**附件3**

河北省普通高等学校招生普通体育类专业

测试办法及评分标准

一、测试内容及安排

（一）测试项目：100米、800米、立定三级跳远、原地推铅球。

（二）测试顺序：

上午：100米、立定三级跳远或原地推铅球。先测试100米，100米测完后，考生测试所在组号尾数为单数的考生，测原地推铅球；考生测试所在组号尾数为双数的考生，测立定三级跳远。

下午：原地推铅球或立定三级跳远、800米。考生测试所在组号尾数为单数的考生，测立定三级跳远；考生测试所在组号尾数为双数的考生，测原地推铅球，最后测试800米。

以上测试项目的单元测试顺序为先女后男。

（三）径赛测试：

100米测试用8条跑道，编排分组8个人一组，不足8人，调整分组，每组不少于3人；800米测试，以100米测试小组为单位，将两个小组合并成一大组，16人一起测试。

径赛场地为塑胶跑道，100米、800米、立定三级跳远测试可以穿跑鞋，但必须是塑胶跑道专用短钉跑鞋（鞋钉突出部分不能超过9毫米）。

（四）田赛测试：原地推铅球、立定三级跳远分多个场地同时进行。

（五）场地器材规格：

铅球重量：女子4公斤，男子5公斤；立定三级跳远踏板起跳线到沙坑近端距离：女子5米，男子7米。

（六）其它未尽事宜依据国际田联最新《田径竞赛规则》执行。

二、测试方法与评分标准

（一）100米测试方法与评分标准

**1.测试方法**

100米测试采用蹲踞式起跑，不用起跑器，采用“各就位”、“预备”、“鸣枪”的方式完成发令；对同一组考生来说，第一次起跑犯规的考生给予警告，之后起跑犯规的考生（不论其第一次起跑犯规还是未犯规），均取消该项目的测试资格。

**2.评分标准**

|  |  |  |  |
| --- | --- | --- | --- |
| **男子百米** | | **女子百米** | |
| **成绩** | **分数** | **成绩** | **分数** |
| 11.30 | 100.00 | 12.80 | 100.00 |
| 11.40 | 97.36 | 12.90 | 98.76 |
| 11.50 | 94.64 | 13.00 | 97.44 |
| 11.60 | 92.00 | 13.10 | 96.24 |
| 11.70 | 89.36 | 13.20 | 95.00 |
| 11.80 | 86.64 | 13.30 | 93.76 |
| 11.90 | 83.96 | 13.40 | 92.44 |
| 12.00 | 81.24 | 13.50 | 91.20 |
| 12.10 | 78.60 | 13.60 | 90.00 |
| 12.20 | 75.96 | 13.70 | 88.76 |
| 12.30 | 73.36 | 13.80 | 87.44 |
| 12.40 | 70.64 | 13.90 | 86.20 |
| 12.50 | 68.00 | 14.00 | 84.96 |
| 12.60 | 65.36 | 14.10 | 83.76 |
| 12.70 | 62.64 | 14.20 | 82.44 |
| 12.80 | 60.00 | 14.30 | 81.20 |
| 12.90 | 57.36 | 14.40 | 79.96 |
| 13.00 | 54.64 | 14.50 | 78.76 |
| 13.10 | 52.04 | 14.60 | 77.44 |
| 13.20 | 49.40 | 14.70 | 76.20 |
| 13.30 | 46.76 | 14.80 | 74.96 |
| 13.40 | 44.04 | 14.90 | 73.76 |
