

2022年12月·第1套 英语六级长篇阅读（信息匹配） 第1篇·36-45 题答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2022年12月·第1套 英语六级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 12 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第1套(2022-12)·六级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

This man is running 7 marathons on 7 continents in 7 days

- A) Michael Wardian pushed forward into the penetrating arctic(北极的) wind, fighting the urge to speed up. Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia(体温过低).

Michael Wardian 顶着刺骨的北极寒风向前推进,努力克制着加速的冲动。他被告知,用力过猛就会开始出汗,而这只会增加体温过低的风险。

- B) At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F, with a wind chill that made it feel even colder. Along the route, armed guards wandered the large sheets of floating ice to minimize the risk of polar bear attacks.

在2014年北极马拉松赛上,气温降至华氏零下22度,风寒效应使人感觉更加寒冷。沿途有武装警卫在大片浮冰上巡逻,以尽量减少北极熊袭击的风险。

- C) "I like to do stuff that scares me," Wardian said. With ice frozen to his beard, Wardian crossed the finish line that April afternoon in a winning time of 4 hours 7 minutes and 40 seconds, almost two hours slower than his personal best over 26.2 miles. The race for Wardian, however, was less about the result than overcoming his aversion to the cold.

"我喜欢做让我害怕的事情,"Wardian说。那年4月的下午,胡子上结着冰的Wardian冲过终点线,以4小时7分40秒的成绩夺冠,比他26.2英里的个人最好成绩慢了近两个小时。然而对Wardian来说,这场比赛的意义与其说是结果,不如说是克服他对寒冷的厌恶。

- D) In a few days, Wardian will once again compete in an unfamiliar territory and below-freezing temperatures. He will line up Monday in Antarctica(南极) for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.

几天后,Wardian将再次在陌生的地域和零度以下的气温中参赛。他将于周一在南极洲参加世界马拉松挑战赛的第一站——与其他32名冒险者一起踏上一段不寻常的旅程,参赛者将穿越不同的时区和气候,在七天内在七大洲跑七场马拉松。

- E) An elite ultra-runner, Wardian has his sights on breaking the event's record average marathon time of 3:32:25 set last January by U.S. Marine Corps captain Daniel Cartica. Wardian, a 42-year-old Arlington resident, is a record-breaking racer, known in the ultra-running community for seeking tough courses and setting world records. Last year, he ran 1,254.65 miles in 47 races. The World Marathon Challenge, like most of Wardian's running goals, will be about pushing his limits. "I love diverse and unique challenges," he said. "I'm definitely interested in seeing what I can handle and what my body can accept. That drives me."

作为一名精英超长跑运动员,Wardian的目标是打破该赛事的平均马拉松时间纪录3小时32分25秒,该纪录由美国海军陆战队上尉Daniel Cartica于去年1月创造。42岁的Arlington居民Wardian是一位破纪录的赛跑者,在超长跑界以寻求艰难赛道和创造世界纪录而闻名。去年,他在47场比赛中跑了1254.65英里。世界马拉松挑战赛,就像Wardian的大多数跑步目标一样,将是对他极限的挑战。"我喜欢多样化和独特的挑战,"他说。"我绝对有兴趣看看自己能应对什么,我的身体能接受什么。这驱动着我。"

- F) Something about the way Richard Donovan carried himself appealed to Wardian. Perhaps it was the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director. The two hit it off, and soon Wardian was participating in Donovan's events. It was at the North Pole Marathon, a race that Donovan organizes, that Wardian first heard about the Irishman's plan for the World Marathon Challenge—a challenge that Donovan himself completed in 2009 and 2012. "I knew that many people had a goal of running seven marathons on seven continents during any time period," Donovan, 50, said. "I felt the natural extension to this idea would be to try to achieve it within a seven-day period."

