|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **國軍基本體能訓測合格標準表**  **111.03.04** | | | | | | | | | | | |
| 年齡(歲)  項目 | | | **19**歲以下 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 |
| **必**  **測** | **仰臥**  **起坐** | 男 | 45 | 42 | 40 | 38 | 35 | 28 | 25 | 20 | 18 |
| 女 | 32 | 31 | 30 | 27 | 23 | 20 | 18 | 16 | 14 |
| **俯地挺身** | 男 | 41 | 40 | 37 | 34 | 30 | 26 | 22 | 20 | 16 |
| 女 | 22 | 21 | 20 | 17 | 15 | 12 | 10 | 8 | 6 |
| **4**  **擇**  **1** | **3000M** | 男 | 14'30 | 14'45 | 15'00 | 15'40 | 16'30 | 16'50 | 17'25 | 18’00 | 18'30 |
| 女 | 17'30 | 17'35 | 18'00 | 18'30 | 19'00 | 19'40 | 20'15 | 21'00 | 21'30 |
| **5KM**  **健走** | 男 | 39’40 | 40’20 | 40’40 | 41’20 | 41’40 | 42’20 | 43’30 | 45’00 | 46’00 |
| 女 | 43’40 | 44’20 | 44’50 | 45’20 | 45’50 | 46’20 | 47’30 | 49’00 | 50’00 |
| **800M**  **游走** | 男 | 25’00 | 25’30 | 26’00 | 26’30 | 27’00 | 27’30 | 28’00 | 28’30 | 29’00 |
| 女 | 28’00 | 28’30 | 29’00 | 29’30 | 30’00 | 30’30 | 31’00 | 31’30 | 32’00 |
| **5分鐘**  **跳繩** | 男 | 550 | 530 | 515 | 509 | 499 | 483 | 478 | 462 | 452 |
| 女 | 450 | 430 | 415 | 409 | 399 | 383 | 378 | 362 | 352 |