|  |  |  |  |
| --- | --- | --- | --- |
| 平板支撑 | 男引体向上/  女仰卧起坐 | 男1000米/  女800米 | 100％ |
| 2′50 | 10/56 | 3′17/3′18 | 100 |
| 2′40 | /54 | 3′22/3′24 | 95 |
| 2′30 | 9/52 | 3′27/3′30 | 90 |
| 2′20 | /49 | 3′34/3′37 | 85 |
| 2′10 | 8/46 | 3′42/3′44 | 80 |
| 2′00 | /42 | 3′55/3′57 | 75 |
| 1′50 | 7/36 | 4′07/4′09 | 70 |
| 1′35 | /30 | 4′20/4′22 | 65 |
| 1′20 | 6/26 | 4′32/4′34 | 60 |
| 1′ | 5/24 | 4′52/4′44 | 50 |
| 50″ | 4/22 | 5′12/4′54 | 40 |
| 40″ | 3/20 | 5′32/5′04 | 30 |
| 30″ | 2/18 | 5′52/5′14 | 20 |
| 20″ | 1/16 | 6′12/5′24 | 10 |