Richard Donovan的举止有某种吸引Wardian的地方。也许是Donovan在2010年爱尔兰Galway举行的50公里锦标赛上第一次见面时所展现的冒险精神,当时Donovan是比赛总监。两人一拍即合,很快Wardian就开始参加Donovan组织的赛事。正是在Donovan组织的北极马拉松赛上,Wardian第一次听说这位爱尔兰人关于世界马拉松挑战赛的计划——Donovan本人曾在2009年和2012年完成了这项挑战。"我知道许多人的目标是在任意时间段内在七大洲跑七场马拉松,"50岁的Donovan说。"我觉得这个想法的自然延伸就是尝试在七天内完成它。"

- G) Wardian started saving for the trip in 2014, connecting with sponsors and getting approval from his wife, Jennifer, before committing. Registration for the event costs 36,000 euros, which covers international charter flights to each of the seven marathon locations: Union Glacier (Antarctica), Punta Arenas, Chile (South America), Miami (North America), Madrid (Europe), Marrakesh, Morocco (Africa), Dubai (Asia) and Sydney (Australia). The challenge is a test of both physical strength and mental fitness. Sleeping on a cramped plane, adjusting to different time zones and finding food to eat (Wardian is a vegetarian) would make it an exhausting trip over a month, let alone a week. "The

key to a race like this is getting comfortable being uncomfortable," said Becca Pizzi, last year's women's champion. "The highs of the race are incredibly high, and the lows incredibly low."

Wardian从2014年开始为这次旅行存钱,联系赞助商,并在承诺参赛前得到妻子Jennifer的批准。该赛事的报名费为36000欧元,涵盖前往七个马拉松比赛地点的国际包机航班:Union Glacier(南极洲)、智利Punta Arenas(南美洲)、Miami(北美洲)、Madrid(欧洲)、摩洛哥Marrakesh(非洲)、Dubai(亚洲)和Sydney(澳大利亚)。这项挑战是对体力和精神的双重考验。在拥挤的飞机上睡觉、适应不同的时区、寻找食物(Wardian是素食主义者),即使是一个月的旅程也会令人精疲力竭,更不用说一周了。"这样的比赛关键在于让自己在不舒适中感到舒适,"去年的女子冠军Becca Pizzi说。"比赛的高潮极其高涨,低谷也极其低落。"

- H) Since turning it into an organized event in 2015, Donovan has attracted a variety of runners. This year's challenge will feature a far more elite field, which includes Ryan Hall, America's fastest marathon runner. Despite his proven track record, Hall said he has no time goals and that he still suffers from the same fatigue issues that forced him to leave the professional ranks in 2015. Hall plans to run with his friend, Pastor Matthew Barnett of The Dream Center in Los Angeles—one of the six American men who will be competing. "I don't expect to run a step with Mike, but I will be excited to see how he does," said the 34-year-old Hall, who began weight-lifting after retiring. "If I finish within an hour of him in each marathon, I'd be surprised."

自2015年将其变成有组织的赛事以来,Donovan吸引了各种各样的跑步者。今年的挑战赛将呈现更加精英化的阵容,其中包括美国最快的马拉松选手Ryan Hall。尽管有着经过验证的记录,Hall表示他没有时间目标,并且仍然遭受着迫使他在2015年离开职业赛场的同样的疲劳问题。Hall计划与他的朋友、洛杉矶梦想中心的牧师Matthew Barnett一起跑——他是参赛的六名美国男子之一。"我不指望与Mike跑任何一步,但我会很兴奋地看他的表现,"34岁的Hall说,他在退役后开始举重。"如果我在每场马拉松中能在他之后一小时内完赛,我会感到惊讶。"

- I) Instead, 43-year-old Petr Vabrousek, an elite Czech Ironman champion, is expected to be Wardian's closest challenger. To others on the trip, simply finishing will be its own reward. Sinead Kane of Ireland is aiming to become the first blind person to complete the challenge. And Beth Ann Telford, a 47-year-old federal government worker from Fairfax and the only American female in this year's mix, is using the event as a platform to raise money for cancer research. It's a cause with a personal connection to Telford, who was diagnosed with brain cancer in 2004. "Doing something like this is definitely the hardest challenge that I've ever done except for the chemotherapy and brain surgery," she said. "It's going to raise awareness. ...I just wanted to do something that is epic and this certainly is right up there." Wardian, too, hopes his involvement will give him a platform to promote a cause. He recently became an ambassador for the United Nations Women's HeForShe initiative to fight inequalities faced by women and girls worldwide.

