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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 体能测试评分标准 | | | | | | | | | | | |
| 分数 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 |
| 时间 | 12″00 | 12″50 | 13″00 | 13″50 | 14″00 | 14″50 | 15″00 | 15″50 | 16″00 | 16″50 | 17″00 |
|  | | | | | | | | | | | |
| 分数 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 |
| 时间 | 12′40″ | 12′50″ | 13′00″ | 13′20″ | 13′40″ | 14′00″ | 14′20″ | 14′40″ | 15′00″ | 15′30″ | 16′00″ |
|  | | | | | | | | | | | |
| 分数 | 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 |
| 个 | 14 | 12 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 |