附件2：

体能测试评分标准

3000m评分标准

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 40 |
| 时间 | 12′40″ | 12′50″ | 13′00″ | 13′20″ | 13′40″ | 14′00″ | 14′20″ | 14′40″ | 15′00″ | 15′30″ | 16′00″ | 16′30″ |

单杠引体向上评分标准

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 40 |
| 个 | 14 | 12 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |