

附件 5:

昆明市公安局警务辅助人员体能测评项目和标准（试行）

男子 1000 米跑评分标准

| | 25 岁以下 | 26 岁至 30 岁 | 31 岁至 35 岁 | 36 岁至 40 岁 | 41 岁至 45 岁 | 46 岁至 50 岁 |
|-----|--------|---------------|---------------|---------------|---------------|---------------|
| | 分、秒 | 分、秒 | 分、秒 | 分、秒 | 分、秒 | 分、秒 |
| 100 | 3' 26" | 3' 35" | 3' 45" | 3' 55" | 4' 00" | 4' 05" |
| 99 | | 3' 36" | 3' 46" | 3' 56" | 4' 01" | 4' 06" |
| 98 | 3' 27" | 3' 37" | 3' 47" | 3' 57" | 4' 02" | 4' 07" |
| 97 | | 3' 38" | 3' 48" | 3' 58" | 4' 03" | 4' 08" |
| 96 | | 3' 39" | 3' 49" | 3' 59" | 4' 04" | 4' 09" |
| 95 | 3' 28" | 3' 40" | 3' 50" | 4' 00" | 4' 05" | 4' 10" |
| 94 | | 3' 41" | 3' 51" | 4' 01" | 4' 06" | 4' 11" |
| 93 | 3' 29" | 3' 42" | 3' 52" | 4' 02" | 4' 07" | 4' 12" |
| 92 | | 3' 43" | 3' 53" | 4' 03" | 4' 08" | 4' 13" |
| 91 | | 3' 44" | 3' 54" | 4' 04" | 4' 09" | 4' 14" |
| 90 | 3' 30" | 3' 45" | 3' 55" | 4' 05" | 4' 10" | 4' 15" |
| 89 | | 3' 46" | 3' 56" | 4' 06" | 4' 11" | 4' 16" |
| 88 | 3' 31" | 3' 47" | 3' 57" | 4' 07" | 4' 12" | 4' 17" |
| 87 | | 3' 48" | 3' 58" | 4' 08" | 4' 13" | 4' 18" |
| 86 | | 3' 49" | 3' 59" | 4' 09" | 4' 14" | 4' 19" |
| 85 | 3' 32" | 3' 50" | 4' 00" | 4' 10" | 4' 15" | 4' 20" |
| 84 | 3' 33" | 3' 51" | 4' 01" | 4' 11" | 4' 16" | 4' 21" |
| 83 | | 3' 52" | 4' 02" | 4' 12" | 4' 17" | 4' 22" |
| 82 | 3' 34" | 3' 53" | 4' 03" | 4' 13" | 4' 18" | 4' 23" |
| 81 | | 3' 54" | 4' 04" | 4' 14" | 4' 19" | 4' 24" |
| 80 | 3' 35" | 3' 55" | 4' 05" | 4' 15" | 4' 20" | 4' 25" |
| 79 | 3' 36" | 3' 56" | 4' 06" | 4' 16" | 4' 21" | 4' 26" |
| 78 | 3' 37" | 3' 57" | 4' 07" | 4' 17" | 4' 22" | 4' 27" |
| 77 | 3' 38" | 3' 58" | 4' 08" | 4' 18" | 4' 23" | 4' 28" |
| 76 | 3' 39" | 3' 59" | 4' 09" | 4' 19" | 4' 24" | 4' 29" |

