

## 附件 1

# 昆明市公安局警务辅助人员体能测评项目和标准（试行）

### 一、体能测评项目和标准（一）

#### （一）男子组

项目	标准	
	30 岁（含）以下	31 岁（含）以上
10 米×4 往返跑	≤13"1	≤13"4
1000 米跑	≤4'25"	≤4'35"
纵跳摸高	≥265 厘米	

#### （二）女子组

项目	标准	
	30 岁（含）以下	31 岁（含）以上
10 米×4 往返跑	≤14"1	≤14"4
800 米跑	≤4'20"	≤4'30"
纵跳摸高	≥230 厘米	

### 二、体能测评项目和标准（二）

#### 男子 1000 米跑评分标准

分数	25 岁以下	26 岁至 30 岁	31 岁至 35 岁	36 岁至 40 岁	41 岁至 45 岁	46 岁至 50 岁
	分、秒	分、秒	分、秒	分、秒	分、秒	分、秒
100	3' 26"	3' 35"	3' 45"	3' 55"	4' 00"	4' 05"
99		3' 36"	3' 46"	3' 56"	4' 01"	4' 06"
98	3' 27"	3' 37"	3' 47"	3' 57"	4' 02"	4' 07"
97		3' 38"	3' 48"	3' 58"	4' 03"	4' 08"

96		3' 39"	3' 49"	3' 59"	4' 04"	4' 09"
95	3' 28"	3' 40"	3' 50"	4' 00"	4' 05"	4' 10"
94		3' 41"	3' 51"	4' 01"	4' 06"	4' 11"
93	3' 29"	3' 42"	3' 52"	4' 02"	4' 07"	4' 12"
92		3' 43"	3' 53"	4' 03"	4' 08"	4' 13"
91		3' 44"	3' 54"	4' 04"	4' 09"	4' 14"
90	3' 30"	3' 45"	3' 55"	4' 05"	4' 10"	4' 15"
89		3' 46"	3' 56"	4' 06"	4' 11"	4' 16"
88	3' 31"	3' 47"	3' 57"	4' 07"	4' 12"	4' 17"
87		3' 48"	3' 58"	4' 08"	4' 13"	4' 18"
86		3' 49"	3' 59"	4' 09"	4' 14"	4' 19"
85	3' 32"	3' 50"	4' 00"	4' 10"	4' 15"	4' 20"
84	3' 33"	3' 51"	4' 01"	4' 11"	4' 16"	4' 21"
83		3' 52"	4' 02"	4' 12"	4' 17"	4' 22"
82	3' 34"	3' 53"	4' 03"	4' 13"	4' 18"	4' 23"
81		3' 54"	4' 04"	4' 14"	4' 19"	4' 24"
80	3' 35"	3' 55"	4' 05"	4' 15"	4' 20"	4' 25"
79	3' 36"	3' 56"	4' 06"	4' 16"	4' 21"	4' 26"
78	3' 37"	3' 57"	4' 07"	4' 17"	4' 22"	4' 27"
77	3' 38"	3' 58"	4' 08"	4' 18"	4' 23"	4' 28"
76	3' 39"	3' 59"	4' 09"	4' 19"	4' 24"	4' 29"
75	3' 40"	4' 00"	4' 10"	4' 20"	4' 25"	4' 30"
74	3' 41"	4' 01"	4' 11"	4' 21"	4' 26"	4' 31"
73	3' 42"	4' 02"	4' 12"	4' 22"	4' 27"	4' 32"
72	3' 43"	4' 03"	4' 13"	4' 23"	4' 28"	4' 33"
71	3' 44"	4' 04"	4' 14"	4' 24"	4' 29"	4' 34"
70	3' 45"	4' 05"	4' 15"	4' 25"	4' 30"	4' 35"
69	3' 46"	4' 06"	4' 16"	4' 26"	4' 31"	4' 36"
68	3' 47"	4' 07"	4' 17"	4' 27"	4' 32"	4' 37"
67	3' 48"	4' 08"	4' 18"	4' 28"	4' 33"	4' 38"
66	3' 49"	4' 09"	4' 19"	4' 29"	4' 34"	4' 39"
65	3' 50"	4' 10"	4' 20"	4' 30"	4' 35"	4' 40"
64	3' 51"	4' 11"	4' 21"	4' 31"	4' 36"	4' 41"
63	3' 52"	4' 12"	4' 22"	4' 32"	4' 37"	4' 42"
62	3' 53"	4' 13"	4' 23"	4' 33"	4' 38"	4' 43"
61	3' 54"	4' 14"	4' 24"	4' 34"	4' 39"	4' 44"
60	3' 55"	4' 15"	4' 25"	4' 35"	4' 40"	4' 45"
59	3' 56"	4' 16"	4' 26"	4' 36"	4' 41"	4' 46"
58	3' 57"	4' 17"	4' 27"	4' 37"	4' 42"	4' 47"