相反,43岁的Petr Vabrousek,一位捷克精英铁人三项冠军,预计将成为Wardian最接近的挑战者。对于这次旅行中的其他人来说,仅仅完赛本身就是回报。爱尔兰的Sinead Kane的目标是成为第一位完成这项挑战的盲人。来自Fairfax、47岁的联邦政府工作人员Beth Ann Telford是今年唯一的美国女性参赛者,她将这次赛事作为平台为癌症研究筹款。这是一项与Telford有个人联系的事业,她在2004年被诊断出患有脑癌。"做这样的事情绝对是我做过的最艰难的挑战,除了化疗和脑部手术,"她说。"这将提高人们的意识.....我只是想做一些史诗般的事情,而这肯定就是。"Wardian也希望他的参与能为他提供一个平台来推广一项事业。他最近成为联合国妇女署HeForShe倡议的大使,该倡议旨在对抗全世界妇女和女孩面临的不平等。

- J) On a chilly December afternoon, Wardian wove through Washington's crowded sidewalks on the way home from his full-time job as an international ship broker. His elastic, 6-foot frame bounced gently and efficiently off the ground with each step of the hilly six-mile trip back to Arlington. This is a daily routine during the week for Wardian, who started racing professionally in 2003 and runs seven days a week, often multiple times a day. When he travels, he prefers to explore new places on his feet.

在12月一个寒冷的下午,Wardian穿过华盛顿拥挤的人行道,从他作为国际船舶经纪人的全职工作地点回家。在这段回Arlington的6英里丘陵路程中,他富有弹性的6英尺身躯每一步都轻盈高效地从地面弹起。这是Wardian工作日的日常惯例,他从2003年开始职业比赛,每周跑步七天,经常一天跑多次。当他旅行时,他更喜欢用双脚探索新地方。

- K) But in some ways, Wardian still has trouble thinking of himself as a runner. For the majority of his childhood, Wardian devoted his energy to becoming a Division I lacrosse(长曲棍球) player—a dream he realized when he was recruited to play at Michigan State University. "Once he decides to do something, he just works at it until he does it," Michael's younger sister, Mariele, said. "Once he decides to do it, it's usually something that's going to happen. He's always been like that. He's a very motivated individual."

但在某些方面,Wardian仍然很难将自己视为一名跑步者。在他童年的大部分时间里,Wardian将精力投入到成为一名NCAA一级联盟长曲棍球运动员——当他被密歇根州立大学招募时,这个梦想实现了。"一旦他决定做某件事,他就会一直努力直到完成,"Michael的妹妹Mariele说。"一旦他决定做,这通常就是会发生的事情。他一直都是这样。他是一个非常有动力的人。"

- L) It was only a year or so ago that Wardian realized that he had been a runner longer than a lacrosse player. It was not until he ran in the 2004 U.S. Olympic Marathon Trials—the first of three for Wardian—that he felt that he was a legitimate runner. Now more than 10 years and numerous ultramarathon national titles and world records later, he embraces that identity. Wardian wants to see how far his legs can take him, one epic challenge at a time. "I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at," Wardian said, "because if you're not seeking things out that are challenging and difficult for you, then you're not growing ... So I hope maybe people see what I do, and say, 'Okay, I want to do something different or try something new. ... I'm going to do something that scares me.' That's what I'm hoping people will take from it."

直到大约一年前,Wardian才意识到他做跑步者的时间比做长曲棍球运动员的时间更长。直到他参加2004年美国奥运会马拉松选拔赛——这是Wardian参加的三次选拔赛中的第一次——他才觉得自己是一名真正的跑步者。如今十多年过去了,获得了无数超级马拉松全国冠军和世界纪录之后,他接受了这个身份。Wardian想看看自己的双腿能带他走多远,一次一个史诗般的挑战。"我想一直做令人兴奋、充满冒险、与众不同的事情,最重要的是,可能是我不擅长的事情,"Wardian说,"因为如果你不去寻找对你来说具有挑战性和困难的事情,那么你就没有成长.....所以我希望人们也许能看到我所做的,然后说,'好的,我想做一些不同的事情或尝试一些新的东西.....我要做一些让我害怕的事情。'这就是我希望人们从中得到的启示。"

陈述句与逐句解析

36. Wardian regards the various extraordinary challenges as a test of his physical endurance

Wardian 将各种非凡的挑战视为对其身体耐力的考验

【答案】 **E** 段 (弱锚点)

【锚点】 把各种非凡挑战当作身体耐力的测试

【定位】 I love diverse and unique challenges, he said. I'm definitely interested in seeing what I can handle and what my body can accept. That drives me.

