附件3

**开封市鼓楼区消防救援大队2023年公开招聘体能测试及标准**

**3000米跑**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **80分** | **90分** | **100分** |
| 17'55" | 17'35" | 16'55" | 16'35" | 15'55" | 15'15" | 14'35" | 13'55" | 13'15" | 12'45" |

**100米跑**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **80分** | **90分** | **100分** |
| 17"3 | 16"8 | 15"9 | 15"6 | 15"3 | 15"0 | 14"7 | 14"1 | 13"8 | 13"5 |

**屈腿仰卧起坐**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **80分** | **90分** | **100分** |
| 13 | 19 | 25 | 31 | 37 | 43 | 49 | 55 | 61 | 67 |

**俯卧撑**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **80分** | **90分** | **100分** |
| 10 | 16 | 20 | 24 | 28 | 32 | 36 | 44 | 54 | 66 |

**单杠一练习**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10分** | **20分** | **30分** | **40分** | **50分** | **60分** | **70分** | **80分** | **90分** | **100分** |
| - | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 9 | 11 |