**附件2：**

政府专职消防队员招聘体能测试项目和评分标准

**男子单杠引体向上（40周岁以下）/40公斤坐姿下拉（40周岁以上）评分标准（次/2分钟）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55 岁以上 |
| 100 分 | 16 | 17 | 18 | 17 | 16 | 15 | 14 | 18 | 17 | 16 | 15 | 14 | / |
| 95 分 | 14 | 15 | 16 | 15 | 14 | 13 | 12 | 16 | 15 | 14 | 13 | 12 | / |
| 90 分 | 12 | 13 | 14 | 13 | 12 | 11 | 10 | 14 | 13 | 12 | 11 | 10 | / |
| 85 分 | 11 | 12 | 13 | 12 | 11 | 10 | 9 | 13 | 12 | 11 | 10 | 9 | / |
| 80 分 | 10 | 11 | 12 | 11 | 10 | 9 | 8 | 12 | 11 | 10 | 9 | 8 | / |
| 75 分 | 9 | 10 | 11 | 10 | 9 | 8 | 7 | 11 | 10 | 9 | 8 | 7 | / |
| 70 分 | 8 | 9 | 10 | 9 | 8 | 7 | 6 | 10 | 9 | 8 | 7 | 6 | / |
| 65 分 | 7 | 8 | 9 | 8 | 7 | 6 | 5 | 9 | 8 | 7 | 6 | 5 | / |
| 60 分 | 6 | 7 | 8 | 7 | 6 | 5 | 4 | 8 | 7 | 6 | 5 | 4 | 3 |

**男子3000m评分标准（分钟）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55 岁以上 |
| 100 分 | 12′30″ | 11′55″ | 11′20″ | 11′55″ | 12′30″ | 13′15″ | 13′50″ | 14′25″ | 15′00″ | 15′35″ | 16′10″ | 16′45″ | / |
| 95 分 | 12′40″ | 12′05″ | 11′30″ | 12′05″ | 12′40″ | 13′35″ | 14′10″ | 14′45″ | 15′20″ | 15′55″ | 16′30″ | 17′05″ | / |
| 90 分 | 12′50″ | 12′15″ | 11′40″ | 12′15″ | 12′50″ | 13′55″ | 14′30″ | 15′05″ | 15′40″ | 16′15″ | 16′50″ | 17′25″ | / |
| 85 分 | 13′10″ | 12′35″ | 12′00″ | 12′35″ | 13′10″ | 14′15″ | 14′50″ | 15′25″ | 16′00″ | 16′35″ | 17′10″ | 17′45″ | / |
| 80 分 | 13′30″ | 12′55″ | 12′20″ | 12′55″ | 13′30″ | 14′35″ | 15′10″ | 15′45″ | 16′20″ | 16′55″ | 17′30″ | 18′05″ | / |
| 75 分 | 13′50″ | 13′15″ | 12′40″ | 13′15″ | 13′50″ | 14′55″ | 15′30″ | 16′05″ | 16′40″ | 17′15″ | 17′50″ | 18′25″ | / |
| 70 分 | 14′10″ | 13′35″ | 13′00″ | 13′35″ | 14′10″ | 15′15″ | 15′50″ | 16′25″ | 17′00″ | 17′35″ | 18′10″ | 18′45″ | / |
| 65 分 | 14′30″ | 13′55″ | 13′20″ | 13′55″ | 14′30″ | 15′35″ | 16′10″ | 16′45″ | 17′20″ | 17′55″ | 18′30″ | 19′05″ | / |
| 60 分 | 14′50″ | 14′15″ | 13′40″ | 14′15″ | 14′50″ | 15′55″ | 16′30″ | 17′05″ | 17′40″ | 18′15″ | 18′50″ | 19′25″ | 20′00″ |

**男子 5×10 米折返评分标准（秒）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55 岁以上 |
| 100 分 | 22″ | 21″ | 20″ | 21″ | 22″ | 23″ | 24″ | 25″ | 26″ | 27″ | 28″ | 29″ | / |
| 95 分 | 22″50 | 21″50 | 20″50 | 21″50 | 22″50 | 23″50 | 24″50 | 25″50 | 26″50 | 27″50 | 28″50 | 29″50 | / |
| 90 分 | 23″40 | 22″40 | 21″40 | 22″40 | 23″40 | 24″40 | 25″40 | 26″40 | 27″40 | 28″40 | 29″40 | 30″40 | / |
| 85 分 | 25″ | 24″ | 23″ | 24″ | 25″ | 26″ | 27″ | 28″ | 29″ | 30″ | 31″ | 32″ | / |
| 80 分 | 26″ | 25″ | 24″ | 25″ | 26″ | 27″ | 28″ | 29″ | 30″ | 31″ | 32″ | 33″ | / |
| 75 分 | 27″ | 26″ | 25″ | 26″ | 27″ | 28″ | 29″ | 30″ | 31″ | 32″ | 33″ | 34″ | / |
| 70 分 | 28″ | 27″ | 26″ | 27″ | 28″ | 29″ | 30″ | 31″ | 32″ | 33″ | 34″ | 35″ | / |
| 65 分 | 29″ | 28″ | 27″ | 28″ | 29″ | 30″ | 31″ | 32″ | 33″ | 34″ | 35″ | 36″ | / |
| 60 分 | 30″ | 29″ | 28″ | 29″ | 30″ | 31″ | 32″ | 33″ | 34″ | 35″ | 36″ | 37″ | 38″ |

**男子双杠臂屈伸评分标准（次 /2 分钟）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55岁以上 |
| 100 分 | 30 | 32 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | / |
| 95 分 | 28 | 30 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | / |
| 90 分 | 26 | 28 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | / |
| 85 分 | 24 | 26 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | / |
| 80 分 | 22 | 24 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | / |
| 75 分 | 20 | 22 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | 7 | / |
| 70 分 | 18 | 20 | 22 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | 7 | 6 | / |
| 65 分 | 16 | 18 | 20 | 18 | 16 | 14 | 12 | 10 | 8 | 7 | 6 | 5 | / |
| 60 分 | 14 | 16 | 18 | 16 | 14 | 12 | 10 | 8 | 7 | 6 | 5 | 4 | 3 |