「我热爱多样而独特的挑战，」他说，「我非常想看看自己能扛多少、身体能接受到什么程度。这正是驱动我前进的东西。」

【改写】 the various extraordinary challenges ↔ **diverse and unique challenges**

形容词同义词替换

a test of his physical endurance ↔ **seeing what I can handle and what my body can accept**

动词短语被概括为抽象名词 (名词化)

【辨邻】 **L** 段的核心是if you're not seeking things out that are challenging and difficult for you, then you're not growing——是「成长论」而非「身体耐力测试论」，话题相邻但命题方向不同。

I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at

K 段焦点在Once he decides to do something, he just works at it until he does it——这是「决心-执行力」的评价，与「身体耐力测试」无关。

Once he decides to do something, he just works at it until he does it

37. Wardian hopes his participation in the seven-day marathon series will contribute to a worthy cause.

Wardian 希望他参加为期七天的马拉松系列赛将有助于一项有价值的事业

【答案】 **I** 段 (弱锚点)

【锚点】 希望以七日赛参与为公益事业出力

【定位】 Wardian, too, hopes his involvement will give him a platform to promote a cause. He recently became an ambassador for the United Nations Women's HeForShe initiative to fight inequalities faced by women and girls worldwide.

Wardian同样希望，自己的这次参赛能给他一个平台来推动某项事业。他不久前成为联合国HeForShe运动的形象大使，旨在反抗全球女性和女孩面临的不平等。

【改写】 his participation in the seven-day marathon series ↔ **his involvement**

概括上位 (具体到抽象)

will contribute to a worthy cause ↔ **will give him a platform to promote a cause**

动作同义替换+评价性形容词补足

【辨邻】 L L段焦点是I hope maybe people see what I do, and say, Okay, I want to do something different or try something new——是个体激励层面，与陈述句要的「contribute to a worthy cause」（推动公益事业）不在同一命题上。

I hope maybe people see what I do

38. Wardian is going to join over thirty other runners in a week-long marathon series.

Wardian 将与其他三十多名跑者一起参加为期一周的马拉松系列赛

【答案】 D 段（强锚点）

【锚点】 与三十多名跑者一起加入为期一周的马拉松系列赛

【定位】 He will line up Monday in Antarctica for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.
他将于周一在南极站上世界马拉松挑战赛的第一段起点——与另外32位冒险者一同踏上这趟非凡之旅：参赛者们穿越不同时区与气候，在七天里跑完七大洲的七场马拉松。

【改写】 over thirty other runners ↔ 32 other adventure seekers

数字落入范围+下位词替换

a week-long marathon series ↔ seven marathons on seven continents in seven days

时间+赛事被压缩成抽象表述

【辨邻】 H H段强调阵容more elite，没说人数；陈述句要的是「数量超过30人」的具体事实，匹配点必须落在D段。

This year's challenge will feature a far more elite field, which includes Ryan Hall, America's fastest marathon runner

39. Over-exertion in extreme cold can lower one's body temperature to a dangerous point.

在极度寒冷中过度劳累会使人的体温降至危险水平

【答案】 A 段（强锚点）

【锚点】 极寒下用力过猛会把体温降到危险点

【定位】 Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia.