| 13.50 | 41.40 | 15.00 | 72.44 |
| 13.60 | 38.80 | 15.10 | 71.20 |
| 13.70 | 36.16 | 15.20 | 70.00 |
| 13.80 | 33.44 | 15.30 | 68.76 |
| 13.90 | 30.84 | 15.40 | 67.44 |
| 14.00 | 28.20 | 15.50 | 66.20 |
| 14.10 | 25.56 | 15.60 | 65.00 |
| 14.20 | 22.96 | 15.70 | 63.76 |
| 14.30 | 20.24 | 15.80 | 62.44 |
| 14.40 | 17.64 | 15.90 | 61.24 |
| 14.50 | 15.00 | 16.00 | 60.00 |
| 14.60 | 12.40 | 16.10 | 58.76 |
| 14.70 | 9.76 | 16.20 | 57.56 |
| 14.80 | 7.16 | 16.30 | 56.24 |
| 14.90 | 4.44 | 16.40 | 55.00 |
| 15.00 | 1.84 | 16.50 | 53.80 |
|  |  | 16.60 | 52.56 |
|  |  | 16.70 | 51.24 |
|  |  | 16.80 | 50.04 |
|  |  | 16.90 | 48.80 |
|  |  | 17.00 | 47.60 |
|  |  | 17.10 | 46.36 |
|  |  | 17.20 | 45.04 |
|  |  | 17.30 | 43.84 |
|  |  | 17.40 | 42.60 |
|  |  | 17.50 | 41.36 |
|  |  | 17.60 | 40.16 |
|  |  | 17.70 | 38.84 |
|  |  | 17.80 | 37.64 |
|  |  | 17.90 | 36.40 |
|  |  | 18.00 | 35.20 |
|  |  | 18.10 | 33.96 |
|  |  | 18.20 | 32.64 |
|  |  | 18.30 | 31.44 |
|  |  | 18.40 | 30.24 |
|  |  | 18.50 | 29.00 |
|  |  | 18.60 | 27.76 |
|  |  | 18.70 | 26.56 |
|  |  | 18.80 | 25.24 |
|  |  | 18.90 | 24.04 |
|  |  | 19.00 | 22.80 |
|  |  | 19.10 | 21.56 |
|  |  | 19.20 | 20.36 |
|  |  | 19.30 | 19.04 |
|  |  | 19.40 | 17.84 |
|  |  | 19.50 | 16.60 |
|  |  | 19.60 | 15.40 |
|  |  | 19.70 | 14.16 |
|  |  | 19.80 | 12.96 |
|  |  | 19.90 | 11.64 |
|  |  | 20.00 | 10.44 |
|  |  | 20.10 | 9.20 |
|  |  | 20.20 | 8.00 |
|  |  | 20.30 | 6.80 |
|  |  | 20.40 | 5.56 |
|  |  | 20.50 | 4.36 |
|  |  | 20.60 | 3.04 |
|  |  | 20.70 | 1.84 |
|  |  | 20.80 | 0.60 |

