

男子 1500m 评分标准（分钟）

	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	52-54 岁	55 岁以上
100 分	6'00"	5'40"	5'20"	5'40"	6'00"	6'20"	6'40"	7'00"	7'20"	7'40"	8'00"	8'20"	/
95 分	6'10"	5'50"	5'30"	5'50"	6'10"	6'30"	6'50"	7'10"	7'30"	7'50"	8'10"	8'30"	/
90 分	6'20"	6'00"	5'40"	6'00"	6'20"	6'40"	7'00"	7'20"	7'40"	8'00"	8'20"	8'40"	/
85 分	6'30"	6'10"	5'50"	6'10"	6'30"	6'50"	7'10"	7'30"	7'50"	8'10"	8'30"	8'50"	/
80 分	6'40"	6'20"	6'00"	6'20"	6'40"	7'00"	7'20"	7'40"	8'00"	8'20"	8'40"	9'00"	/
75 分	6'50"	6'30"	6'10"	6'30"	6'50"	7'10"	7'30"	7'50"	8'10"	8'30"	8'50"	9'10"	/
70 分	7'00"	6'40"	6'20"	6'40"	7'00"	7'20"	7'40"	8'00"	8'20"	8'40"	9'00"	9'20"	/
65 分	7'10"	6'50"	6'30"	6'50"	7'10"	7'30"	7'50"	8'10"	8'30"	8'50"	9'10"	9'30"	/
60 分	7'20"	7'00"	6'40"	7'00"	7'20"	7'40"	8'00"	8'20"	8'40"	9'00"	9'20"	9'40"	10'00"

消防救援人员体能测试项目各项标准  
男子俯卧撑评分标准（次/2分钟）

	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	52-54岁	55岁以上
100分	68	70	72	70	68	66	64	62	60	58	56	54	/
95分	62	64	66	64	62	60	58	56	54	52	50	48	/
90分	56	58	60	58	56	54	52	50	48	46	44	42	/
85分	50	52	54	52	50	48	46	44	42	40	38	36	/
80分	46	48	50	48	46	44	42	40	38	36	34	32	/
75分	42	44	46	44	42	40	38	36	34	32	30	28	/
70分	38	40	42	40	38	36	34	32	30	28	26	24	/
65分	36	38	40	38	36	34	32	30	28	26	24	22	/
60分	34	36	38	36	34	32	30	28	26	24	22	20	18

男子屈腿仰卧起坐评分标准（次/3分钟）

	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	52-54岁	55岁以上
100分	70	73	76	73	70	67	64	61	58	55	52	49	/
95分	67	70	73	70	67	64	61	58	55	52	49	46	/
90分	64	67	70	67	64	61	58	55	52	49	46	43	/
85分	61	64	67	64	61	58	55	52	49	46	43	40	/
80分	58	61	64	61	58	55	52	49	46	43	40	37	/
75分	55	58	61	58	55	52	49	46	43	40	37	34	/
70分	52	55	58	55	52	49	46	43	40	37	34	31	/
65分	49	52	55	52	49	46	43	40	37	34	31	28	/
60分	46	49	52	49	46	43	40	37	34	31	28	25	22

