|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 男性体能测试评分表 | | | | | | |
| **分值 项目** | **30岁以下** | **31岁以上** | **30岁以下** | **31岁以上** | **30岁以下** | **31岁以上** |
| **10米×4往返跑** | | **1000米跑** | | **俯卧撑** | |
|
| **（秒）** | | **（分′秒）** | | **（次）** | |
| 100 | 10″1 | 10″4 | 3′35″ | 3′45″ | 34 | 32 |
| 95 | 10″4 | 10″7 | 3′40″ | 3′50″ | 33 | 31 |
| 90 | 10″7 | 11″0 | 3′45″ | 3′55″ | 32 | 30 |
| 85 | 11″0 | 11″3 | 3′50″ | 4′00″ | 31 | 29 |
| 80 | 11″3 | 11″6 | 3′55″ | 4′05″ | 30 | 28 |
| 75 | 11″6 | 11″9 | 4′00″ | 4′10″ | 29 | 27 |
| 70 | 11″9 | 12″2 | 4′05″ | 4′15″ | 28 | 26 |
| 65 | 12″2 | 12″5 | 4′10″ | 4′20″ | 27 | 25 |
| 60 | 12″5 | 12″8 | 4′15″ | 4′25″ | 26 | 24 |
| 55 | 12″8 | 13″1 | 4′20″ | 4′30″ | 25 | 23 |
| 50 | 13″1 | 13″4 | 4′25″ | 4′35″ | 24 | 22 |
| 45 | 13″4 | 13″7 | 4′30″ | 4′40″ | 23 | 21 |
| 40 | 13″7 | 14″0 | 4′35″ | 4′45″ | 21 | 19 |
| 35 | 14″0 | 14″3 | 4′40″ | 4′50″ | 19 | 17 |
| 备注：每项低于35分为不及格，两项不及格将淘汰，俯卧撑时间不超过5分钟。 | | | | | | |