用力过猛他就会开始出汗，而别人告诉他，那只会增加体温过低的风险。

【改写】 Over-exertion in extreme cold ↔ Too much effort and he'd begin to sweat

动作描述对应：用力过猛=Over-exertion

can lower one's body temperature to a dangerous point ↔

would only increase the risk of hypothermia

专有术语的白话定义改写

【辨邻】 B B段焦点在天气数据和外部风险（北极熊），没有把「过度用力」与「体温下降」挂钩——而陈述句问的正是这条机理。

At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F, with a wind chill that made it feel even colder

C C段关注的是Wardian通过比赛战胜his aversion to the cold，是心理层面，与陈述句的生理机理（用力—出汗—失温）不在同一维度。

The race for Wardian, however, was less about the result than overcoming his aversion to the cold

40. Wardian was very much impressed by a race director's sense of adventure.

Wardian 对一位赛事总监的冒险精神印象深刻

【答案】 F 段（强锚点）

【锚点】 某位赛事总监的冒险气质打动了Wardian

【定位】 Something about the way Richard Donovan carried himself appealed to Wardian. Perhaps it was the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director.

Richard Donovan的某种气质打动了Wardian。也许就是2010年爱尔兰Galway的50K锦标赛上、Donovan作为赛事总监出场时所展现的那种冒险精神。

【改写】 was very much impressed by ↔

Something about the way Richard Donovan carried himself appealed to Wardian

动词同义替换：impressed by≈appealed to

a race director's sense of adventure ↔

the sense of adventure Donovan displayed when they first met at the 2010 50K Championships in Galway, Ireland, where Donovan was the race director

名词搭配原样复现

【辨邻】 K K段焦点是妹妹对其性格的评价，跟陈述句要的「赛事总监的冒险气质打动了Wardian」完全不在一条线上。

Once he decides to do something, he just works at it until he does it

41. Once Wardian sets his mind on something, he is determined to make it happen.

一旦 Wardian 下定决心做某件事,他就决心将其实现

【答案】 K 段（强锚点）

【锚点】 一旦下决心做某事，就一定让它成真

【定位】 Once he decides to do something, he just works at it until he does it, Michael's younger sister, Mariele, said. Once he decides to do it, it's usually something that's going to happen.

「一旦他决定做某件事，他就会一直坚持到做成为止。」Michael的妹妹Mariele说，「一旦他决定要做，那件事通常就会成真。」

【改写】 Once Wardian sets his mind on something ↔ **Once he decides to do something**

习语同义替换

he is determined to make it happen ↔ **he just works at it until he does it**

决心+持续动作=必达结果

【辨邻】 **L** L段焦点是if you're not seeking things out that are challenging and difficult for you, then you're not growing——是成长哲学，与陈述句要的「下定决心就一定做成」是不同命题。

I want to always keep doing things that are exciting, adventurous, different and most importantly, probably things I'm not the best at

E E段强调diverse and unique challenges与what my body can accept，是挑战类型与身体测试，并未提出「决心即必达」。

I'm definitely interested in seeing what I can handle and what my body can accept. That drives me

42. One top American marathoner quit his running career because of his physical condition.

一位美国顶级马拉松运动员因身体状况放弃了跑步生涯

【答案】 **H** 段（强锚点）

【锚点】 某位美国顶尖马拉松选手因身体状况退出跑步生涯

【定位】 Despite his proven track record, Hall said he has no time goals and that he still suffers from the same fatigue issues that forced him to leave the professional ranks in 2015.

尽管成绩斐然，Hall表示自己不设时间目标，并且仍在承受当年迫使他在2015年退出职业赛场的那种疲劳问题。

【改写】 One top American marathoner ↔ **Ryan Hall, America's fastest marathon runner**

形容词同义集合：top等于fastest

quit his running career ↔ **forced him to leave the professional ranks in 2015**

被动结果与主动动作互换

because of his physical condition ↔ **fatigue issues**

具体症状被概括为身体状况

【辨邻】 **I** I段的焦点是「完赛即回报」与「借赛公益」的不同动机，没有任何「美国顶尖马拉松选手退役」的命题。

simply finishing will be its own reward

43. To many of the week-long marathon participants, completing the race will be a success in itself.

对于许多参加为期一周马拉松的选手来说,完成比赛本身就是一种成功

【答案】 **I** 段（弱锚点）

【锚点】 对许多周赛参与者而言，完赛本身就是成功

【定位】 To others on the trip, simply finishing will be its own reward.

