

3000 公尺跑步體能測驗成績配分標準表

三千公尺成績換算表

成績	男生	女生	成績	男生	女生	成績	男生	女生
100	00:10:52	00:12:52	58	00:18:20	00:20:20	28	00:23:20	00:25:20
99	00:10:56	00:12:56	57	00:18:30	00:20:30	27	00:23:30	00:25:30
98	00:11:00	00:13:00	56	00:18:40	00:20:40	26	00:23:40	00:25:40
97	00:11:04	00:13:04	55	00:18:50	00:20:50	25	00:23:50	00:25:50
96	00:11:12	00:13:12	54	00:19:00	00:21:00	24	00:24:00	00:26:00
95	00:11:20	00:13:20	53	00:19:10	00:21:10	23	00:24:10	00:26:10
94	00:11:28	00:13:28	52	00:19:20	00:21:20	22	00:24:20	00:26:20
93	00:11:36	00:13:36	51	00:19:30	00:21:30	21	00:24:30	00:26:30
92	00:11:44	00:13:44	50	00:19:40	00:21:40	20	00:24:40	00:26:40
91	00:11:52	00:13:52	49	00:19:50	00:21:50	19	00:24:50	00:26:50
90	00:12:00	00:14:00	48	00:20:00	00:22:00	18	00:25:00	00:27:00
89	00:12:15	00:14:15	47	00:20:10	00:22:10	17	00:25:10	00:27:10
88	00:12:30	00:14:30	46	00:20:20	00:22:20	16	00:25:20	00:27:20
87	00:12:45	00:14:45	45	00:20:30	00:22:30	15	00:25:30	00:27:30
86	00:13:00	00:15:00	44	00:20:40	00:22:40	14	00:25:40	00:27:40
85	00:13:15	00:15:15	43	00:20:50	00:22:50	13	00:25:50	00:27:50
84	00:13:30	00:15:30	42	00:21:00	00:23:00	12	00:26:00	00:28:00
83	00:13:45	00:15:45	41	00:21:10	00:23:10	11	00:26:10	00:28:10
82	00:14:00	00:16:00	40	00:21:20	00:23:20	10	00:26:20	00:28:20
81	00:14:15	00:16:15	39	00:21:30	00:23:30	9	00:26:30	00:28:30
80	00:14:30	00:16:30	38	00:21:40	00:23:40	8	00:26:40	00:28:40
79	00:14:45	00:16:45	37	00:21:50	00:23:50	7	00:26:50	00:28:50
78	00:15:00	00:17:00	36	00:22:00	00:24:00	6	00:27:00	00:29:00
75	00:15:30	00:17:30	35	00:22:10	00:24:10	5	00:27:10	00:29:10
72	00:16:00	00:18:00	34	00:22:20	00:24:20	4	00:27:20	00:29:20
69	00:16:30	00:18:30	33	00:22:30	00:24:30	3	00:27:30	00:29:30
66	00:17:00	00:19:00	32	00:22:40	00:24:40	2	00:27:40	00:29:40
63	00:17:30	00:19:30	31	00:22:50	00:24:50	1	00:27:50	00:29:50
60	00:18:00	00:20:00	30	00:23:00	00:25:00	0	00:28:00	00:30:00
59	00:18:10	00:20:10	29	00:23:10	00:25:10			