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|----|--------|--------|--------|--------|--------|--------|
| 75 | 3' 40" | 4' 00" | 4' 10" | 4' 20" | 4' 25" | 4' 30" |
| 74 | 3' 41" | 4' 01" | 4' 11" | 4' 21" | 4' 26" | 4' 31" |
| 73 | 3' 42" | 4' 02" | 4' 12" | 4' 22" | 4' 27" | 4' 32" |
| 72 | 3' 43" | 4' 03" | 4' 13" | 4' 23" | 4' 28" | 4' 33" |
| 71 | 3' 44" | 4' 04" | 4' 14" | 4' 24" | 4' 29" | 4' 34" |
| 70 | 3' 45" | 4' 05" | 4' 15" | 4' 25" | 4' 30" | 4' 35" |
| 69 | 3' 46" | 4' 06" | 4' 16" | 4' 26" | 4' 31" | 4' 36" |
| 68 | 3' 47" | 4' 07" | 4' 17" | 4' 27" | 4' 32" | 4' 37" |
| 67 | 3' 48" | 4' 08" | 4' 18" | 4' 28" | 4' 33" | 4' 38" |
| 66 | 3' 49" | 4' 09" | 4' 19" | 4' 29" | 4' 34" | 4' 39" |
| 65 | 3' 50" | 4' 10" | 4' 20" | 4' 30" | 4' 35" | 4' 40" |
| 64 | 3' 51" | 4' 11" | 4' 21" | 4' 31" | 4' 36" | 4' 41" |
| 63 | 3' 52" | 4' 12" | 4' 22" | 4' 32" | 4' 37" | 4' 42" |
| 62 | 3' 53" | 4' 13" | 4' 23" | 4' 33" | 4' 38" | 4' 43" |
| 61 | 3' 54" | 4' 14" | 4' 24" | 4' 34" | 4' 39" | 4' 44" |
| 60 | 3' 55" | 4' 15" | 4' 25" | 4' 35" | 4' 40" | 4' 45" |
| 59 | 3' 56" | 4' 16" | 4' 26" | 4' 36" | 4' 41" | 4' 46" |
| 58 | 3' 57" | 4' 17" | 4' 27" | 4' 37" | 4' 42" | 4' 47" |
| 57 | 3' 58" | 4' 18" | 4' 28" | 4' 38" | 4' 43" | 4' 48" |
| 56 | 3' 59" | 4' 19" | 4' 29" | 4' 39" | 4' 44" | 4' 49" |
| 55 | 4' 00" | 4' 20" | 4' 30" | 4' 40" | 4' 45" | 4' 50" |
| 54 | 4' 01" | 4' 21" | 4' 31" | 4' 41" | 4' 46" | 4' 51" |
| 53 | 4' 02" | 4' 22" | 4' 32" | 4' 42" | 4' 47" | 4' 52" |
| 52 | 4' 03" | 4' 23" | 4' 33" | 4' 43" | 4' 48" | 4' 53" |
| 51 | 4' 04" | 4' 24" | 4' 34" | 4' 44" | 4' 49" | 4' 54" |
| 50 | 4' 05" | 4' 25" | 4' 35" | 4' 45" | 4' 50" | 4' 55" |
| 49 | 4' 06" | 4' 26" | 4' 36" | 4' 46" | 4' 51" | 4' 56" |
| 48 | 4' 07" | 4' 27" | 4' 37" | 4' 47" | 4' 52" | 4' 57" |
| 47 | 4' 08" | 4' 28" | 4' 38" | 4' 48" | 4' 53" | 4' 58" |
| 46 | 4' 09" | 4' 29" | 4' 39" | 4' 49" | 4' 54" | 4' 59" |
| 45 | 4' 10" | 4' 30" | 4' 40" | 4' 50" | 4' 55" | 5' 00" |
| 44 | 4' 11" | 4' 31" | 4' 41" | 4' 51" | 4' 56" | 5' 01" |
| 43 | 4' 12" | 4' 32" | 4' 42" | 4' 52" | 4' 57" | 5' 02" |
| 42 | 4' 13" | 4' 33" | 4' 43" | 4' 53" | 4' 58" | 5' 03" |
| 41 | 4' 14" | 4' 34" | 4' 44" | 4' 54" | 4' 59" | 5' 04" |
| 40 | 4' 15" | 4' 35" | 4' 45" | 4' 55" | 5' 00" | 5' 05" |
| 39 | 4' 16" | 4' 36" | 4' 46" | 4' 56" | 5' 01" | 5' 06" |