对这趟旅程里的其他人来说，仅仅完赛本身就是一种回报。

【改写】 To many of the week-long marathon participants ↔ **To others on the trip**

范围限定的同义替换

completing the race will be a success in itself ↔ **simply finishing will be its own reward**

完赛即回报=完赛即成功

【辨邻】 **E** 陈述句的主体是「许多周赛参与者」（非Wardian一人）；E段只讲Wardian自己。同时E段从未把「完赛」等同于「成功」，命题维度也不同。

I'm definitely interested in seeing what I can handle and what my body can accept. That drives me

G G段焦点在getting comfortable being uncomfortable——讲完赛过程中要承受不适，而非「完赛本身就是成功」。

The key to a race like this is getting comfortable being uncomfortable

44. For Wardian, the marathon in the Arctic was more about how to triumph over the extreme cold.

对 **Wardian** 来说,北极的马拉松更多的是关于如何战胜极度寒冷

【答案】 **C** 段（强锚点）

【锚点】 北极那场马拉松对Wardian来说重点在战胜极寒

【定位】 The race for Wardian, however, was less about the result than overcoming his aversion to the cold.

然而对Wardian来说，这场比赛重点不在成绩，而在战胜自己对寒冷的厌恶。

【改写】 was more about how to triumph over the extreme cold ↔

was less about the result than overcoming his aversion to the cold

比较结构等值替换+动词同义

the marathon in the Arctic ↔ **The race**

代词性回指被还原为具体赛事

【辨邻】 **A** A段是开篇白描+科普机理，未对「赛事的意义」做评价；陈述句要的「赛事意义=战胜冷」恰恰只在C段被显式提出。

Too much effort and he'd begin to sweat, which, he was told, would only increase the risk of hypothermia

B B段焦点在外部环境（温度、风寒、北极熊），不涉Wardian的赛事意义；陈述句的how to triumph over the extreme cold需要主体（Wardian）和对抗动作，B段没有。

At the 2014 North Pole Marathon, the temperature dipped to minus-22 degrees F

45. To participate in the seven-day marathon series, Wardian had to raise a lot of money and have his wife's support.

为了参加为期七天的马拉松系列赛,Wardian 必须筹集大量资金并获得妻子的支持

【答案】 G 段 (强锚点)

【锚点】 为参赛Wardian需要筹大笔钱并征得妻子支持

【定位】 Wardian started saving for the trip in 2014, connecting with sponsors and getting approval from his wife, Jennifer, before committing.

Wardian从2014年起为这趟旅程攒钱、联系赞助商,并在正式报名前征得了妻子Jennifer的同意。

【改写】 had to raise a lot of money ↔ **started saving for the trip in 2014, connecting with sponsors**
具体动作被概括为抽象动作

have his wife's support ↔ **getting approval from his wife, Jennifer**
approval等于support的同义概括

【辨邻】 D D段焦点在「他将参赛+32位同行者」的事实,没有raise a lot of money/wife's support等备赛准备信息。

He will line up Monday in Antarctica for the first leg of the World Marathon Challenge

PARAGRAPH MAP • 段落主旨图

12 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」,是逐句回扫定位的工作台。

A 开篇白描:Wardian在北极顶着刺骨寒风跑,他被告知不能用力过猛,因为出汗会增加体温过低(hypothermia)的风险。

信息指纹 北极风+出汗增加失温风险

B 交代2014北极马拉松的极端环境:minus-22 degrees F的低温、风寒更冷,以及武装警卫沿途巡逻防北极熊。

信息指纹 零下22华氏度+武装警卫防北极熊

C Wardian在北极赛中以4 hours 7 minutes and 40 seconds夺冠,比个人最好成绩慢近两小时;这场比赛对他来说重点不在成绩,而在克服自己对寒冷的恐惧。

信息指纹 北极赛重点是克服怕冷

D 几天后Wardian将在南极开跑「七天七大洲七场马拉松」，与32 other adventure seekers一同出发。

信息指纹 32位同行者+七天七洲七马

E 介绍Wardian的精英超马身份：去年跑了1,254.65 miles in 47 races；他把「挑战」看作探查自己身体极限的方式。

信息指纹 把挑战看作身体极限测试

F 回溯Wardian与赛事总监Donovan的相识：在2010年爱尔兰50K锦标赛上，Donovan身上的「冒险气质」打动了他；后来在北极马拉松上Wardian第一次听说Donovan的「七日七洲」构想。