（二）原地推铅球测试方法与评分标准

**1.测试方法**

原地推铅球测试要求：进入投掷圈做好预备姿势后，直至球出手前，两脚不能离开地面，不准采取滑动、旋转等姿势。其他规则同铅球比赛的规则要求。每位考生均有三次试投机会，取最好一次试投成绩为最终成绩，没有练习机会。

**2.评分标准**

|  |  |  |  |
| --- | --- | --- | --- |
| **男子铅球** | | **女子铅球** | |
| **成绩** | **分数** | **成绩** | **分数** |
| 12.00 | 100.00 | 9.60 | 100.00 |
| 11.90 | 98.80 | 9.50 | 98.68 |
| 11.80 | 97.48 | 9.40 | 97.32 |
| 11.70 | 96.28 | 9.30 | 96.00 |
| 11.60 | 95.08 | 9.20 | 94.68 |
| 11.50 | 93.88 | 9.10 | 93.32 |
| 11.40 | 92.68 | 9.00 | 92.00 |
| 11.30 | 91.48 | 8.90 | 90.68 |
| 11.20 | 90.28 | 8.80 | 89.32 |
| 11.10 | 89.08 | 8.70 | 87.88 |
| 11.00 | 87.88 | 8.60 | 86.68 |
| 10.90 | 86.68 | 8.50 | 85.32 |
| 10.80 | 85.32 | 8.40 | 83.88 |
| 10.70 | 84.12 | 8.30 | 82.68 |
| 10.60 | 83.08 | 8.20 | 81.32 |
| 10.50 | 81.72 | 8.10 | 79.88 |
| 10.40 | 80.52 | 8.00 | 78.68 |
| 10.30 | 79.32 | 7.90 | 77.32 |
| 10.20 | 78.12 | 7.80 | 75.88 |
| 10.10 | 76.92 | 7.70 | 74.52 |
| 10.00 | 75.72 | 7.60 | 73.32 |
| 9.90 | 74.52 | 7.50 | 71.88 |
| 9.80 | 73.32 | 7.40 | 70.52 |
| 9.70 | 72.12 | 7.30 | 69.32 |
| 9.60 | 70.92 | 7.20 | 68.00 |
| 9.50 | 69.72 | 7.10 | 66.68 |
| 9.40 | 68.52 | 7.00 | 65.32 |
| 9.30 | 67.32 | 6.90 | 64.00 |
| 9.20 | 66.12 | 6.80 | 62.68 |
| 9.10 | 64.80 | 6.70 | 61.32 |
| 9.00 | 63.60 | 6.60 | 60.00 |
| 8.90 | 62.40 | 6.50 | 58.68 |
| 8.80 | 61.20 | 6.40 | 57.32 |
| 8.70 | 60.00 | 6.30 | 56.00 |
| 8.60 | 58.80 | 6.20 | 54.68 |
| 8.50 | 57.60 | 6.10 | 53.32 |
| 8.40 | 56.40 | 6.00 | 52.12 |
| 8.30 | 55.20 | 5.90 | 50.68 |
| 8.20 | 54.00 | 5.80 | 49.48 |
| 8.10 | 52.68 | 5.70 | 48.12 |
| 8.00 | 51.48 | 5.60 | 46.68 |
| 7.90 | 50.28 | 5.50 | 45.48 |
| 7.80 | 49.08 | 5.40 | 44.12 |
| 7.70 | 47.88 | 5.30 | 42.80 |
| 7.60 | 46.68 | 5.20 | 41.48 |
| 7.50 | 45.48 | 5.10 | 40.12 |
| 7.40 | 44.28 | 5.00 | 38.80 |
| 7.30 | 43.08 | 4.90 | 37.48 |
| 7.20 | 41.88 | 4.80 | 36.12 |
| 7.10 | 40.68 | 4.70 | 34.92 |
| 7.00 | 39.48 | 4.60 | 33.48 |
| 6.90 | 38.28 | 4.50 | 32.28 |
| 6.80 | 37.08 | 4.40 | 30.92 |
| 6.70 | 35.88 | 4.30 | 29.60 |
| 6.60 | 34.68 | 4.20 | 28.28 |
| 6.50 | 33.48 | 4.10 | 26.92 |
| 6.40 | 32.28 | 4.00 | 25.60 |
| 6.30 | 31.08 | 3.90 | 24.28 |
| 6.20 | 29.88 | 3.80 | 22.92 |
| 6.10 | 28.68 | 3.70 | 21.72 |
| 6.00 | 27.48 | 3.60 | 20.28 |
| 5.90 | 26.28 | 3.50 | 19.08 |
| 5.80 | 25.08 | 3.40 | 17.72 |
| 5.70 | 23.88 | 3.30 | 16.40 |
| 5.60 | 22.68 | 3.20 | 15.08 |
| 5.50 | 21.48 | 3.10 | 13.72 |
| 5.40 | 20.28 | 3.00 | 12.52 |
| 5.30 | 19.08 | 2.90 | 11.08 |
| 5.20 | 17.88 | 2.80 | 9.88 |
| 5.10 | 16.68 | 2.70 | 8.52 |
| 5.00 | 15.48 | 2.60 | 7.20 |
| 4.90 | 14.28 | 2.50 | 5.88 |
| 4.80 | 13.08 | 2.40 | 4.68 |
| 4.70 | 11.88 | 2.30 | 3.32 |
| 4.60 | 10.68 | 2.20 | 1.88 |
| 4.50 | 9.48 | 2.10 | 0.68 |
| 4.40 | 8.28 | 2.00 | 0.00 |
| 4.30 | 7.08 |  |  |
| 4.20 | 6.00 |  |  |
| 4.10 | 4.80 |  |  |
| 4.00 | 3.60 |  |  |
| 3.90 | 2.40 |  |  |
| 3.80 | 1.20 |  |  |
| 3.70 | 0.00 |  |  |

（三）立定三级跳远测试方法与评分标准

**1.测试方法**

立定三级跳远测试，起跳前考生必须双脚平行站立于起跳线后，由静止状态开始做起跳动作，起跳前不得有任何形式的助跑。双脚起跳后，经腾空一只脚着地，完成第一跳；然后又经腾空用另一只脚着地，完成第二跳；双脚落入沙坑完成第三跳。每位考生均有三次试跳机会，取最好一次试跳成绩为最终成绩，没有练习机会。

