附件2：

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″ |

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 |
|  | | | | | | | | | | | | | |

女子800m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 | 46-49岁 | 50 岁以上 |
| 100 分 | 3′50″ | 3′45″ | 3′40″ | 3′45″ | 3′50″ | 3′55″ | 4′00″ | 4′05″ | 4′10″ | 4′15″ | / |
| 95 分 | 3′55″ | 3′50″ | 3′45″ | 3′50″ | 3′55″ | 4′00″ | 4′05″ | 4′10″ | 4′15″ | 4′20″ | / |
| 90 分 | 4′00″ | 3′55″ | 3′50″ | 3′55″ | 4′00″ | 4′05″ | 4′10″ | 4′15″ | 4′20″ | 4′25″ | / |
| 85 分 | 4′05″ | 4′00″ | 3′55″ | 4′00″ | 4′05″ | 4′10″ | 4′15″ | 4′20″ | 4′25″ | 4′30″ | / |
| 80 分 | 4′10″ | 4′05″ | 4′00″ | 4′05″ | 4′10″ | 4′15″ | 4′20″ | 4′25″ | 4′30″ | 4′35″ | / |
| 75 分 | 4′15″ | 4′10″ | 4′05″ | 4′10″ | 4′15″ | 4′20″ | 4′25″ | 4′30″ | 4′35″ | 4′40″ | / |
| 70 分 | 4′20″ | 4′15″ | 4′10″ | 4′15″ | 4′20″ | 4′25″ | 4′30″ | 4′35″ | 4′40″ | 4′45″ | / |
| 65 分 | 4′25″ | 4′20″ | 4′15″ | 4′20″ | 4′25″ | 4′30″ | 4′35″ | 4′40″ | 4′45″ | 4′50″ | / |
| 60 分 | 4′30″ | 4′25″ | 4′20″ | 4′25″ | 4′30″ | 4′35″ | 4′40″ | 4′45″ | 4′50″ | 4′55″ | 5′05″ |

女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 | 46-49岁 | 50 岁以上 |
| 100 分 | 60 | 63 | 66 | 63 | 60 | 57 | 54 | 51 | 48 | 45 | / |
| 95 分 | 57 | 60 | 63 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | / |
| 90 分 | 54 | 57 | 60 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | / |
| 85 分 | 51 | 54 | 57 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | / |
| 80 分 | 48 | 51 | 54 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | / |
| 75 分 | 45 | 48 | 51 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | / |
| 70 分 | 42 | 45 | 48 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | / |
| 65 分 | 39 | 42 | 45 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | / |
| 60 分 | 36 | 39 | 42 | 39 | 36 | 33 | 30 | 27 | 24 | 21 | 18 |
|  | | | | | | | | | | | |

女子跳绳评分标准（次 /1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 | 46-49岁 | 50 岁以上 |
| 100 分 | 130 | 135 | 140 | 135 | 130 | 125 | 120 | 115 | 110 | 105 | / |
| 95 分 | 125 | 130 | 135 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | / |
| 90 分 | 120 | 125 | 130 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | / |
| 85 分 | 115 | 120 | 125 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | / |
| 80 分 | 110 | 115 | 120 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | / |
| 75 分 | 105 | 110 | 115 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | / |
| 70 分 | 100 | 105 | 110 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | / |
| 65 分 | 95 | 100 | 105 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | / |
| 60 分 | 90 | 95 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 |
|  | | | | | | | | | | | |