2025年塔城地区额敏县消防救援大队面向社会招聘专职消防员、消防文员体能考核标准

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 3000米跑评分标准（男） | | | | | | | | | | | | | | | | | | | | | | |
| **积分**  **年龄** | **18-24岁** | | **25-27岁** | **28-30岁** | | **31-33岁** | | **34-36岁** | | **37-39岁** | | **40-42岁** | | **43-45岁** | | **46-48岁** | **49-51岁** | | **52-54岁** | | **55岁以上** | |
| **100分** | 11′55″ | | 11′20″ | 11′55″ | | 12′30″ | | 13′15″ | | 13′50″ | | 14′25″ | | 15′00″ | | 15′35″ | 16′10″ | | 16′45″ | | － | |
| **95分** | 12′05″ | | 11′30″ | 12′05″ | | 12′40″ | | 13′35″ | | 14′10″ | | 14′45″ | | 15′20″ | | 15′55″ | 16′30″ | | 17′05″ | | － | |
| **90分** | 12′15″ | | 11′40″ | 12′15″ | | 12′50″ | | 13′55″ | | 14′30″ | | 15′05″ | | 15′40″ | | 16′15″ | 16′50″ | | 17′25″ | | － | |
| **85分** | 12′35″ | | 12′00″ | 12′35″ | | 13′10″ | | 14′15″ | | 14′50″ | | 15′25″ | | 16′00″ | | 16′35″ | 17′10″ | | 17′45″ | | － | |
| **80分** | 12′55″ | | 12′20″ | 12′55″ | | 13′30″ | | 14′35″ | | 15′10″ | | 15′45″ | | 16′20″ | | 16′55″ | 17′30″ | | 18′05″ | | － | |
| **75分** | 13′15″ | | 12′40″ | 13′15″ | | 13′50″ | | 14′55″ | | 15′30″ | | 16′05″ | | 16′40″ | | 17′15″ | 17′50″ | | 18′25″ | | － | |
| **70分** | 13′35″ | | 13′00″ | 13′35″ | | 14′10″ | | 15′15″ | | 15′50″ | | 16′25″ | | 17′00″ | | 17′35″ | 18′10″ | | 18′45″ | | － | |
| **65分** | 13′55″ | | 13′20″ | 13′55″ | | 14′30″ | | 15′35″ | | 16′10″ | | 16′45″ | | 17′20″ | | 17′55″ | 18′30″ | | 19′05″ | | － | |
| **60分** | 14′15″ | | 13′40″ | 14′15″ | | 14′50″ | | 15′55″ | | 16′30″ | | 17′05″ | | 17′40″ | | 18′15″ | 18′50″ | | 19′25″ | | 20′00″ | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 单杠引体向上（40周岁以下）评分标准（次/2分钟）（男） | | | | | | | | | | | | | | | | | | | | | | | | | **积分 年龄** | **18-24岁** | | **25-27岁** | | **28-30岁** | | **31-33岁** | | **34-36岁** | | **37-39岁** | | **40-42岁** | | **43-45岁** | | **46-48岁** | | **49-51岁** | | **52-54岁** | | | **100 分** | 17 | | 18 | | 17 | | 16 | | 15 | | 14 | | 18 | | 17 | | 16 | | 15 | | 14 | | | **95 分** | 15 | | 16 | | 15 | | 14 | | 13 | | 12 | | 16 | | 15 | | 14 | | 13 | | 12 | | | **90 分** | 13 | | 14 | | 13 | | 12 | | 11 | | 10 | | 14 | | 13 | | 12 | | 11 | | 10 | | | **85 分** | 12 | | 13 | | 12 | | 11 | | 10 | | 9 | | 13 | | 12 | | 11 | | 10 | | 9 | | | **80 分** | 11 | | 12 | | 11 | | 10 | | 9 | | 8 | | 12 | | 11 | | 10 | | 9 | | 8 | | | **75 分** | 10 | | 11 | | 10 | | 9 | | 8 | | 7 | | 11 | | 10 | | 9 | | 8 | | 7 | | | **70 分** | 9 | | 10 | | 9 | | 8 | | 7 | | 6 | | 10 | | 9 | | 8 | | 7 | | 6 | | | **65 分** | 8 | | 9 | | 8 | | 7 | | 6 | | 5 | | 9 | | 8 | | 7 | | 6 | | 5 | | | **60 分** | 7 | | 8 | | 7 | | 6 | | 5 | | 4 | | 8 | | 7 | | 6 | | 5 | | 4 | | | 双杠臂屈伸评分标准（次 /2 分钟）（男） | | | | | | | | | | | | | | | | | | | | | | | | | | | **积分 年龄** | | | **18-24岁** | | **25-27岁** | | **28-30岁** | | **31-33岁** | | **34-36岁** | | **37-39岁** | | **40-42岁** | | **43-45岁** | | **46-48岁** | | **49-51岁** | | **52-54岁** | | | | **100 分** | | | 32 | | 34 | | 32 | | 30 | | 28 | | 26 | | 24 | | 22 | | 20 | | 18 | | 16 | | | | **95 分** | | | 30 | | 32 | | 30 | | 28 | | 26 | | 24 | | 22 | | 20 | | 18 | | 16 | | 14 | | | | **90 分** | | | 28 | | 30 | | 28 | | 26 | | 24 | | 22 | | 20 | | 18 | | 16 | | 14 | | 12 | | | | **85 分** | | | 26 | | 28 | | 26 | | 24 | | 22 | | 20 | | 18 | | 16 | | 14 | | 12 | | 10 | | | | **80 分** | | | 24 | | 26 | | 24 | | 22 | | 20 | | 18 | | 16 | | 14 | | 12 | | 10 | | 8 | | | | **75 分** | | | 22 | | 24 | | 22 | | 20 | | 18 | | 16 | | 14 | | 12 | | 10 | | 8 | | 7 | | | | **70 分** | | | 20 | | 22 | | 20 | | 18 | | 16 | | 14 | | 12 | | 10 | | 8 | | 7 | | 6 | | | | **65 分** | | | 18 | | 20 | | 18 | | 16 | | 14 | | 12 | | 10 | | 8 | | 7 | | 6 | | 5 | | | | **60 分** | | | 16 | | 18 | | 16 | | 14 | | 12 | | 10 | | 8 | | 7 | | 6 | | 5 | | 4 | | |   1500米跑评分标准（女） | | | | | | | | | | | | | | | | | | | | | | | |
