**體能測驗成績給分量表**

附件

時間單位：秒 ※此量表各類組男女性均適用。

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | **得分** | 時間 | **得分** | 時間 | **得分** | 時間 | **得分** | 時間 | **得分** |
| 9.00 (含以下) | **100.0** | 9.35 | **96.5** | 9.70 | **93.0** | 10.05 | **89.5** | 10.40 | **86.0** |
| 9.01 | **99.9** | 9.36 | **96.4** | 9.71 | **92.9** | 10.06 | **89.4** | 10.41 | **85.9** |
| 9.02 | **99.8** | 9.37 | **96.3** | 9.72 | **92.8** | 10.07 | **89.3** | 10.42 | **85.8** |
| 9.03 | **99.7** | 9.38 | **96.2** | 9.73 | **92.7** | 10.08 | **89.2** | 10.43 | **85.7** |
| 9.04 | **99.6** | 9.39 | **96.1** | 9.74 | **92.6** | 10.09 | **89.1** | 10.44 | **85.6** |
| 9.05 | **99.5** | 9.40 | **96.0** | 9.75 | **92.5** | 10.10 | **89.0** | 10.45 | **85.5** |
| 9.06 | **99.4** | 9.41 | **95.9** | 9.76 | **92.4** | 10.11 | **88.9** | 10.46 | **85.4** |
| 9.07 | **99.3** | 9.42 | **95.8** | 9.77 | **92.3** | 10.12 | **88.8** | 10.47 | **85.3** |
| 9.08 | **99.2** | 9.43 | **95.7** | 9.78 | **92.2** | 10.13 | **88.7** | 10.48 | **85.2** |
| 9.09 | **99.1** | 9.44 | **95.6** | 9.79 | **92.1** | 10.14 | **88.6** | 10.49 | **85.1** |
| 9.10 | **99.0** | 9.45 | **95.5** | 9.80 | **92.0** | 10.15 | **88.5** | 10.50 | **85.0** |
| 9.11 | **98.9** | 9.46 | **95.4** | 9.81 | **91.9** | 10.16 | **88.4** | 10.51 | **84.9** |
| 9.12 | **98.8** | 9.47 | **95.3** | 9.82 | **91.8** | 10.17 | **88.3** | 10.52 | **84.8** |
| 9.13 | **98.7** | 9.48 | **95.2** | 9.83 | **91.7** | 10.18 | **88.2** | 10.53 | **84.7** |
| 9.14 | **98.6** | 9.49 | **95.1** | 9.84 | **91.6** | 10.19 | **88.1** | 10.54 | **84.6** |
| 9.15 | **98.5** | 9.50 | **95.0** | 9.85 | **91.5** | 10.20 | **88.0** | 10.55 | **84.5** |
| 9.16 | **98.4** | 9.51 | **94.9** | 9.86 | **91.4** | 10.21 | **87.9** | 10.56 | **84.4** |
| 9.17 | **98.3** | 9.52 | **94.8** | 9.87 | **91.3** | 10.22 | **87.8** | 10.57 | **84.3** |
| 9.18 | **98.2** | 9.53 | **94.7** | 9.88 | **91.2** | 10.23 | **87.7** | 10.58 | **84.2** |
| 9.19 | **98.1** | 9.54 | **94.6** | 9.89 | **91.1** | 10.24 | **87.6** | 10.59 | **84.1** |
| 9.20 | **98.0** | 9.55 | **94.5** | 9.90 | **91.0** | 10.25 | **87.5** | 10.60 | **84.0** |
| 9.21 | **97.9** | 9.56 | **94.4** | 9.91 | **90.9** | 10.26 | **87.4** | 10.61 | **83.9** |
| 9.22 | **97.8** | 9.57 | **94.3** | 9.92 | **90.8** | 10.27 | **87.3** | 10.62 | **83.8** |
| 9.23 | **97.7** | 9.58 | **94.2** | 9.93 | **90.7** | 10.28 | **87.2** | 10.63 | **83.7** |
| 9.24 | **97.6** | 9.59 | **94.1** | 9.94 | **90.6** | 10.29 | **87.1** | 10.64 | **83.6** |
