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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |