

## 中马协关于 2020 年全国马术场地障碍锦标赛基础体能考核标准

评分	BMI		坐位体前屈 cm	30m 冲刺 s	垂直纵跳 cm		深蹲相 对力量	卧推相 对力量	引体向上 次		腹肌耐力 s	背肌耐力 s	3000m min's	
	男	女			男	女			男	女			男	女
10	19.2-19.5	21.2-21.5	36	4.9	51	46	1.0	1.0	36	31	100-104	100-104	12:01-12:30	12:31-13:00
9	19.6-19.9	21.6-21.9	35	5.0	50	45	---	---	35	30	90-99	90-99	---	---
8	20.0-20.3	22.0-22.3	34	5.1	47-49	42-44	---	---	31-34	26-29	80-89	80-89	12:31-13:00	13:01-13:30
7	20.4-20.7	22.4-22.7	31-33	5.2	43-46	38-41	0.9	0.9	27-30	22-25	70-79	70-79	---	---
6	20.8-21.1	22.8-23.1	28-30	---	39-42	34-37	0.8	0.8	23-26	18-21	60-69	60-69	13:01-13:30	13:31-14:00
5	21.2-22.0	23.2-24.0	25-27	---	35-38	30-33	0.7	0.7	18-22	13-17	30-59	30-59	13:31-14:00	14:01-14:30
4	22.1-22.9	24.1-24.9	24-22	5.3	33-34	28-29	0.6	0.6	17-15	12-10	---	---	14:01-14:30	14:31-15:00
3	23.0-23.9	25.0-25.9	---	---	---	---	---	---	14-12	9-8	---	---	---	---
2	24.0-24.9	26.0-26.9	---	---	---	---	---	---	11-10	7-5	---	---	---	---
1	25.0-26.0	27.0-28.0	>20	>5.4	<33	<28	≤0.5	≤0.5	<10	<5	<30	<30	>14:30	>15:00

备注：各项指标得分计算四舍五入，精确到小数点后相应位数。