| 9.25 | **97.5** | 9.60 | **94.0** | 9.95 | **90.5** | 10.30 | **87.0** | 10.65 | **83.5** |
| 9.26 | **97.4** | 9.61 | **93.9** | 9.96 | **90.4** | 10.31 | **86.9** | 10.66 | **83.4** |
| 9.27 | **97.3** | 9.62 | **93.8** | 9.97 | **90.3** | 10.32 | **86.8** | 10.67 | **83.3** |
| 9.28 | **97.2** | 9.63 | **93.7** | 9.98 | **90.2** | 10.33 | **86.7** | 10.68 | **83.2** |
| 9.29 | **97.1** | 9.64 | **93.6** | 9.99 | **90.1** | 10.34 | **86.6** | 10.69 | **83.1** |
| 9.30 | **97.0** | 9.65 | **93.5** | 10.00 | **90.0** | 10.35 | **86.5** | 10.70 | **83.0** |
| 9.31 | **96.9** | 9.66 | **93.4** | 10.01 | **89.9** | 10.36 | **86.4** | 10.71 | **82.9** |
| 9.32 | **96.8** | 9.67 | **93.3** | 10.02 | **89.8** | 10.37 | **86.3** | 10.72 | **82.8** |
| 9.33 | **96.7** | 9.68 | **93.2** | 10.03 | **89.7** | 10.38 | **86.2** | 10.73 | **82.7** |
| 9.34 | **96.6** | 9.69 | **93.1** | 10.04 | **89.6** | 10.39 | **86.1** | 10.74 | **82.6** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | | **得分** | | 時間 | **得分** | | 時間 | | **得分** | | 時間 | | **得分** | | 時間 | **得分** | |
| 10.75 | | **82.5** | | 11.13 | **78.7** | | 11.51 | | **74.9** | | 11.89 | | **71.1** | | 12.27 | **67.3** | |
| 10.76 | | **82.4** | | 11.14 | **78.6** | | 11.52 | | **74.8** | | 11.90 | | **71.0** | | 12.28 | **67.2** | |
| 10.77 | | **82.3** | | 11.15 | **78.5** | | 11.53 | | **74.7** | | 11.91 | | **70.9** | | 12.29 | **67.1** | |
| 10.78 | | **82.2** | | 11.16 | **78.4** | | 11.54 | | **74.6** | | 11.92 | | **70.8** | | 12.30 | **67.0** | |
| 10.79 | | **82.1** | | 11.17 | **78.3** | | 11.55 | | **74.5** | | 11.93 | | **70.7** | | 12.31 | **66.9** | |
| 10.80 | | **82.0** | | 11.18 | **78.2** | | 11.56 | | **74.4** | | 11.94 | | **70.6** | | 12.32 | **66.8** | |
| 10.81 | | **81.9** | | 11.19 | **78.1** | | 11.57 | | **74.3** | | 11.95 | | **70.5** | | 12.33 | **66.7** | |
| 10.82 | | **81.8** | | 11.20 | **78.0** | | 11.58 | | **74.2** | | 11.96 | | **70.4** | | 12.34 | **66.6** | |
| 10.83 | | **81.7** | | 11.21 | **77.9** | | 11.59 | | **74.1** | | 11.97 | | **70.3** | | 12.35 | **66.5** | |
| 10.84 | | **81.6** | | 11.22 | **77.8** | | 11.60 | | **74.0** | | 11.98 | | **70.2** | | 12.36 | **66.4** | |
| 10.85 | | **81.5** | | 11.23 | **77.7** | | 11.61 | | **73.9** | | 11.99 | | **70.1** | | 12.37 | **66.3** | |
| 10.86 | | **81.4** | | 11.24 | **77.6** | | 11.62 | | **73.8** | | 12.00 | | **70.0** | | 12.38 | **66.2** | |
| 10.87 | | **81.3** | | 11.25 | **77.5** | | 11.63 | | **73.7** | | 12.01 | | **69.9** | | 12.39 | **66.1** | |
| 10.88 | | **81.2** | | 11.26 | **77.4** | | 11.64 | | **73.6** | | 12.02 | | **69.8** | | 12.40 | **66.0** | |
| 10.89 | | **81.1** | | 11.27 | **77.3** | | 11.65 | | **73.5** | | 12.03 | | **69.7** | | 12.41 | **65.9** | |
| 10.90 | | **81.0** | | 11.28 | **77.2** | | 11.66 | | **73.4** | | 12.04 | | **69.6** | | 12.42 | **65.8** | |
| 10.91 | | **80.9** | | 11.29 | **77.1** | | 11.67 | | **73.3** | | 12.05 | | **69.5** | | 12.43 | **65.7** | |
| 10.92 | | **80.8** | | 11.30 | **77.0** | | 11.68 | | **73.2** | | 12.06 | | **69.4** | | 12.44 | **65.6** | |
| 10.93 | | **80.7** | | 11.31 | **76.9** | | 11.69 | | **73.1** | | 12.07 | | **69.3** | | 12.45 | **65.5** | |
| 10.94 | | **80.6** | | 11.32 | **76.8** | | 11.70 | | **73.0** | | 12.08 | | **69.2** | | 12.46 | **65.4** | |
| 10.95 | | **80.5** | | 11.33 | **76.7** | | 11.71 | | **72.9** | | 12.09 | | **69.1** | | 12.47 | **65.3** | |
| 10.96 | | **80.4** | | 11.34 | **76.6** | | 11.72 | | **72.8** | | 12.10 | | **69.0** | | 12.48 | **65.2** | |
| 10.97 | | **80.3** | | 11.35 | **76.5** | | 11.73 | | **72.7** | | 12.11 | | **68.9** | | 12.49 | **65.1** | |
| 10.98 | | **80.2** | | 11.36 | **76.4** | | 11.74 | | **72.6** | | 12.12 | | **68.8** | | 12.50 | **65.0** | |
| 10.99 | | **80.1** | | 11.37 | **76.3** | | 11.75 | | **72.5** | | 12.13 | | **68.7** | | 12.51 | **64.9** | |
| 11.00 | | **80.0** | | 11.38 | **76.2** | | 11.76 | | **72.4** | | 12.14 | | **68.6** | | 12.52 | **64.8** | |
| 11.01 | | **79.9** | | 11.39 | **76.1** | | 11.77 | | **72.3** | | 12.15 | | **68.5** | | 12.53 | **64.7** | |
| 11.02 | | **79.8** | | 11.40 | **76.0** | | 11.78 | | **72.2** | | 12.16 | | **68.4** | | 12.54 | **64.6** | |
| 11.03 | | **79.7** | | 11.41 | **75.9** | | 11.79 | | **72.1** | | 12.17 | | **68.3** | | 12.55 | **64.5** | |
| 11.04 | | **79.6** | | 11.42 | **75.8** | | 11.80 | | **72.0** | | 12.18 | | **68.2** | | 12.56 | **64.4** | |
| 11.05 | | **79.5** | | 11.43 | **75.7** | | 11.81 | | **71.9** | | 12.19 | | **68.1** | | 12.57 | **64.3** | |
| 11.06 | | **79.4** | | 11.44 | **75.6** | | 11.82 | | **71.8** | | 12.20 | | **68.0** | | 12.58 | **64.2** | |
| 11.07 | | **79.3** | | 11.45 | **75.5** | | 11.83 | | **71.7** | | 12.21 | | **67.9** | | 12.59 | **64.1** | |
| 11.08 | | **79.2** | | 11.46 | **75.4** | | 11.84 | | **71.6** | | 12.22 | | **67.8** | | 12.60 | **64.0** | |
