附件3：

体能测评项目和标准

男子组

|  |  |  |  |
| --- | --- | --- | --- |
| 项 目 | 标 准 | | |
| 30岁（含）  以下 | 31岁（含）  至35岁 | 36岁（含）至40岁 |
| 1000米跑 | ≤4′25″ | ≤4′35″ | ≤4′45″ |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 男子组1000米跑对应分值 | | | | | | | | | | |
| **30岁（含） 以下** | | |  | **31岁（含） 至35岁** | | |  | **36岁（含）至40岁** | | |
| 序号 | 时间 | 分值 |  | 序号 | 时间 | 分值 |  | 序号 | 时间 | 分值 |
| 1 | 大于4′25″ | 不合格 |  | 1 | 大于4’35" | 不合格 |  | 1 | 大于4′45″ | 不合格 |
| 2 | 4'24"-4'25" | 60 |  | 2 | 4’34"-4'35" | 60 |  | 2 | 4’44"-4’45" | 60 |
| 3 | 4'22"-4'23" | 61 |  | 3 | 4’32"-4'33" | 61 |  | 3 | 4'42"-4'43" | 61 |
| 4 | 4'20"-4'21" | 62 |  | 4 | 4’30"-4'31" | 62 |  | 4 | 4'40"-4'41" | 62 |
| 5 | 4'18-4'19" | 63 |  | 5 | 4’28"-4'29" | 63 |  | 5 | 4'38"-4'39" | 63 |
| 6 | 4'16"-4'17" | 64 |  | 6 | 4’26"-4'27" | 64 |  | 6 | 4'36"-4'37" | 64 |
| 7 | 4'14"-4'15" | 65 |  | 7 | 4'24"-4'25" | 65 |  | 7 | 4’34"-4'35" | 65 |
| 8 | 4'12"-4'13" | 66 |  | 8 | 4'22"-4'23" | 66 |  | 8 | 4’32"-4'33" | 66 |
| 9 | 4'10"-4'11" | 67 |  | 9 | 4'20"-4'21" | 67 |  | 9 | 4’30"-4'31" | 67 |
| 10 | 4'08"-4'09" | 68 |  | 10 | 4'18-4'19" | 68 |  | 10 | 4’28"-4'29" | 68 |
| 11 | 4'06"-4'07" | 69 |  | 11 | 4'16"-4'17" | 69 |  | 11 | 4’26"-4'27" | 69 |
| 12 | 4'04"-4'05" | 70 |  | 12 | 4'14"-4'15" | 70 |  | 12 | 4'24"-4'25" | 70 |
| 13 | 4'02"-4'03" | 71 |  | 13 | 4'12"-4'13" | 71 |  | 13 | 4'22"-4'23" | 71 |
| 14 | 4'00"-4'01" | 72 |  | 14 | 4'10"-4'11" | 72 |  | 14 | 4'20"-4'21" | 72 |
| 15 | 3'58"-3'59" | 73 |  | 15 | 4'08"-4'09" | 73 |  | 15 | 4'18-4'19" | 73 |
| 16 | 3'56"-3'57" | 74 |  | 16 | 4'06"-4'07" | 74 |  | 16 | 4'16"-4'17" | 74 |
| 17 | 3'54"-3'55" | 75 |  | 17 | 4'04"-4'05" | 75 |  | 17 | 4'14"-4'15" | 75 |
| 18 | 3'52"-3'53" | 76 |  | 18 | 4'02"-4'03" | 76 |  | 18 | 4'12"-4'13" | 76 |
| 19 | 3'50"-3'51" | 77 |  | 19 | 4'00"-4'01" | 77 |  | 19 | 4'10"-4'11" | 77 |
| 20 | 3'48"-3'49" | 78 |  | 20 | 3'58"-3'59" | 78 |  | 20 | 4'08"-4'09" | 78 |
| 21 | 3'46"-3'47" | 79 |  | 21 | 3'56"-3'57" | 79 |  | 21 | 4'06"-4'07" | 79 |
| 22 | 3'44"-3'45" | 80 |  | 22 | 3'54"-3'55" | 80 |  | 22 | 4'04"-4'05" | 80 |
| 23 | 3'42"-3'43" | 81 |  | 23 | 3'52"-3'53" | 81 |  | 23 | 4'02"-4'03" | 81 |
| 24 | 3'40"-3'41" | 82 |  | 24 | 3'50"-3'51" | 82 |  | 24 | 4'00"-4'01" | 82 |
| 25 | 3'38"-3'39" | 83 |  | 25 | 3'48"-3'49" | 83 |  | 25 | 3'58"-3'59" | 83 |
| 26 | 3'36"-3"37" | 84 |  | 26 | 3'46"-3'47" | 84 |  | 26 | 3'56"-3'57" | 84 |
| 27 | 3'34"-3'35" | 85 |  | 27 | 3'44"-3'45" | 85 |  | 27 | 3'54"-3'55" | 85 |
| 28 | 3'32"-3'33" | 86 |  | 28 | 3'42"-3'43" | 86 |  | 28 | 3'52"-3'53" | 86 |
| 29 | 3'30"-3'31" | 87 |  | 29 | 3'40"-3'41" | 87 |  | 29 | 3'50"-3'51" | 87 |
| 30 | 3'28"-3'29" | 88 |  | 30 | 3'38"-3'39" | 88 |  | 30 | 3'48"-3'49" | 88 |
| 31 | 3'26"-3'27" | 89 |  | 31 | 3'36"-3"37" | 89 |  | 31 | 3'46"-3'47" | 89 |
| 32 | 3'24"-3'25" | 90 |  | 32 | 3'34"-3'35" | 90 |  | 32 | 3'44"-3'45" | 90 |
| 33 | 3'22"-3'23" | 91 |  | 33 | 3'32"-3'33" | 91 |  | 33 | 3'42"-3'43" | 91 |
| 34 | 3'20"-3'21" | 92 |  | 34 | 3'30"-3'31" | 92 |  | 34 | 3'40"-3'41" | 92 |
| 35 | 3'18"-3'19" | 93 |  | 35 | 3'28"-3'29" | 93 |  | 35 | 3'38"-3'39" | 93 |
| 36 | 3'16"-3'17" | 94 |  | 36 | 3'26"-3'27" | 94 |  | 36 | 3'36"-3"37" | 94 |
| 37 | 3'14"-3'15" | 95 |  | 37 | 3'24"-3'25" | 95 |  | 37 | 3'34"-3'35" | 95 |
| 38 | 3'12"-3"13" | 96 |  | 38 | 3'22"-3'23" | 96 |  | 38 | 3'32"-3'33" | 96 |
| 39 | 3'10"-3'11" | 97 |  | 39 | 3'20"-3'21" | 97 |  | 39 | 3'30"-3'31" | 97 |
| 40 | 3'08"-3'09" | 98 |  | 40 | 3'18"-3'19" | 98 |  | 40 | 3'28"-3'29" | 98 |
| 41 | 3'06"-3'05" | 99 |  | 41 | 3'16"-3'17" | 99 |  | 41 | 3'26"-3'27" | 99 |
| 42 | 3'03"-3'04" | 100 |  | 42 | 3'14"-3'15" | 100 |  | 42 | 3'24"-3'25" | 100 |