附件3：

体能测试标准

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| 分数 | 标准 | 分数 | 标准 |
| 100 | 3'30" | 51 | 4'50" |
| 98 | 3'36" | 48 | 4'55" |
| 96 | 3'38" | 45 | 5'00" |
| 94 | 3'42" | 42 | 5'05" |
| 92 | 3'46" | 39 | 5'10" |
| 90 | 3'50" | 36 | 5'15" |
| 87 | 3'54" | 33 | 5'20" |
| 84 | 3'58" | 30 | 5'25" |
| 81 | 4'02" | 27 | 5'30" |
| 78 | 4'06" | 24 | 5'35" |
| 75 | 4'10" | 21 | 5'40" |
| 72 | 4'15" | 18 | 5'45" |
| 69 | 4'20" | 15 | 5'50" |
| 66 | 4'25" | 12 | 5'55" |
| 63 | 4'30" | 9 | 6'00" |
| 60 | 4'35" | 6 | 6'05" |
| 57 | 4'40" | 3 | 6'10" |
| 54 | 4'45" | 0 | 6'10"以上 |