附件2

体能测试评分标准

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|  项目 分 数 | 100米（秒）20% | 单杠引体向上（次）20% | 双杠臂屈伸（次）20% | 3000米（分、秒）40% |
| 100 | 11〞00 | 20 | 22 | 11ˊ40〞 |
| 95 | 11〞50 | 19 | 21 | 11ˊ50〞 |
| 90 | 12〞00 | 18 | 20 | 12ˊ00〞 |
| 85 | 12〞50 | 17 | 19 | 12ˊ10〞 |
| 80 | 13〞00 | 16 | 18 | 12ˊ20〞 |
| 75 | 13〞50 | 15 | 17 | 12ˊ30〞 |
| 70 | 14〞00 | 14 | 16 | 12ˊ40〞 |
| 65 | 14〞50 | 13 | 15 | 12ˊ50〞 |
| 60 | 15〞00 | 12 | 14 | 13ˊ00〞 |
| 55 | 15〞50 | 11 | 13 | 13ˊ10〞 |
| 50 | 16〞 | 10 | 12 | 13ˊ20〞 |
| 45 | 16〞50 | 9 | 11 | 13ˊ30〞 |
| 40 | 17〞 | 8 | 10 | 13ˊ40〞 |
| 35 | 17〞50 | 7 | 9 | 13ˊ50〞 |
| 30 | 18〞 | 6 | 8 | 14ˊ |
| 25 | 18〞50 | 5 | 7 | 14ˊ10〞 |
| 20 | 19〞 | 4 | 6 | 14ˊ20〞 |
| 15 | 19〞50 | 3 | 5 | 14ˊ30〞 |
| 10 | 20〞 | 2 | 4 | 14ˊ40〞 |
| 5 | 20〞50 | 1 | 3 | 14ˊ50〞 |