**附件3：**

巴州消防支队合同制消防员招录体能考核标准

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 项目  分值 | 1500米跑（分） | 折返跑（10米×5） | 仰卧起坐（个/3分） | 俯卧撑（个/2分） | 评定结果 |
| 100 | *6’00* | *14”* | *40* | *45* |  |
| 95 | *6’15* | *15”* | *39* | *42* |  |
| 90 | *6’30* | *16”* | *38* | *40* |  |
| 85 | *6’45* | *17”* | *37* | *38* |  |
| 80 | *7’00* | *18”* | *36* | *35* |  |
| 75 | *7’15* | *19”* | *35* | *32* |  |
| 70 | *7’30* | *20”* | *34* | *30* |  |
| 65 | *7’45* | *21”* | *33* | *28* |  |
| 60 | *8’00* | *22”* | *32* | *25* |  |
| 55 | *8’15* | *23”* | *31* | *22* |  |
| 50 | *8’30* | *24”* | *30* | *20* |  |
| 45 | *8’45* | *25”* | *29* | *18* |  |
| *40* | *9’00* |  | *28* | *15* |  |
| *35* | *9’15* |  | *27* | *12* |  |
| *30* | *9’30* |  | *26* | *10* |  |
| *25* | *9’45* |  | *25* |  |  |
| *20* | *10’00* |  | *24* |  |  |
| *15* | *10’15* |  | *23* |  |  |
| *10* | *10’30* |  | *22* |  |  |
| *5* | *10’45* |  | *21* |  |  |