附件2：

消防救援人员体能测试项目各项标准

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″ |

男子俯卧撑评分标准(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 | 68 | 70 | 72 | 70 | 68 | 66 | 64 | 62 | 60 | 58 | 56 | 54 | / |
| 95 分 | 62 | 64 | 66 | 64 | 62 | 60 | 58 | 56 | 54 | 52 | 50 | 48 | / |
| 90 分 | 56 | 58 | 60 | 58 | 56 | 54 | 52 | 50 | 48 | 46 | 44 | 42 | / |
| 85 分 | 50 | 52 | 54 | 52 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | / |
| 80 分 | 46 | 48 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 32 | / |
| 75 分 | 42 | 44 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | / |
| 70 分 | 38 | 40 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | / |
| 65 分 | 36 | 38 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | / |
| 60 分 | 34 | 36 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 |

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 |