57	3' 58"	4' 18"	4' 28"	4' 38"	4' 43"	4' 48"
56	3' 59"	4' 19"	4' 29"	4' 39"	4' 44"	4' 49"
55	4' 00"	4' 20"	4' 30"	4' 40"	4' 45"	4' 50"
54	4' 01"	4' 21"	4' 31"	4' 41"	4' 46"	4' 51"
53	4' 02"	4' 22"	4' 32"	4' 42"	4' 47"	4' 52"
52	4' 03"	4' 23"	4' 33"	4' 43"	4' 48"	4' 53"
51	4' 04"	4' 24"	4' 34"	4' 44"	4' 49"	4' 54"
50	4' 05"	4' 25"	4' 35"	4' 45"	4' 50"	4' 55"
49	4' 06"	4' 26"	4' 36"	4' 46"	4' 51"	4' 56"
48	4' 07"	4' 27"	4' 37"	4' 47"	4' 52"	4' 57"
47	4' 08"	4' 28"	4' 38"	4' 48"	4' 53"	4' 58"
46	4' 09"	4' 29"	4' 39"	4' 49"	4' 54"	4' 59"
45	4' 10"	4' 30"	4' 40"	4' 50"	4' 55"	5' 00"
44	4' 11"	4' 31"	4' 41"	4' 51"	4' 56"	5' 01"
43	4' 12"	4' 32"	4' 42"	4' 52"	4' 57"	5' 02"
42	4' 13"	4' 33"	4' 43"	4' 53"	4' 58"	5' 03"
41	4' 14"	4' 34"	4' 44"	4' 54"	4' 59"	5' 04"
40	4' 15"	4' 35"	4' 45"	4' 55"	5' 00"	5' 05"
39	4' 16"	4' 36"	4' 46"	4' 56"	5' 01"	5' 06"
38	4' 17"	4' 37"	4' 47"	4' 57"	5' 02"	5' 07"
37	4' 18"	4' 38"	4' 48"	4' 58"	5' 03"	5' 08"
36	4' 19"	4' 39"	4' 49"	4' 59"	5' 04"	5' 09"
35	4' 20"	4' 40"	4' 50"	5' 00"	5' 05"	5' 10"
34	4' 21"	4' 41"	4' 51"	5' 01"	5' 06"	5' 11"
33	4' 22"	4' 42"	4' 52"	5' 02"	5' 07"	5' 12"
32	4' 23"	4' 43"	4' 53"	5' 03"	5' 08"	5' 13"
31	4' 24"	4' 44"	4' 54"	5' 04"	5' 09"	5' 14"
30	4' 25"	4' 45"	4' 55"	5' 05"	5' 10"	5' 15"
29	4' 26"	4' 46"	4' 56"	5' 06"	5' 11"	5' 16"
28	4' 27"	4' 47"	4' 57"	5' 07"	5' 12"	5' 17"
27	4' 28"	4' 48"	4' 58"	5' 08"	5' 13"	5' 18"
26	4' 29"	4' 49"	4' 59"	5' 09"	5' 14"	5' 19"
25	4' 30"	4' 50"	5' 00"	5' 10"	5' 15"	5' 20"
24	4' 31"	4' 51"	5' 01"	5' 11"	5' 16"	5' 21"
23	4' 32"	4' 52"	5' 02"	5' 12"	5' 17"	5' 22"
22	4' 33"	4' 53"	5' 03"	5' 13"	5' 18"	5' 23"
21	4' 34"	4' 54"	5' 04"	5' 14"	5' 19"	5' 24"
20	4' 35"	4' 55"	5' 05"	5' 15"	5' 20"	5' 25"
19	4' 36"	4' 56"	5' 06"	5' 16"	5' 21"	5' 26"

