**附件4：**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **看护体能测试标准** | | | | | | |
| **项目** | **10M\*4往返跑** | | **纵跳摸高** | | **男子1000米** | **女子800米** |
| **男** | **女** | **男** | **女** |
| 25周岁以下 | 11″80 | 13″50 | 2米55 | 2米20 | 4′30″ | 4′20″ |
| 26-30周岁 | 12″30 | 14″00 | 4′40″ | 4′30″ |
| 31-35周岁 | 12″80 | 14″50 | 4′50″ | 4′40″ |
| 36周岁以上 | 13″20 | 15″00 | 5′00″ | 4′50″ |