| **积分 年龄** | | **20-24岁** | | | **25-27岁** | | **28-30岁** | | **31-33岁** | | **34-36岁** | | **37-39岁** | | **40-42岁** | | | **43-45岁** | | **46-49岁** | | **50岁以上** | |
| **100分** | | 7′35″ | | | 7′20″ | | 7′35″ | | 7′50″ | | 8′05″ | | 8′20″ | | 8′35″ | | | 8′50″ | | 9′05″ | | － | |
| **95分** | | 7′40″ | | | 7′25″ | | 7′40″ | | 7′55″ | | 8′10″ | | 8′25″ | | 8′40″ | | | 8′55″ | | 9′10″ | | － | |
| **90分** | | 7′45″ | | | 7′30″ | | 7′45″ | | 8′00″ | | 8′15″ | | 8′30″ | | 8′45″ | | | 9′00″ | | 9′15″ | | － | |
| **85分** | | 7′50″ | | | 7′35″ | | 7′50″ | | 8′05″ | | 8′20″ | | 8′35″ | | 8′50″ | | | 9′05″ | | 9′20″ | | － | |
| **80分** | | 7′55″ | | | 7′40″ | | 7′55″ | | 8′10″ | | 8′25″ | | 8′40″ | | 8′55″ | | | 9′10″ | | 9′25″ | | － | |
| **75分** | | 8′00″ | | | 7′45″ | | 8′00″ | | 8′15″ | | 8′30″ | | 8′45″ | | 9′00″ | | | 9′15″ | | 9′30″ | | － | |
| **70分** | | 8′05″ | | | 7′50″ | | 8′05″ | | 8′20″ | | 8′35″ | | 8′50″ | | 9′05″ | | | 9′20″ | | 9′35″ | | － | |
| **65分** | | 8′10″ | | | 7′55″ | | 8′10″ | | 8′25″ | | 8′40″ | | 8′55″ | | 9′10″ | | | 9′25″ | | 9′40″ | | － | |
| **60分** | | 8′15″ | | | 8′00″ | | 8′15″ | | 8′30″ | | 8′45″ | | 9′00″ | | 9′15″ | | | 9′30″ | | 9′45″ | | 10′00″ | |

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| 跳绳评分标准（次 /1 分钟）（女） | | | | | | | | | | |
| **积分 年龄** | **20-24岁** | **25-27岁** | **28-30岁** | **31-33岁** | **34-36岁** | **37-39岁** | **40-42岁** | **43-45岁** | **46-49岁** | **50岁以上** |
| **100 分** | 135 | 140 | 135 | 130 | 125 | 120 | 115 | 110 | 105 | － |
| **95 分** | 130 | 135 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | － |
| **90 分** | 125 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | － |
| **85 分** | 120 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | － |
| **80 分** | 115 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | － |
| **75 分** | 110 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | － |
| **70 分** | 105 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | － |
| **65 分** | 100 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | － |
| **60分** | 95 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 屈腿仰卧起坐评分标准（次 /3 分钟）（女） | | | | | | | | | | |
| **积分 年龄** | **20-24岁** | **25-27岁** | **28-30岁** | **31-33岁** | **34-36岁** | **37-39岁** | **40-42岁** | **43-45岁** | **46-49岁** | **50岁以上** |
| **100 分** | 63 | 66 | 63 | 60 | 57 | 54 | 51 | 48 | 45 | **－** |
| **95 分** | 60 | 63 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | **－** |
| **90 分** | 57 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | **－** |
| **85 分** | 54 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | **－** |
| **80 分** | 51 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | **－** |
| **75 分** | 48 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | **－** |
| **70 分** | 45 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | **－** |
| **65 分** | 42 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | **－** |
| **60 分** | 39 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | 21 | 18 |