体技能业务考核成绩判定标准

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″ | / |

单杠引体向上评分标准（个）

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |

100米负重跑评分标准（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 | 52-55岁 |
| 100分 | 19"00 | 18"50 | 18"00 | 18"50 | 19"00 | 19"50 | 20"00 | / | / | / | / | / |
| 95分 | 19"50 | 19"00 | 18"50 | 19"00 | 19"50 | 20"00 | 20"50 | / | / | / | / | / |
| 90分 | 20"00 | 19"50 | 19"00 | 19"50 | 20"00 | 20"50 | 21"00 | / | / | / | / | / |
| 85分 | 20"50 | 20"00 | 19"50 | 20"00 | 20"50 | 21"00 | 21"50 | / | / | / | / | / |
| 80分 | 21"00 | 20"50 | 20"00 | 20"50 | 21"00 | 21"50 | 22"00 | / | / | / | / | / |
| 75分 | 21"50 | 21"00 | 20"50 | 21"00 | 21"50 | 22"00 | 22"50 | / | / | / | / | / |
| 70分 | 22"00 | 21"50 | 21"00 | 21"50 | 22"00 | 22"50 | 23"00 | / | / | / | / | / |
| 65分 | 22"50 | 22"00 | 21"50 | 22"00 | 22"50 | 23"00 | 23"50 | / | / | / | / |  |
| 60分 | 23"00 | 22"50 | 22"00 | 22"50 | 23"00 | 23"50 | 24"00 | / | / | / | / | / |
| 备注 | 37 岁以上不组织本项目考核，评分标准可作为训练参考标准。 |