| 11.09 | | **79.1** | | 11.47 | **75.3** | | 11.85 | | **71.5** | | 12.23 | | **67.7** | | 12.61 | **63.9** | |
| 11.10 | | **79.0** | | 11.48 | **75.2** | | 11.86 | | **71.4** | | 12.24 | | **67.6** | | 12.62 | **63.8** | |
| 11.11 | | **78.9** | | 11.49 | **75.1** | | 11.87 | | **71.3** | | 12.25 | | **67.5** | | 12.63 | **63.7** | |
| 11.12 | | **78.8** | | 11.50 | **75.0** | | 11.88 | | **71.2** | | 12.26 | | **67.4** | | 12.64 | **63.6** | |
| 時間 | | **得分** | | 時間 | **得分** | | 時間 | | **得分** | | 時間 | | **得分** | | 時間 | **得分** | |
| 12.65 | | **63.5** | | 13.03 | **59.7** | | 13.41 | | **55.9** | | 13.79 | | **52.1** | | 14.17 | **48.3** | |
| 12.66 | | **63.4** | | 13.04 | **59.6** | | 13.42 | | **55.8** | | 13.80 | | **52.0** | | 14.18 | **48.2** | |
| 12.67 | | **63.3** | | 13.05 | **59.5** | | 13.43 | | **55.7** | | 13.81 | | **51.9** | | 14.19 | **48.1** | |
| 12.68 | | **63.2** | | 13.06 | **59.4** | | 13.44 | | **55.6** | | 13.82 | | **51.8** | | 14.20 | **48.0** | |
| 12.69 | | **63.1** | | 13.07 | **59.3** | | 13.45 | | **55.5** | | 13.83 | | **51.7** | | 14.21 | **47.9** | |
| 12.70 | | **63.0** | | 13.08 | **59.2** | | 13.46 | | **55.4** | | 13.84 | | **51.6** | | 14.22 | **47.8** | |
| 12.71 | | **62.9** | | 13.09 | **59.1** | | 13.47 | | **55.3** | | 13.85 | | **51.5** | | 14.23 | **47.7** | |
| 12.72 | | **62.8** | | 13.10 | **59.0** | | 13.48 | | **55.2** | | 13.86 | | **51.4** | | 14.24 | **47.6** | |
| 12.73 | | **62.7** | | 13.11 | **58.9** | | 13.49 | | **55.1** | | 13.87 | | **51.3** | | 14.25 | **47.5** | |
| 12.74 | | **62.6** | | 13.12 | **58.8** | | 13.50 | | **55.0** | | 13.88 | | **51.2** | | 14.26 | **47.4** | |
| 12.75 | | **62.5** | | 13.13 | **58.7** | | 13.51 | | **54.9** | | 13.89 | | **51.1** | | 14.27 | **47.3** | |
| 12.76 | | **62.4** | | 13.14 | **58.6** | | 13.52 | | **54.8** | | 13.90 | | **51.0** | | 14.28 | **47.2** | |
| 12.77 | | **62.3** | | 13.15 | **58.5** | | 13.53 | | **54.7** | | 13.91 | | **50.9** | | 14.29 | **47.1** | |
| 12.78 | | **62.2** | | 13.16 | **58.4** | | 13.54 | | **54.6** | | 13.92 | | **50.8** | | 14.30 | **47.0** | |
| 12.79 | | **62.1** | | 13.17 | **58.3** | | 13.55 | | **54.5** | | 13.93 | | **50.7** | | 14.31 | **46.9** | |
| 12.80 | | **62.0** | | 13.18 | **58.2** | | 13.56 | | **54.4** | | 13.94 | | **50.6** | | 14.32 | **46.8** | |
| 12.81 | | **61.9** | | 13.19 | **58.1** | | 13.57 | | **54.3** | | 13.95 | | **50.5** | | 14.33 | **46.7** | |