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|----|--------|--------|--------|--------|--------|--------|
| 38 | 4' 17" | 4' 37" | 4' 47" | 4' 57" | 5' 02" | 5' 07" |
| 37 | 4' 18" | 4' 38" | 4' 48" | 4' 58" | 5' 03" | 5' 08" |
| 36 | 4' 19" | 4' 39" | 4' 49" | 4' 59" | 5' 04" | 5' 09" |
| 35 | 4' 20" | 4' 40" | 4' 50" | 5' 00" | 5' 05" | 5' 10" |
| 34 | 4' 21" | 4' 41" | 4' 51" | 5' 01" | 5' 06" | 5' 11" |
| 33 | 4' 22" | 4' 42" | 4' 52" | 5' 02" | 5' 07" | 5' 12" |
| 32 | 4' 23" | 4' 43" | 4' 53" | 5' 03" | 5' 08" | 5' 13" |
| 31 | 4' 24" | 4' 44" | 4' 54" | 5' 04" | 5' 09" | 5' 14" |
| 30 | 4' 25" | 4' 45" | 4' 55" | 5' 05" | 5' 10" | 5' 15" |
| 29 | 4' 26" | 4' 46" | 4' 56" | 5' 06" | 5' 11" | 5' 16" |
| 28 | 4' 27" | 4' 47" | 4' 57" | 5' 07" | 5' 12" | 5' 17" |
| 27 | 4' 28" | 4' 48" | 4' 58" | 5' 08" | 5' 13" | 5' 18" |
| 26 | 4' 29" | 4' 49" | 4' 59" | 5' 09" | 5' 14" | 5' 19" |
| 25 | 4' 30" | 4' 50" | 5' 00" | 5' 10" | 5' 15" | 5' 20" |
| 24 | 4' 31" | 4' 51" | 5' 01" | 5' 11" | 5' 16" | 5' 21" |
| 23 | 4' 32" | 4' 52" | 5' 02" | 5' 12" | 5' 17" | 5' 22" |
| 22 | 4' 33" | 4' 53" | 5' 03" | 5' 13" | 5' 18" | 5' 23" |
| 21 | 4' 34" | 4' 54" | 5' 04" | 5' 14" | 5' 19" | 5' 24" |
| 20 | 4' 35" | 4' 55" | 5' 05" | 5' 15" | 5' 20" | 5' 25" |
| 19 | 4' 36" | 4' 56" | 5' 06" | 5' 16" | 5' 21" | 5' 26" |
| 18 | 4' 37" | 4' 57" | 5' 07" | 5' 17" | 5' 22" | 5' 27" |
| 17 | 4' 38" | 4' 58" | 5' 08" | 5' 18" | 5' 23" | 5' 28" |
| 16 | 4' 39" | 4' 59" | 5' 09" | 5' 19" | 5' 24" | 5' 29" |
| 15 | 4' 40" | 5' 00" | 5' 10" | 5' 20" | 5' 25" | 5' 30" |
| 14 | 4' 41" | 5' 01" | 5' 11" | 5' 21" | 5' 26" | 5' 31" |
| 13 | 4' 42" | 5' 02" | 5' 12" | 5' 22" | 5' 27" | 5' 32" |
| 12 | 4' 43" | 5' 03" | 5' 13" | 5' 23" | 5' 28" | 5' 33" |
| 11 | 4' 44" | 5' 04" | 5' 14" | 5' 24" | 5' 29" | 5' 34" |
| 10 | 4' 45" | 5' 05" | 5' 15" | 5' 25" | 5' 30" | 5' 35" |
| 9 | 4' 46" | 5' 06" | 5' 16" | 5' 26" | 5' 31" | 5' 36" |
| 8 | 4' 47" | 5' 07" | 5' 17" | 5' 27" | 5' 32" | 5' 37" |
| 7 | 4' 48" | 5' 08" | 5' 18" | 5' 28" | 5' 33" | 5' 38" |
| 6 | 4' 49" | 5' 09" | 5' 19" | 5' 29" | 5' 34" | 5' 39" |
| 5 | 4' 50" | 5' 10" | 5' 20" | 5' 30" | 5' 35" | 5' 40" |
| 4 | 4' 51" | 5' 11" | 5' 21" | 5' 31" | 5' 36" | 5' 41" |
| 3 | 4' 52" | 5' 12" | 5' 22" | 5' 32" | 5' 37" | 5' 42" |
| 2 | 4' 53" | 5' 13" | 5' 23" | 5' 33" | 5' 38" | 5' 43" |

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|---|--------|--------|--------|--------|--------|--------|
| 1 | 4' 54" | 5' 14" | 5' 24" | 5' 34" | 5' 39" | 5' 44" |
| 0 | 4' 55" | 5' 15" | 5' 25" | 5' 35" | 5' 40" | 5' 45" |