附件3

内蒙古森工集团2024年公开招聘退役军人体能测试标准

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| **仰卧起坐** |
| 分值 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
| 次数（个） | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84及以上 |

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|  **单杠引体向上** |
| 分值 | 40 | 45 | 50 | 55 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
| 次数（个） | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25及以上 |

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|  **3000米跑** |
| 分值 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
| 时间（秒） | 17′31"及以上 | 17′30"-17′21" | 17′20"-17′11" | 17′10"-17′01" | 17′00"-16′51" | 16′50"-16′41" | 16′40"-16′31" | 16′30"-16′21" | 16′20"-16′11" | 16′10"-16′01" | 16′00"-15′51" | 15′50"-15′41" | 15′40"-15′31" | 15′30"-15′21" | 15′20"-15′11" | 15′10"-15′01" | 15′00"-14′51" | 14′50"-14′41" | 14′40"-14′31" | 14′30"-14′21" | 14′20"-14′11" | 14′10"-14′01" | 14′00"-13′51" | 13′50"-13′41" | 13′40"-13′31" | 13′30"-13′21" | 13′20"-13′11" | 13′10"-13′01" | 13′00"-12′51" | 12′50"-12′41" | 12′40"-12′31" | 12′30"及以下 |