13′00″ | 10个 | 26个 |
| 85 | 55" | 13′20″ | 9个 | 24个 |
| 80 | 56" | 13′40″ | 8个 | 22个 |
| 75 | 58" | 14′00″ | 7个 | 20个 |
| 70 | 1′00" | 14′20″ | 6个 | 18个 |
| 65 | 1′02" | 14′40″ | 5个 | 16个 |
| 60 | 1′04" | 15′00″ | 4个 | 14个 |
| 55 | 1′06" | 15′30″ | 3个 | 12个 |
| 50 | 1′08" | 16′00″ | 2个 | 10个 |
| 40 | 1′12" | 16′30″ | 1个 | 8个 |