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 |