18	4' 37"	4' 57"	5' 07"	5' 17"	5' 22"	5' 27"
17	4' 38"	4' 58"	5' 08"	5' 18"	5' 23"	5' 28"
16	4' 39"	4' 59"	5' 09"	5' 19"	5' 24"	5' 29"
15	4' 40"	5' 00"	5' 10"	5' 20"	5' 25"	5' 30"
14	4' 41"	5' 01"	5' 11"	5' 21"	5' 26"	5' 31"
13	4' 42"	5' 02"	5' 12"	5' 22"	5' 27"	5' 32"
12	4' 43"	5' 03"	5' 13"	5' 23"	5' 28"	5' 33"
11	4' 44"	5' 04"	5' 14"	5' 24"	5' 29"	5' 34"
10	4' 45"	5' 05"	5' 15"	5' 25"	5' 30"	5' 35"
9	4' 46"	5' 06"	5' 16"	5' 26"	5' 31"	5' 36"
8	4' 47"	5' 07"	5' 17"	5' 27"	5' 32"	5' 37"
7	4' 48"	5' 08"	5' 18"	5' 28"	5' 33"	5' 38"
6	4' 49"	5' 09"	5' 19"	5' 29"	5' 34"	5' 39"
5	4' 50"	5' 10"	5' 20"	5' 30"	5' 35"	5' 40"
4	4' 51"	5' 11"	5' 21"	5' 31"	5' 36"	5' 41"
3	4' 52"	5' 12"	5' 22"	5' 32"	5' 37"	5' 42"
2	4' 53"	5' 13"	5' 23"	5' 33"	5' 38"	5' 43"
1	4' 54"	5' 14"	5' 24"	5' 34"	5' 39"	5' 44"
0	4' 55"	5' 15"	5' 25"	5' 35"	5' 40"	5' 45"

### 女子 800 米跑评分标准

成绩	25 岁以下	26 岁至 30 岁	31 岁至 35 岁	36 岁至 40 岁	41 岁至 45 岁
	分、秒	分、秒	分、秒	分、秒	分、秒
100	3' 23"	3' 30"	3' 40"	3' 50"	4' 05"
99	3' 24"	3' 31"	3' 41"	3' 51"	4' 06"
98		3' 32"	3' 42"	3' 52"	4' 07"
97	3' 25"	3' 33"	3' 43"	3' 53"	4' 08"
96		3' 34"	3' 44"	3' 54"	4' 09"
95	3' 26"	3' 35"	3' 45"	3' 55"	4' 10"
94	3' 27"	3' 36"	3' 46"	3' 56"	4' 11"
93		3' 37"	3' 47"	3' 57"	4' 12"
92	3' 28"	3' 38"	3' 48"	3' 58"	4' 13"
91		3' 39"	3' 49"	3' 59"	4' 14"
90	3' 29"	3' 40"	3' 50"	4' 00"	4' 15"

89	3' 30"	3' 41"	3' 51"	4' 01"	4' 16"
88		3' 42"	3' 52"	4' 02"	4' 17"
87	3' 31"	3' 43"	3' 53"	4' 03"	4' 18"
86		3' 44"	3' 54"	4' 04"	4' 19"
85	3' 32"	3' 45"	3' 55"	4' 05"	4' 20"
84	3' 33"	3' 46"	3' 56"	4' 06"	4' 21"
83		3' 47"	3' 57"	4' 07"	4' 22"
82	3' 34"	3' 48"	3' 58"	4' 08"	4' 23"
81		3' 49"	3' 59"	4' 09"	4' 24"
80	3' 35"	3' 50"	4' 00"	4' 10"	4' 25"
79	3' 36"	3' 51"	4' 01"	4' 11"	4' 26"
78	3' 37"	3' 52"	4' 02"	4' 12"	4' 27"
77	3' 38"	3' 53"	4' 03"	4' 13"	4' 28"
76	3' 39"	3' 54"	4' 04"	4' 14"	4' 29"
75	3' 40"	3' 55"	4' 05"	4' 15"	4' 30"
74	3' 41"	3' 56"	4' 06"	4' 16"	4' 31"
73	3' 42"	3' 57"	4' 07"	4' 17"	4' 32"
72	3' 43"	3' 58"	4' 08"	4' 18"	4' 33"
71	3' 44"	3' 59"	4' 09"	4' 19"	4' 34"
70	3' 45"	4' 00"	4' 10"	4' 20"	4' 35"
69	3' 46"	4' 01"	4' 11"	4' 21"	4' 36"
68	3' 47"	4' 02"	4' 12"	4' 22"	4' 37"
67	3' 48"	4' 03"	4' 13"	4' 23"	4' 38"
66	3' 49"	4' 04"	4' 14"	4' 24"	4' 39"
65	3' 50"	4' 05"	4' 15"	4' 25"	4' 40"
64	3' 51"	4' 06"	4' 16"	4' 26"	4' 41"
63	3' 52"	4' 07"	4' 17"	4' 27"	4' 42"
62	3' 53"	4' 08"	4' 18"	4' 28"	4' 43"
61	3' 54"	4' 09"	4' 19"	4' 29"	4' 44"
60	3' 55"	4' 10"	4' 20"	4' 30"	4' 45"
59	3' 56"	4' 11"	4' 21"	4' 31"	4' 46"
58	3' 57"	4' 12"	4' 22"	4' 32"	4' 47"
57	3' 58"	4' 13"	4' 23"	4' 33"	4' 48"
56	3' 59"	4' 14"	4' 24"	4' 34"	4' 49"
55	4' 00"	4' 15"	4' 25"	4' 35"	4' 50"
54	4' 01"	4' 16"	4' 26"	4' 36"	4' 51"
53	4' 02"	4' 17"	4' 27"	4' 37"	4' 52"
52	4' 03"	4' 18"	4' 28"	4' 38"	4' 53"
51	4' 04"	4' 19"	4' 29"	4' 39"	4' 54"

