**兰考县消防救援大队2025年公开招聘体能测试及标准**

屈腿仰卧起坐

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **90分** | **100分** |
| 53 | 56 | 59 | 62 | 65 | 68 | 71 | 74 | 77 |

俯卧撑

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **90分** | **100分** |
| 40 | 42 | 44 | 46 | 48 | 50 | 56 | 60 | 66 |

1000米跑

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **80分** | **90分** | **100分** |
| 4'35" | 4'20" | 4'15" | 4'10" | 4'05" | 4'00" | 3'55" | 3'50" | 3'45" | 3'40" |