附件1：

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 消防救援人员体能测试项目各项标准 |  |  |  |
|  |  |  |  | 男子俯卧撑评分标准（次/2分钟） |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55岁以上 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100分 | 68 | 70 | 72 | 70 | 68 | 66 | 64 | 62 | 60 | 58 | 56 | 54 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 95分 | 62 | 64 | 66 | 64 | 62 | 60 | 58 | 56 | 54 | 52 | 50 | 48 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90分 | 56 | 58 | 60 | 58 | 56 | 54 | 52 | 50 | 48 | 46 | 44 | 42 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85分 | 50 | 52 | 54 | 52 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80分 | 46 | 48 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 32 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75分 | 42 | 44 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70分 | 38 | 40 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65分 | 36 | 38 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60分 | 34 | 36 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

男子单杠引体向上（40周岁以下）/40公斤坐姿下拉（40周岁以上）评分标准（次/2分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55岁以上 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100分 | 16 | 17 | 18 | 17 | 16 | 15 | 14 | 18 | 17 | 16 | 15 | 14 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 95分 | 14 | 15 | 16 | 15 | 14 | 13 | 12 | 16 | 15 | 14 | 13 | 12 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90分 | 12 | 13 | 14 | 13 | 12 | 11 | 10 | 14 | 13 | 12 | 11 | 10 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85分 | 11 | 12 | 13 | 12 | 11 | 10 | 9 | 13 | 12 | 11 | 10 | 9 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80分 | 10 | 11 | 12 | 11 | 10 | 9 | 8 | 12 | 11 | 10 | 9 | 8 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75分 | 9 | 10 | 11 | 10 | 9 | 8 | 7 | 11 | 10 | 9 | 8 | 7 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70分 | 8 | 9 | 10 | 9 | 8 | 7 | 6 | 10 | 9 | 8 | 7 | 6 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65分 | 7 | 8 | 9 | 8 | 7 | 6 | 5 | 9 | 8 | 7 | 6 | 5 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60分 | 6 | 7 | 8 | 7 | 6 | 5 | 4 | 8 | 7 | 6 | 5 | 4 | 3 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

男子屈腿仰卧起坐评分标准（次/3分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55岁以上 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100分 | 70 | 73 | 76 | 73 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 95分 | 67 | 70 | 73 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90分 | 64 | 67 | 70 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85分 | 61 | 64 | 67 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80分 | 58 | 61 | 64 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75分 | 55 | 58 | 61 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70分 | 52 | 55 | 58 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65分 | 49 | 52 | 55 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60分 | 46 | 49 | 52 | 49 | 46 | 43 | 40 | 37 | 34 | 31 | 28 | 25 | 22 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

男子1500m评分标准（分钟）

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-54岁 | 55岁以上 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100分 | 6′00″ | 5′40″ | 5′20″ | 5′40″ | 6′00″ | 6′20″ | 6′40″ | 7′00″ | 7′20″ | 7′40″ | 8′00″ | 8′20″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 95分 | 6′10″ | 5′50″ | 5′30″ | 5′50″ | 6′10″ | 6′30″ | 6′50″ | 7′10″ | 7′30″ | 7′50″ | 8′10″ | 8′30″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90分 | 6′20″ | 6′00″ | 5′40″ | 6′00″ | 6′20″ | 6′40″ | 7′00″ | 7′20″ | 7′40″ | 8′00″ | 8′20″ | 8′40″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85分 | 6′30″ | 6′10″ | 5′50″ | 6′10″ | 6′30″ | 6′50″ | 7′10″ | 7′30″ | 7′50″ | 8′10″ | 8′30″ | 8′50″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80分 | 6′40″ | 6′20″ | 6′00″ | 6′20″ | 6′40″ | 7′00″ | 7′20″ | 7′40″ | 8′00″ | 8′20″ | 8′40″ | 9′00″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75分 | 6′50″ | 6′30″ | 6′10″ | 6′30″ | 6′50″ | 7′10″ | 7′30″ | 7′50″ | 8′10″ | 8′30″ | 8′50″ | 9′10″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70分 | 7′00″ | 6′40″ | 6′20″ | 6′40″ | 7′00″ | 7′20″ | 7′40″ | 8′00″ | 8′20″ | 8′40″ | 9′00″ | 9′20″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65分 | 7′10″ | 6′50″ | 6′30″ | 6′50″ | 7′10″ | 7′30″ | 7′50″ | 8′10″ | 8′30″ | 8′50″ | 9′10″ | 9′30″ | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60分 | 7′20″ | 7′00″ | 6′40″ | 7′00″ | 7′20″ | 7′40″ | 8′00″ | 8′20″ | 8′40″ | 9′00″ | 9′20″ | 9′40″ | 10′00″ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

100米负重评分标准（秒）

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-55岁 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100分 | 19″00 | 18″50 | 18″00 | 18″50 | 19″00 | 19″50 | 20″00 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 95分 | 19″50 | 19″00 | 18″50 | 19″00 | 19″50 | 20″00 | 20″50 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90分 | 20″00 | 19″50 | 19″00 | 19″50 | 20″00 | 20″50 | 21″00 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85分 | 20″50 | 20″00 | 19″50 | 20″00 | 20″50 | 21″00 | 21″50 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80分 | 21″00 | 20″50 | 20″00 | 20″50 | 21″00 | 21″50 | 22″00 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75分 | 21″50 | 21″00 | 20″50 | 21″00 | 21″50 | 22″00 | 22″50 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70分 | 22″00 | 21″50 | 21″00 | 21″50 | 22″00 | 22″50 | 23″00 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65分 | 22″50 | 22″00 | 21″50 | 22″00 | 22″50 | 23″00 | 23″50 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60分 | 23″00 | 22″50 | 22″00 | 22″50 | 23″00 | 23″50 | 24″00 | / | / | / | / | / |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 备注 | 37岁以上不组织本项目考核，评分标准可作为训练参考标准。 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |