|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 附件1：十四运资格赛高尔夫球体能测试标准 | | | | | | | | | | | | | | |
| **评分** | **30m冲刺(s)** | | **垂直纵跳 (cm)** | | **深蹲相对力量** | | **卧推相对力量** | | **直臂悬垂 (s)** | | **腹肌耐力 (s)** | **背肌耐力 (s)** | **3000m  (min's)** | |
|  |
| **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** |  |
| **10** | ≤4.5 | ≤4.8 | ≥55 | ≥45 | ≥1.3 | ≥1.2 | ≥1.1 | ≥0.9 | ≥90 | ≥70 | ≥120 | ≥120 | ≤12:00 | ≤13:00 |  |
| **9** | 4.6 | 4.9 | 53-54 | 43-44 | 1.2 | 1.1 | 1.0 | —— | 85-89 | 65-69 | 115-119 | 115-119 | 12:01-12:40 | 13:01-13:40 |  |
| **8** | 4.7 | 5 | 51-52 | 41-42 | 1.1 | 1.0 | 0.9 | 0.8 | 80-84 | 60-64 | 110-114 | 110-114 | 12:41-13:20 | 13:41-14:20 |  |
| **7** | 4.8 | 5.1 | 49-50 | 39-40 | 1.0 | 0.9 | 0.8 | 0.7 | 75-79 | 55-59 | 105-109 | 105-109 | 13:21-14:00 | 14:21-15:00 |  |
| **6** | 4.9 | 5.2-5.3 | 46-48 | 36-38 | 0.9 | 0.8 | 0.7 | 0.6 | 70-74 | 50-54 | 100-104 | 100-104 | 14:01-14:30 | 15:11-15:30 |  |
| **5** | 5 | 5.4-5.5 | 43-45 | 33-35 | 0.8 | 0.7 | 0.6 | 0.5 | 65-69 | 45-49 | 90-99 | 90-99 | 14:31-15:00 | 15:31-16:00 |  |
| **4** | 5.1 | 5.6-5.7 | 40-42 | 30-32 | 0.7 | 0.6 | 0.5 | 0.4 | 60-64 | 40-44 | 80-89 | 80-89 | 15:01-15:30 | 16:31-16:30 |  |
| **3** | 5.2 | 5.8-5.9 | 37-39 | 27-29 | —— | —— | —— | —— | 55-59 | 35-39 | 70-79 | 70-79 | 15:31-16:00 | 16:31-17:00 |  |
| **2** | 5.3 | 6.0-6.1 | 34-36 | 24-26 | —— | —— | —— | —— | 50-54 | 30-34 | 60-69 | 60-69 | 16:01-16:30 | 17:01-17:30 |  |
| **1** | 5.4 | 6.2-6.4 | 31-33 | 21-23 | —— | —— | —— | —— | 45-49 | —— | 30-59 | 30-59 | 16:31-17:00 | 17:31-18:00 |  |
| **0** | ≥5.5 | ≥6.5 | ≤30 | ≤20 | ≤0.6 | ≤0.5 | ≤0.4 | ≤0.3 | ＜45 | ＜30 | ＜30 | ＜30 | ＞17:00 | ＞18:00 |  |