**2.评分标准**

|  |  |  |  |
| --- | --- | --- | --- |
| **男子三级跳** | | **女子三级跳** | |
| **成绩** | **分数** | **成绩** | **分数** |
| 9.20 | 100.00 | 7.80 | 100.00 |
| 9.15 | 98.52 | 7.75 | 98.52 |
| 9.10 | 97.12 | 7.70 | 97.20 |
| 9.05 | 95.72 | 7.65 | 95.88 |
| 9.00 | 94.28 | 7.60 | 94.52 |
| 8.95 | 92.92 | 7.55 | 93.08 |
| 8.90 | 91.48 | 7.50 | 91.72 |
| 8.85 | 90.00 | 7.45 | 90.28 |
| 8.80 | 88.52 | 7.40 | 88.92 |
| 8.75 | 87.08 | 7.35 | 87.48 |
| 8.70 | 85.72 | 7.30 | 86.12 |
| 8.65 | 84.28 | 7.25 | 84.80 |
| 8.60 | 82.80 | 7.20 | 83.32 |
| 8.55 | 81.48 | 7.15 | 82.00 |
| 8.50 | 79.88 | 7.10 | 80.68 |
| 8.45 | 78.52 | 7.05 | 79.32 |
| 8.40 | 77.08 | 7.00 | 77.88 |
| 8.35 | 75.72 | 6.95 | 76.52 |
| 8.30 | 74.28 | 6.90 | 75.08 |
| 8.25 | 72.80 | 6.85 | 73.72 |
| 8.20 | 71.32 | 6.80 | 72.40 |
| 8.15 | 70.00 | 6.75 | 70.92 |
| 8.10 | 68.52 | 6.70 | 69.60 |
| 8.05 | 67.08 | 6.65 | 68.28 |
| 8.00 | 65.72 | 6.60 | 66.92 |
| 7.95 | 64.28 | 6.55 | 65.48 |
| 7.90 | 62.92 | 6.50 | 64.12 |
| 7.85 | 61.32 | 6.45 | 62.68 |
| 7.80 | 60.00 | 6.40 | 61.32 |
| 7.75 | 58.68 | 6.35 | 60.00 |
| 7.70 | 57.20 | 6.30 | 58.68 |
| 7.65 | 55.72 | 6.25 | 57.32 |
| 7.60 | 54.28 | 6.20 | 55.88 |
| 7.55 | 52.92 | 6.15 | 54.52 |
| 7.50 | 51.48 | 6.10 | 53.08 |
| 7.45 | 50.00 | 6.05 | 51.72 |
| 7.40 | 48.68 | 6.00 | 50.40 |
| 7.35 | 47.20 | 5.95 | 49.08 |
| 7.30 | 45.88 | 5.90 | 47.72 |
| 7.25 | 44.40 | 5.85 | 46.28 |
| 7.20 | 42.92 | 5.80 | 44.92 |
| 7.15 | 41.48 | 5.75 | 43.48 |
| 7.10 | 40.12 | 5.70 | 42.28 |
| 7.05 | 38.68 | 5.65 | 40.80 |
| 7.00 | 37.32 | 5.60 | 39.48 |
| 6.95 | 35.88 | 5.55 | 38.00 |
| 6.90 | 34.52 | 5.50 | 36.68 |
| 6.85 | 32.92 | 5.45 | 35.32 |
| 6.80 | 31.60 | 5.40 | 34.00 |
| 6.75 | 30.28 | 5.35 | 32.52 |
| 6.70 | 28.80 | 5.30 | 31.32 |
| 6.65 | 27.48 | 5.25 | 29.88 |
| 6.60 | 25.88 | 5.20 | 28.52 |
| 6.55 | 24.52 | 5.15 | 27.20 |
| 6.50 | 23.08 | 5.10 | 25.88 |
| 6.45 | 21.36 | 5.05 | 24.52 |
| 6.40 | 20.28 | 5.00 | 23.08 |
| 6.35 | 18.92 | 4.95 | 21.72 |
| 6.30 | 17.48 | 4.90 | 20.28 |
| 6.25 | 16.12 | 4.85 | 18.92 |
| 6.20 | 14.68 | 4.80 | 17.72 |
| 6.15 | 13.32 | 4.75 | 16.28 |
| 6.10 | 11.88 | 4.70 | 14.92 |
| 6.05 | 10.40 | 4.65 | 13.48 |
| 6.00 | 9.08 | 4.60 | 12.28 |
| 5.95 | 7.60 | 4.55 | 10.92 |
| 5.90 | 6.12 | 4.50 | 9.55 |
| 5.85 | 4.80 | 4.45 | 8.17 |
| 5.80 | 3.48 | 4.40 | 6.80 |
| 5.75 | 2.00 | 4.35 | 5.48 |
| 5.70 | 0.52 | 4.30 | 4.12 |
|  |  | 4.25 | 2.68 |
|  |  | 4.20 | 1.32 |

