**附件3：**

**蕉岭县新铺镇人民政府专职队员体能测试标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1000米跑 | | 立定跳远（2次为限） | | 仰卧起坐（限时3分钟） | |
| 分数 | 标准 | 分数 | 标准 | 分数 | 标准 |
| 100 | 3′30″ | 100 | 2.50 | 100 | 50 |
| 98 | 3′36″ | 98 | 2.49 | 98 | 49 |
| 96 | 3′38″ | 96 | 2.47 | 96 | 48 |
| 94 | 3′42″ | 94 | 2.46 | 94 | 47 |
| 92 | 3′46″ | 92 | 2.43 | 92 | 46 |
| 90 | 3′50″ | 90 | 2.41 | 90 | 44 |
| 87 | 3′54″ | 87 | 2.38 | 87 | 43 |
| 84 | 3′58″ | 84 | 2.35 | 84 | 42 |
| 81 | 4′02″ | 81 | 2.31 | 81 | 40 |
| 78 | 4′06″ | 78 | 2.26 | 78 | 38 |
| 75 | 4′10″ | 75 | 2.21 | 75 | 36 |
| 72 | 4′15″ | 72 | 2.17 | 72 | 35 |
| 69 | 4′20″ | 69 | 2.12 | 69 | 33 |
| 66 | 4′25″ | 66 | 2.17 | 66 | 30 |
| 63 | 4′30″ | 63 | 2.00 | 63 | 28 |
| 60 | 4′35″ | 60 | 1.93 | 60 | 25 |