# 消防救援人员体型标准对照

附表1

救援人员体型标准及对照（男子）

身高（m）	年龄（周岁）				
	24以下	25~29	30~39	40~49	50~60
1.60	47.4~66.3	47.4~68.9	47.4~71.4	47.4~74.0	47.4~75.3
1.61	48.0~67.1	48.0~69.7	48.0~72.3	48.0~74.9	48.0~76.2
1.62	48.6~68.0	48.6~70.6	48.6~73.2	48.6~75.8	48.6~77.2
1.63	49.2~68.8	49.2~71.5	49.2~74.1	49.2~76.8	49.2~78.1
1.64	49.8~69.7	49.8~72.4	49.8~75.0	49.8~77.7	49.8~79.1
1.65	50.4~70.5	50.4~73.2	50.4~76.0	50.4~78.7	50.4~80.0
1.66	51.0~71.4	51.0~74.1	51.0~76.9	51.0~79.6	51.0~81.0
1.67	51.6~72.2	51.6~75.0	51.6~77.8	51.6~80.6	51.6~82.0
1.68	52.2~73.1	52.2~75.9	52.2~78.7	52.2~81.6	52.2~83.0
1.69	52.8~74.0	52.8~76.8	52.8~79.7	52.8~82.5	52.8~84.0
1.70	53.5~74.9	53.5~77.7	53.5~80.6	53.5~83.5	53.5~85.0
1.71	54.1~75.7	54.1~78.7	54.1~81.6	54.1~84.5	54.1~86.0
1.72	54.7~76.6	54.7~79.6	54.7~82.5	54.7~85.5	54.7~87.0
1.73	55.4~77.5	55.4~80.5	55.4~83.5	55.4~86.5	55.4~88.0
1.74	56.0~78.4	56.0~81.4	56.0~84.5	56.0~87.5	56.0~89.0
1.75	56.7~79.3	56.7~82.4	56.7~85.4	56.7~88.5	56.7~90.0
1.76	57.3~80.2	57.3~83.3	57.3~86.4	57.3~89.5	57.3~91.1
1.77	58.0~81.1	58.0~84.3	58.0~87.4	58.0~90.5	58.0~92.1
1.78	58.6~82.1	58.6~85.2	58.6~88.4	58.6~91.6	58.6~93.2
1.79	59.3~83.0	59.3~86.2	59.3~89.4	59.3~92.6	59.3~94.2
1.80	59.9~83.9	59.9~87.2	59.9~90.4	59.9~93.6	59.9~95.3
1.81	60.6~84.9	60.6~88.1	60.6~91.4	60.6~94.7	60.6~96.3
1.82	61.3~85.8	61.3~89.1	61.3~92.4	61.3~95.7	61.3~97.4
1.83	62.0~86.7	62.0~90.1	62.0~93.4	62.0~96.8	62.0~98.5
1.84	62.6~87.7	62.6~91.1	62.6~94.5	62.6~97.8	62.6~99.5
1.85	63.3~88.6	63.3~92.1	63.3~95.5	63.3~98.9	63.3~100.6
1.86	64.0~89.6	64.0~93.1	64.0~96.5	64.0~100.0	64.0~101.7
1.87	64.7~90.6	64.7~94.1	64.7~97.6	64.7~101.1	64.7~102.8
1.88	65.4~91.5	65.4~95.1	65.4~98.6	65.4~102.1	65.4~103.9
1.89	66.1~92.5	66.1~96.1	66.1~99.7	66.1~103.2	66.1~105.0
1.90	66.8~93.5	66.8~97.1	66.8~100.7	66.8~104.3	66.8~106.1
1.91	67.5~94.5	67.5~98.1	67.5~101.8	67.5~105.4	67.5~107.3
1.92	68.2~95.5	68.2~99.2	68.2~102.9	68.2~106.5	68.2~108.4

身高 (m)	年龄 (周岁)				
	24以下	25~29	30~39	40~49	50~60
1.93	68.9~96.5	68.9~100.2	68.9~103.9	68.9~107.6	68.9~109.5
1.94	69.6~97.5	69.6~101.2	69.6~105.0	69.6~108.8	69.6~110.6
1.95	70.3~98.5	70.3~102.3	70.3~106.1	70.3~109.9	70.3~111.8
1.96	71.1~99.5	71.1~103.3	71.1~107.2	71.1~111.0	71.1~112.9
1.97	71.8~100.5	71.8~104.4	71.8~108.3	71.8~112.2	71.8~114.1
1.98	72.5~101.5	72.5~105.5	72.5~109.4	72.5~113.3	72.5~115.3
1.99	73.3~102.6	73.3~106.5	73.3~110.5	73.3~114.4	73.3~115.4
2.00	74.0~103.6	74.0~107.6	74.0~111.6	74.0~115.6	74.0~117.6
公式	$18.5 \leq \text{BMI} \leq 25.9$	$18.5 \leq \text{BMI} \leq 26.9$	$18.5 \leq \text{BMI} \leq 27.9$	$18.5 \leq \text{BMI} \leq 28.9$	$18.5 \leq \text{BMI} \leq 29.4$

注：BMI=体重 (kg) / [身高 (m)]<sup>2</sup>。