附件3：

宝清县公安局公开招聘看护队员体能测评

项目及评分表

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **4×10米往返 跑（秒）** | **分值** | **1000米跑 （分'秒）** | **分值** | **纵跳摸高 （厘米）** | **分值** |
| 10"4 | 35 | 3'45" | 35 | 295 | 30 |
| 10"7 | 34 | 3'50" | 34 | 292 | 29 |
| 11"0 | 33 | 3'55" | 33 | 289 | 28 |
| 11"3 | 32 | 4'00" | 32 | 286 | 27 |
| 11"6 | 31 | 4'05" | 31 | 283 | 26 |
| 11"9 | 30 | 4'10" | 30 | 280 | 25 |
| 12"2 | 29 | 4'15" | 29 | 277 | 24 |
| 12"5 | 28 | 4'20" | 28 | 274 | 23 |
| 12"8 | 27 | 4'25" | 27 | 271 | 22 |
| 13"1 | 26 | 4'30" | 26 | 268 | 21 |
| 13"4 | 25 | 4'35" | 25 | 265 | 20 |
| 13"7 | 24 | 4'40" | 24 | 262 | 19 |
| 14"0 | 23 | 4'45" | 23 | 259 | 18 |
| 14"3 | 22 | 4'50" | 22 | 256 | 17 |
| 14"6 | 21 | 4'55" | 21 | 253 | 16 |
| 14"9 | 20 | 5'00" | 20 | 250 | 15 |
| 15"2 | 19 | 5'05" | 19 | 247 | 14 |
| 15"5 | 18 | 5'10" | 18 | 244 | 13 |
| 15"8 | 17 | 5'15" | 17 | 241 | 12 |
| 16"1 | 16 | 5'20" | 16 | 238 | 11 |
| 16"4 | 15 | 5'25" | 15 | 235 | 10 |
| 16"7 | 14 | 5'30" | 14 | 232 | 9 |
| 17"0 | 13 | 5'35" | 13 | 229 | 8 |
| 17"3 | 12 | 5'40" | 12 | 226 | 7 |
| 17"6 | 11 | 5'45" | 11 | 223 | 6 |
| 17"6以上（不含） | 10 | 5'45"以上（不含） | 10 | 223以下（不含） | 5 |