附件3：

**中山市消防救援支队政府专职消防队员体能考核标准**

**战斗员、火场文书岗位体能考核标准**、

|  |  |  |  |
| --- | --- | --- | --- |
| **得分** | **3000米跑步** | **单杠引体向上** | **双手各提1个15公斤壶铃5×40米折返** |
| 100 | 12'30" | 16 | 52" |
| 95 | 12'40" | 14 | 53" |
| 90 | 12'50" | 12 | 54" |
| 85 | 13'10" | 11 | 55" |
| 80 | 13'30" | 10 | 56" |
| 75 | 13'50" | 9 | 58" |
| 70 | 14'10" | 8 | 1‘00" |
| 65 | 14'30" | 7 | 1‘02" |
| 60 | 14'50" | 6 | 1‘04" |