附件 3

内蒙古森工集团2025年公开招聘退役军人体能测试项目及标准

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **仰卧起坐** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分值 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
| 次数 （个） | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84及  以上 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **立定跳远** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分值 | | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
| 距离（米） | | 2.01 | 2.06 | 2.11 | 2.16 | 2.21 | 2.23 | 2.25 | 2.27 | 2.29 | 2.31 | 2.33 | 2.34 | 2.35 | 2.36 | 2.37 | 2.38 | 2.39 | 2.40 | 2.41 | 2.42 | 2.43 | 2.44 | 2.45 | 2.46 | 2.47 | 2.48 | 2.49 | 2.50 | 2.51 | 2.52 | 2.53及  以上 |

**3000** **米跑**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 分值 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 |
| 时间 （秒） | 17 ′  31"  及以  上 | 17 ′ 30"    17 ′ 21" | 17 ′ 20"    17 ′ 11" | 17 ′ 10"    17 ′ 01" | 17 ′ 00"    16 ′ 51" | 16 ′ 50"    16 ′ 41" | 16 ′ 40"    16 ′ 31" | 16 ′ 30"    16 ′ 21" | 16 ′ 20"    16 ′ 11" | 16 ′ 10"    16 ′ 01" | 16 ′ 00"    15 ′ 51" | 15 ′ 50"    15 ′ 41" | 15 ′ 40"    15 ′ 31" | 15 ′ 30"    15 ′ 21" | 15 ′ 20"    15 ′ 11" | 15 ′ 10"    15 ′ 01" | 15 ′ 00"    14 ′ 51" | 14 ′ 50"    14 ′ 41" | 14 ′ 40"    14 ′ 31" | 14 ′ 30"    14 ′ 21" | 14 ′ 20"    14 ′ 11" | 14 ′ 10"    14 ′ 01" | 14 ′ 00"    13 ′ 51" | 13 ′ 50"    13 ′ 41" | 13 ′ 40"    13 ′ 31" | 13 ′ 30"    13 ′ 21" | 13 ′ 20"    13 ′ 11" | 13 ′ 10"    13 ′ 01" | 13 ′ 00"    12 ′ 51" | 12 ′ 50"    12 ′ 41" | 12 ′ 40"    12 ′ 31" | 12 ′  30"  及  以下 |