附件2

体能考核标准

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| 项目 | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-55岁 |
| 3000米 | 14′50″ | 14’15’’ | 13’40’’ | 14’15’’ | 14’50’’ | 15’55’’ | 16’30’’ | 17’05’’ | 17’40’’ | 18’15’’ | 18’50’’ | 19’25’’ |
| 100米负重 | 23″00 | 22″50 | 22″00 | 22″50 | 23″00 | 23″50 | 24″00 | 24″50 | 25″00 | 25″50 | 26″00 | 26″50 |
| 俯卧撑（男） | 34 | 36 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 |