（四）800米测试方法与评分标准

**1.测试方法**

800米测试16人一组，起跑时采用“各就位”、“鸣枪”的方式完成发令。对同一组考生来说，第一次起跑犯规的考生给予警告，之后起跑犯规的考生（不论其第一次起跑犯规还是未犯规），均取消该项目的测试资格。测试时，前8人在常规起跑线处起跑，另8人在另一弧形起跑线处同时起跑，跑过抢道标志线后，切入里道。

**2.评分标准**

|  |  |  |  |
| --- | --- | --- | --- |
| **男子800米** | | **女子800米** | |
| **分数** | **成绩** | **分数** | **成绩** |
| 100.00 | 2:03.00 | 100.00 | 2:25.00 |
| 99.00 | 2:03.70 | 99.00 | 2:25.95 |
| 98.00 | 2:04.39 | 98.00 | 2:26.89 |
| 97.00 | 2:05.09 | 97.00 | 2:27.84 |
| 96.00 | 2:05.79 | 96.00 | 2:28.79 |
| 95.00 | 2:06.49 | 95.00 | 2:29.73 |
| 94.00 | 2:07.19 | 94.00 | 2:30.68 |
| 93.00 | 2:07.88 | 93.00 | 2:31.63 |
| 92.00 | 2:08.58 | 92.00 | 2:32.58 |
| 91.00 | 2:09.28 | 91.00 | 2:33.52 |
| 90.00 | 2:09.98 | 90.00 | 2:34.47 |
| 89.00 | 2:10.68 | 89.00 | 2:35.42 |
| 88.00 | 2:11.38 | 88.00 | 2:36.37 |
| 87.00 | 2:12.08 | 87.00 | 2:37.32 |
| 86.00 | 2:12.77 | 86.00 | 2:38.27 |
| 85.00 | 2:13.47 | 85.00 | 2:39.21 |
| 84.00 | 2:14.17 | 84.00 | 2:40.16 |
| 83.00 | 2:14.87 | 83.00 | 2:41.11 |
| 82.00 | 2:15.57 | 82.00 | 2:42.06 |
| 81.00 | 2:16.27 | 81.00 | 2:43.01 |
| 80.00 | 2:16.97 | 80.00 | 2:43.96 |
| 79.00 | 2:17.67 | 79.00 | 2:44.91 |
| 78.00 | 2:18.37 | 78.00 | 2:45.86 |
| 77.00 | 2:19.07 | 77.00 | 2:46.81 |
| 76.00 | 2:19.73 | 76.00 | 2:47.76 |
| 75.00 | 2:20.47 | 75.00 | 2:48.71 |
| 74.00 | 2:21.17 | 74.00 | 2:49.67 |
| 73.00 | 2:21.88 | 73.00 | 2:50.15 |
| 72.00 | 2:22.58 | 72.00 | 2:50.62 |
| 71.00 | 2:23.28 | 71.00 | 2:51.57 |
| 70.00 | 2:23.98 | 70.00 | 2:52.05 |
| 69.00 | 2:24.68 | 69.00 | 2:52.52 |
| 68.00 | 2:25.38 | 68.00 | 2:53.47 |
| 67.00 | 2:26.08 | 67.00 | 2:54.42 |
| 66.00 | 2:26.79 | 66.00 | 2:55.38 |
| 65.00 | 2:27.49 | 65.00 | 2:56.33 |
| 64.00 | 2:28.19 | 64.00 | 2:57.28 |
| 63.00 | 2:28.89 | 63.00 | 2:58.23 |
| 62.00 | 2:29.59 | 62.00 | 2:59.19 |
| 61.00 | 2:30.30 | 61.00 | 3:00.14 |
| 60.00 | 2:31.00 | 60.00 | 3:02.05 |
| 59.00 | 2:31.70 | 59.00 | 3:03.00 |
| 58.00 | 2:32.41 | 58.00 | 3:04.91 |
| 57.00 | 2:33.11 | 57.00 | 3:05.86 |
| 56.00 | 2:33.81 | 56.00 | 3:06.82 |
| 55.00 | 2:34.52 | 55.00 | 3:07.77 |
| 54.00 | 2:35.22 | 54.00 | 3:08.73 |
| 53.00 | 2:35.92 | 53.00 | 3:09.68 |
| 52.00 | 2:36.63 | 52.00 | 3:10.64 |
| 51.00 | 2:37.33 | 51.00 | 3:11.59 |
| 50.00 | 2:38.04 | 50.00 | 3:12.55 |
| 49.00 | 2:38.74 | 49.00 | 3:13.50 |
| 48.00 | 2:39.44 | 48.00 | 3:14.46 |
| 47.00 | 2:40.15 | 47.00 | 3:15.42 |
| 46.00 | 2:40.85 | 46.00 | 3:16.37 |
| 45.00 | 2:41.56 | 45.00 | 3:17.33 |
| 44.00 | 2:42.26 | 44.00 | 3:18.29 |
| 43.00 | 2:42.97 | 43.00 | 3:19.24 |
| 42.00 | 2:43.67 | 42.00 | 3:20.20 |
| 41.00 | 2:44.38 | 41.00 | 3:21.16 |
| 40.00 | 2:45.08 | 40.00 | 3:22.11 |
| 39.00 | 2:45.79 | 39.00 | 3:23.07 |
| 38.00 | 2:46.50 | 38.00 | 3:24.03 |
| 37.00 | 2:47.20 | 37.00 | 3:24.99 |
| 36.00 | 2:48.61 | 36.00 | 3:25.95 |
| 35.00 | 2:49.32 | 35.00 | 3:27.86 |
| 34.00 | 2:49.71 | 34.00 | 3:28.82 |
| 33.00 | 2:50.03 | 33.00 | 3:29.78 |
| 32.00 | 2:50.73 | 32.00 | 3:30.27 |