信息指纹 Donovan的冒险气质打动Wardian

G 讲他为参赛做的准备：从2014年开始攒钱、找赞助、并征得妻子Jennifer同意才报名；报名费36,000 euros，赛事是身心双重考验。

信息指纹 攒钱拉赞助+妻子点头才报名

H 今年精英化阵容：包括美国最快马拉松选手Ryan Hall，他因fatigue issues被迫于2015年退出职业赛场；他将与朋友Barnett牧师一起跑。

信息指纹 Ryan Hall因疲劳问题退役

I 其他参赛者群像：捷克铁人三项冠军Vabrousek是Wardian最大对手；对盲人Kane、脑癌幸存者Telford等人而言「完赛本身就是回报」；Wardian也希望借此推动联合国HeForShe事业。

信息指纹 完赛即回报+借赛为公益发声

J 日常侧写：Wardian下班后跑六英里回家，2003年开始职业跑步，一周七天、常常一天多次。

信息指纹 日常跑步习惯（每周七天）

K 讲他童年是为了进NCAA一级联盟打长曲棍球而努力；妹妹评价：他一旦决定要做某件事，就一定会做成。

信息指纹 一旦决定就一定做成（妹妹评价）

L

直到一年前他才意识到自己当跑者比当长曲棍球员还久；自2004年奥运马拉松选拔赛后才把自己当作「真正的跑者」；他希望大家看到他敢做让自己害怕的事。

信息指纹 迟来的自我身份认同（跑者）

SENTENCE INSIGHTS • 句子精讲

12 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

With ice frozen to his beard, Wardian crossed the finish line that April afternoon in a winning time of 4 hours 7 minutes and 40 seconds, almost two hours slower than his personal best over 26.2 miles.

C段，第2句

本句涵盖主语、谓语、宾语、多种状语(伴随、时间、方式、程度)、比较结构,成分种类丰富。伴随状语中的独立主格"With ice frozen to his beard"、比较分句中的谓语省略和系表结构,都是值得练习的典型难点,适合用于成分划分训练。

He will line up Monday in Antarctica(南极) for the first leg of the World Marathon Challenge—joining 32 other adventure seekers on an unusual journey where participants travel through different time zones and climates to run seven marathons on seven continents in seven days.

D段，第2句

本句成分丰富：包含时间状语、地点状语、目的状语、方式状语（分词短语）、定语从句，以及从句内部的宾语、目的状语等。定语从句的识别、分词短语作状语的判断、介词短语作不同类型状语的区别，都是常见易错点，训练价值较高。

"I'm definitely interested in seeing what I can handle and what my body can accept. That drives me."

E段，第6句

be interested in doing 搭配 + 宾语从句是四六级和考研阅读中的高频句式；用 what 引导宾语从句表示 所...的事物 也是常考结构；并列宾语从句由 and 连接的写法同样典型；指示代词 That 指代前文内容作主语的用法在议论文和说明文中常见。整句结构代表性强，学生掌握后可在多种语境中迁移运用。

Sleeping on a cramped plane, adjusting to different time zones and finding food to eat (Wardian is a vegetarian) would make it an exhausting trip over a month, let alone a week.

G段，第4句

本句成分丰富且有练习价值：主语是三个并列动名词短语（动名词作主语是常见考点），谓语是情态结构，宾语和宾语补足语构成 make 的宾补搭配（易与双宾语混淆），还有时间状语。这些成分覆盖了多个易错点（动名词、宾补结构、状语位置），适合作为划分成分的训练素材。

Since turning it into an organized event in 2015, Donovan has attracted a variety of runners.

H段，第1句

"Since + 动名词短语" 引导时间状语 + 主句现在完成时的结构在四六级和考研阅读中较为常见，是典型的表达过去某时间点以来持续影响的句式，掌握后可迁移到类似语境。

Hall plans to run with his friend, Pastor Matthew Barnett of The Dream Center in Los Angeles—one of the six American men who will be competing.