| 12.82 | | **61.8** | | 13.20 | **58.0** | | 13.58 | | **54.2** | | 13.96 | | **50.4** | | 14.34 | **46.6** | |
| 12.83 | | **61.7** | | 13.21 | **57.9** | | 13.59 | | **54.1** | | 13.97 | | **50.3** | | 14.35 | **46.5** | |
| 12.84 | | **61.6** | | 13.22 | **57.8** | | 13.60 | | **54.0** | | 13.98 | | **50.2** | | 14.36 | **46.4** | |
| 12.85 | | **61.5** | | 13.23 | **57.7** | | 13.61 | | **53.9** | | 13.99 | | **50.1** | | 14.37 | **46.3** | |
| 12.86 | | **61.4** | | 13.24 | **57.6** | | 13.62 | | **53.8** | | 14.00 | | **50.0** | | 14.38 | **46.2** | |
| 12.87 | | **61.3** | | 13.25 | **57.5** | | 13.63 | | **53.7** | | 14.01 | | **49.9** | | 14.39 | **46.1** | |
| 12.88 | | **61.2** | | 13.26 | **57.4** | | 13.64 | | **53.6** | | 14.02 | | **49.8** | | 14.40 | **46.0** | |
| 12.89 | | **61.1** | | 13.27 | **57.3** | | 13.65 | | **53.5** | | 14.03 | | **49.7** | | 14.41 | **45.9** | |
| 12.90 | | **61.0** | | 13.28 | **57.2** | | 13.66 | | **53.4** | | 14.04 | | **49.6** | | 14.42 | **45.8** | |
| 12.91 | | **60.9** | | 13.29 | **57.1** | | 13.67 | | **53.3** | | 14.05 | | **49.5** | | 14.43 | **45.7** | |
| 12.92 | | **60.8** | | 13.30 | **57.0** | | 13.68 | | **53.2** | | 14.06 | | **49.4** | | 14.44 | **45.6** | |
| 12.93 | | **60.7** | | 13.31 | **56.9** | | 13.69 | | **53.1** | | 14.07 | | **49.3** | | 14.45 | **45.5** | |
| 12.94 | | **60.6** | | 13.32 | **56.8** | | 13.70 | | **53.0** | | 14.08 | | **49.2** | | 14.46 | **45.4** | |
| 12.95 | | **60.5** | | 13.33 | **56.7** | | 13.71 | | **52.9** | | 14.09 | | **49.1** | | 14.47 | **45.3** | |
| 12.96 | | **60.4** | | 13.34 | **56.6** | | 13.72 | | **52.8** | | 14.10 | | **49.0** | | 14.48 | **45.2** | |
| 12.97 | | **60.3** | | 13.35 | **56.5** | | 13.73 | | **52.7** | | 14.11 | | **48.9** | | 14.49 | **45.1** | |
| 12.98 | | **60.2** | | 13.36 | **56.4** | | 13.74 | | **52.6** | | 14.12 | | **48.8** | | 14.50 | **45.0** | |
| 12.99 | | **60.1** | | 13.37 | **56.3** | | 13.75 | | **52.5** | | 14.13 | | **48.7** | | 14.51 | **44.9** | |
| 13.00 | | **60.0** | | 13.38 | **56.2** | | 13.76 | | **52.4** | | 14.14 | | **48.6** | | 14.52 | **44.8** | |
| 13.01 | | **59.9** | | 13.39 | **56.1** | | 13.77 | | **52.3** | | 14.15 | | **48.5** | | 14.53 | **44.7** | |
| 13.02 | | **59.8** | | 13.40 | **56.0** | | 13.78 | | **52.2** | | 14.16 | | **48.4** | | 14.54 | **44.6** | |
| 時間 | **得分** | | 時間 | | | **得分** | | 時間 | | **得分** | |  | |