|  |  |  |  |
| --- | --- | --- | --- |
| 31.00 | 2:51.44 | 31.00 | 3:30.74 |
| 30.00 | 2:52.15 | 30.00 | 3:31.70 |
| 29.00 | 2:52.85 | 29.00 | 3:32.66 |
| 28.00 | 2:53.56 | 28.00 | 3:33.62 |
| 27.00 | 2:54.27 | 27.00 | 3:34.58 |
| 26.00 | 2:54.98 | 26.00 | 3:35.54 |
| 25.00 | 2:55.68 | 25.00 | 3:36.50 |
| 24.00 | 2:56.39 | 24.00 | 3:37.46 |
| 23.00 | 2:57.10 | 23.00 | 3:38.42 |
| 22.00 | 2:57.81 | 22.00 | 3:39.38 |
| 21.00 | 2:58.52 | 21.00 | 3:40.34 |
| 20.00 | 2:59.22 | 20.00 | 3:41.30 |
| 19.00 | 2:59.93 | 19.00 | 3:42.27 |
| 18.00 | 3:00.64 | 18.00 | 3:43.23 |
| 17.00 | 3:01.35 | 17.00 | 3:44.19 |
| 16.00 | 3:02.06 | 16.00 | 3:45.15 |
| 15.00 | 3:02.77 | 15.00 | 3:46.11 |
| 14.00 | 3:03.48 | 14.00 | 3:47.07 |
| 13.00 | 3:04.19 | 13.00 | 3:48.03 |
| 12.00 | 3:04.90 | 12.00 | 3:48.99 |
| 11.00 | 3:05.61 | 11.00 | 3:49.95 |
| 10.00 | 3:06.23 | 10.00 | 3:50.91 |
| 9.00 | 3:07.02 | 9.00 | 3:51.87 |
| 8.00 | 3:07.73 | 8.00 | 3:52.83 |
| 7.00 | 3:08.45 | 7.00 | 3:53.79 |
| 6.00 | 3:09.16 | 6.00 | 3:54.75 |
| 5.00 | 3:09.87 | 5.00 | 3:55.71 |
| 4.00 | 3:10.58 | 4.00 | 3:56.67 |
| 3.00 | 3:11.29 | 3.00 | 3:57.63 |
| 2.00 | 3:12.00 | 2.00 | 3:58.59 |
| 1.00 | 3:12.71 | 1.00 | 3:59.55 |