50	4' 05"	4' 20"	4' 30"	4' 40"	4' 55"
49	4' 06"	4' 21"	4' 31"	4' 41"	4' 56"
48	4' 07"	4' 22"	4' 32"	4' 42"	4' 57"
47	4' 08"	4' 23"	4' 33"	4' 43"	4' 58"
46	4' 09"	4' 24"	4' 34"	4' 44"	4' 59"
45	4' 10"	4' 25"	4' 35"	4' 45"	5' 00"
44	4' 11"	4' 26"	4' 36"	4' 46"	5' 01"
43	4' 12"	4' 27"	4' 37"	4' 47"	5' 02"
42	4' 13"	4' 28"	4' 38"	4' 48"	5' 03"
41	4' 14"	4' 29"	4' 39"	4' 49"	5' 04"
40	4' 15"	4' 30"	4' 40"	4' 50"	5' 05"
39	4' 16"	4' 31"	4' 41"	4' 51"	5' 06"
38	4' 17"	4' 32"	4' 42"	4' 52"	5' 07"
37	4' 18"	4' 33"	4' 43"	4' 53"	5' 08"
36	4' 19"	4' 34"	4' 44"	4' 54"	5' 09"
35	4' 20"	4' 35"	4' 45"	4' 55"	5' 10"
34	4' 21"	4' 36"	4' 46"	4' 56"	5' 11"
33	4' 22"	4' 37"	4' 47"	4' 57"	5' 12"
32	4' 23"	4' 38"	4' 48"	4' 58"	5' 13"
31	4' 24"	4' 39"	4' 49"	4' 59"	5' 14"
30	4' 25"	4' 40"	4' 50"	5' 00"	5' 15"
29	4' 26"	4' 41"	4' 51"	5' 01"	5' 16"
28	4' 27"	4' 42"	4' 52"	5' 02"	5' 17"
27	4' 28"	4' 43"	4' 53"	5' 03"	5' 18"
26	4' 29"	4' 44"	4' 54"	5' 04"	5' 19"
25	4' 30"	4' 45"	4' 55"	5' 05"	5' 20"
24	4' 31"	4' 46"	4' 56"	5' 06"	5' 21"
23	4' 32"	4' 47"	4' 57"	5' 07"	5' 22"
22	4' 33"	4' 48"	4' 58"	5' 08"	5' 23"
21	4' 34"	4' 49"	4' 59"	5' 09"	5' 24"
20	4' 35"	4' 50"	5' 00"	5' 10"	5' 25"
19	4' 36"	4' 51"	5' 01"	5' 11"	5' 26"
18	4' 37"	4' 52"	5' 02"	5' 12"	5' 27"
17	4' 38"	4' 53"	5' 03"	5' 13"	5' 28"
16	4' 39"	4' 54"	5' 04"	5' 14"	5' 29"
15	4' 40"	4' 55"	5' 05"	5' 15"	5' 30"
14	4' 41"	4' 56"	5' 06"	5' 16"	5' 31"
13	4' 42"	4' 57"	5' 07"	5' 17"	5' 32"
12	4' 43"	4' 58"	5' 08"	5' 18"	5' 33"

11	4' 44"	4' 59"	5' 09"	5' 19"	5' 34"
10	4' 45"	5' 00"	5' 10"	5' 20"	5' 35"
9	4' 46"	5' 01"	5' 11"	5' 21"	5' 36"
8	4' 47"	5' 02"	5' 12"	5' 22"	5' 37"
7	4' 48"	5' 03"	5' 13"	5' 23"	5' 38"
6	4' 49"	5' 04"	5' 14"	5' 24"	5' 39"
5	4' 50"	5' 05"	5' 15"	5' 25"	5' 40"
4	4' 51"	5' 06"	5' 16"	5' 26"	5' 41"
3	4' 52"	5' 07"	5' 17"	5' 27"	5' 42"
2	4' 53"	5' 08"	5' 18"	5' 28"	5' 43"
1	4' 54"	5' 09"	5' 19"	5' 29"	5' 44"
0	4' 55"	5' 10"	5' 20"	5' 30"	5' 45"