## 附件2

# 四川省区域应急救援雅安基地专职救援队伍

# 招聘体能测试考核成绩评定标准

## 一、1000米跑

测试以完成时间记取成绩，具体成绩判定如下：

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 时间（秒） | 4′35〞 | 4′20″ | 4′15″ | 4′10″ | 4′05″ | 4′00″ | 3′55″ | 3′50″ | 3′45″ | 3′40″ |
| 分值 | 2.5 | 5 | 7.5 | 10 | 12.5 | 15 | 17.5 | 20 | 22.5 | 25 |

## 二、100米跑

测试以完成时间记取成绩，具体成绩判定如下：

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 时间（秒） | 17″30 | 15″90 | 15″60 | 15″30 | 15″00 | 14″70 | 14″40 | 14″10 | 13″80 | 13″50 |
| 分值 | 2.5 | 5 | 7.5 | 10 | 12.5 | 15 | 17.5 | 20 | 22.5 | 25 |

## 三、俯卧撑

以2分钟内的完成次数记取成绩，具体成绩判定如下：

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 次/2分钟 | 6 | 8 | 11 | 14 | 18 | 22 | 27 | 32 | 38 | 42 |
| 分值 | 2.5 | 5 | 7.5 | 10 | 12.5 | 15 | 17.5 | 20 | 22.5 | 25 |

## 四、立定跳远

具体成绩判定如下：

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 距离(米) | 2.01 | 2.13 | 2.18 | 2.23 | 2.28 | 2.33 | 2.38 | 2.43 | 2.48 | 2.53 |
| 分值 | 2.5 | 5 | 7.5 | 10 | 12.5 | 15 | 17.5 | 20 | 22.5 | 25 |