| 14.55 | **44.5** | | 14.93 | | | **40.7** | | 15.31 | | **36.9** | |  | | | | |
| 14.56 | **44.4** | | 14.94 | | | **40.6** | | 15.32 | | **36.8** | |
| 14.57 | **44.3** | | 14.95 | | | **40.5** | | 15.33 | | **36.7** | |
| 14.58 | **44.2** | | 14.96 | | | **40.4** | | 15.34 | | **36.6** | |
| 14.59 | **44.1** | | 14.97 | | | **40.3** | | 15.35 | | **36.5** | |
| 14.60 | **44.0** | | 14.98 | | | **40.2** | | 15.36 | | **36.4** | |
| 14.61 | **43.9** | | 14.99 | | | **40.1** | | 15.37 | | **36.3** | |
| 14.62 | **43.8** | | 15.00 | | | **40.0** | | 15.38 | | **36.2** | |
| 14.63 | **43.7** | | 15.01 | | | **39.9** | | 15.39 | | **36.1** | |
| 14.64 | **43.6** | | 15.02 | | | **39.8** | | 15.40 | | **36.0** | |
| 14.65 | **43.5** | | 15.03 | | | **39.7** | | 15.41 | | **35.9** | |
| 14.66 | **43.4** | | 15.04 | | | **39.6** | | 15.42 | | **35.8** | |
| 14.67 | **43.3** | | 15.05 | | | **39.5** | | 15.43 | | **35.7** | |
| 14.68 | **43.2** | | 15.06 | | | **39.4** | | 15.44 | | **35.6** | |
| 14.69 | **43.1** | | 15.07 | | | **39.3** | | 15.45 | | **35.5** | |
| 14.70 | **43.0** | | 15.08 | | | **39.2** | | 15.46 | | **35.4** | |
| 14.71 | **42.9** | | 15.09 | | | **39.1** | | 15.47 | | **35.3** | |
| 14.72 | **42.8** | | 15.10 | | | **39.0** | | 15.48 | | **35.2** | |
| 14.73 | **42.7** | | 15.11 | | | **38.9** | | 15.49 | | **35.1** | |
| 14.74 | **42.6** | | 15.12 | | | **38.8** | | 15.50(含以上) | | **35.0** | |
| 14.75 | **42.5** | | 15.13 | | | **38.7** | |  | | | |
| 14.76 | **42.4** | | 15.14 | | | **38.6** | |  | |  | | |
| 14.77 | **42.3** | | 15.15 | | | **38.5** | |  | |  | | |
| 14.78 | **42.2** | | 15.16 | | | **38.4** | |  | |  | | |
| 14.79 | **42.1** | | 15.17 | | | **38.3** | |  | |  | | |
| 14.80 | **42.0** | | 15.18 | | | **38.2** | |  | |  | | |
| 14.81 | **41.9** | | 15.19 | | | **38.1** | |  | |  | | |
| 14.82 | **41.8** | | 15.20 | | | **38.0** | |  | |  | | |
| 14.83 | **41.7** | | 15.21 | | | **37.9** | |  | |  | | |
| 14.84 | **41.6** | | 15.22 | | | **37.8** | |  | |  | | |
| 14.85 | **41.5** | | 15.23 | | | **37.7** | |  | |  | | |
| 14.86 | **41.4** | | 15.24 | | | **37.6** | |  | |  | | |
| 14.87 | **41.3** | | 15.25 | | | **37.5** | |  | |  | | |
| 14.88 | **41.2** | | 15.26 | | | **37.4** | |  | |  | | |
| 14.89 | **41.1** | | 15.27 | | | **37.3** | |  | |  | | |
| 14.90 | **41.0** | | 15.28 | | | **37.2** | |  | |  | | |
| 14.91 | **40.9** | | 15.29 | | | **37.1** | |  | |  | | |
| 14.92 | **40.8** | | 15.30 | | | **37.0** | |  | |  | | |