

3,000 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 | | | |