附件2：瑞昌市应急管理局选调人员体能测试评分标准

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 分数 | 100米跑 | 仰卧起坐 | 立定跳远 | 俯卧撑 |
| （秒） | （次） | （ｍ） | 次/分 |
| 100 | 13″70以下 | 48以上 | ≥2.20 | 34以上 |
| 95 | 14″00 |  |   | 33 |
| 90 | 14″30 | 45 | ≥2.15 | 32 |
| 85 | 14″60 |  |   | 31 |
| 80 | 14″90 | 40 | ≥2.1 | 30 |
| 75 | 15″20 |  |   | 29 |
| 70 | 15″50 | 35 | ≥2.05 | 28 |
| 65 | 15″80 |  |   | 27 |
| 60 | 16″10 | 30 | ≥2.00 | 26 |
| 55 | 16″40 |  |   | 25 |
| 50 | 16″7 | 25 | ≥1.95 | 24 |
| 45 | 17″00 | 20 |  | 23 |
| 40 | 17″30 | 19 | ≥1.90 | 21 |
| 35 | 17″60 | 18 |  | 19 |
| 30 | 17″90 | 17 | ≥1.85 | 17 |
| 25 | 18″20 | 16 |  | 15 |
| 20 | 18″50 | 15 | ≥1.80 | 13 |
| 15 | 18″80 | 14 | ≤1.80 | 11 |
| 10 | 19″10 | 13 |  | 9 |
| 5 | 19″40 | 12 |   | 7 |