男子26岁至30岁评分表

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- |
| 项目 | 一 | 二 | 三  |
| 100米跑 | 10米×4往返跑 | 立定跳远 |
| 分值 | （秒） | （秒） | （米） |
| 100 | 13″4 | 10″1 | 2.65 |
| 95 | 13″7 | 10″4 | 2.61 |
| 90 | 14″0 | 10″7 | 2.57 |
| 85 | 14″3 | 11″0 | 2.53 |
| 80 | 14″6 | 11″3 | 2.49 |
| 75 | 14″9 | 11″6 | 2.45 |
| 70 | 15″2 | 11″9 | 2.41 |
| 65 | 15″5 | 12″2 | 2.37 |
| 60 | 15″8 | 12″5 | 2.33 |
| 55 | 16″1 | 12″8 | 2.29 |
| 50 | 16″4 | 13″1 | 2.25 |
| 45 | 16″7 | 13″4 | 2.21 |
| 40 | 17″0 | 13″7 | 2.17 |
| 35 | 17″3 | 14″0 | 2.13 |

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            男子25岁以下评分表

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- |
| 项目 | 一 | 二 | 三  |
| 100米跑 | 10米×4往返跑 | 立定跳远 |
| 分值 | （秒） | （秒） | （米） |
| 100 | 12″5 | 9″2 | 2.69 |
| 95 | 12″8 | 9″5 | 2.65 |
| 90 | 13″1 | 9″8 | 2.61 |
| 85 | 13″4 | 10″1 | 2.57 |
| 80 | 13″7 | 10″4 | 2.53 |
| 75 | 14″0 | 10″7 | 2.49 |
| 70 | 14″3 | 11″0 | 2.45 |
| 65 | 14″6 | 11″3 | 2.41 |
| 60 | 14″9 | 11″6 | 2.37 |
| 55 | 15″2 | 11″9 | 2.33 |
| 50 | 15″5 | 12″2 | 2.29 |
| 45 | 15″8 | 12″5 | 2.25 |
| 40 | 16″1 | 12″8 | 2.21 |
| 35 | 16″4 | 13″1 | 2.17 |

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