H段，第4句

本句的 "主句 + 嵌套定语从句 + 同位语" 结构在四六级和考研阅读中较为常见，尤其是同位语与定语从句的组合使用，是典型的新闻报道和学术文本句式，掌握后可迁移至同类长句的理解。

It's a cause with a personal connection to Telford, who was diagnosed with brain cancer in 2004.

I段，第5句

主句加非限制性定语从句是四六级及考研阅读中的高频句式，用逗号隔开的关系代词从句补充人物背景信息这一结构极为典型，学习后可广泛迁移到类似句子的理解

"Doing something like this is definitely the hardest challenge that I've ever done except for the chemotherapy and brain surgery," she said.

I段，第6句

成分丰富且含多个训练点：动名词短语作主语、系表结构、整个从句作宾语、定语从句修饰表语中的名词、关系代词在从句中作宾语、介词短语作后置定语、时间状语 ever 的位置，覆盖多种成分类型和易错结构，训练价值高。

This is a daily routine during the week for Wardian, who started racing professionally in 2003 and runs seven days a week, often multiple times a day.

J段，第3句

主句 + 非限制性定语从句是四六级和考研阅读中的高频句式，用于在陈述主要信息后补充背景或细节。从句中并列谓语表达时间跨度（过去开始、现在持续）的用法也很常见。句子长度适中、结构清晰，是典型的说明性长句，掌握后可大量复用到阅读理解和写作中。

For the majority of his childhood, Wardian devoted his energy to becoming a Division I lacrosse(长曲棍球) player-a dream he realized when he was recruited to play at Michigan State University.

K段，第2句

本句结构高度典型：主句 + 破折号同位语 + 定语从句（省略关系代词）+ 嵌套时间状语从句，这种“主句 + 修饰性从句层层嵌套”的模式在四六级和考研阅读中极为常见。掌握本句的分析方法可直接迁移到大量真题长难句，代表性强。

It was only a year or so ago that Wardian realized that he had been a runner longer than a lacrosse player.

L段，第1句

涵盖强调句的形式主语、被强调的时间状语、宾语从句、系表结构、比较状语等多种成分；强调句 "It was ... that" 的识别和分析是高频易错点，宾语从句与比较结构的结合也值得练习，成分种类丰富且实用性强。

It was not until he ran in the 2004 U.S. Olympic Marathon Trials-the first of three for Wardian-that he felt that he was a legitimate runner.

L段，第2句

涵盖主系表结构、强调句型、时间状语从句、宾语从句、同位语等多种成分；特别是强调句中的形式主语与被强调状语、that 的双重角色（强调句标志词 vs 从句引导词）、系表结构后嵌套宾语从句等，都是易错且值得反复练习的考点。

HIGH-FREQUENCY · 真题高频词

本篇出现的 123 个英语六级真题高频词

下列单词既在本篇真题中出现，又是 **英语六级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本篇 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

marathon

B2

n. 马拉松赛跑 (42.195公里)

本篇17次 · 真题 21 句

challenge

B1

n. 挑战

本篇10次 · 真题 119 句

would

A1

aux. (will 的过去式) 将要，会

本篇5次 · 真题 568 句

event

A2

n. 事件

本篇5次 · 真题 99 句

physical

B1

adj. 身体的

本篇3次 · 真题 91 句

elite

C1

n. 精英

本篇3次 · 真题 37 句

series

B1

n. 系列

本篇3次 · 真题 33 句

continent

A2

n. 大陆

本篇3次 · 真题 22 句

adventure

B1

n. 冒险经历

本篇3次 · 真题 17 句

risk

A2

n. 风险

本篇2次 · 真题 167 句

participant

B2

n. 参与者

本篇2次·真题 91 句

seek

B1

v. 寻找

本篇2次·真题 70 句

realize

B1

v. 意识到, 认识到

本篇2次·真题 64 句

extreme

B2

adj. 极度的

本篇2次·真题 60 句

player

A2

n. 运动员

本篇2次·真题 41 句

compete

B1

v. 竞争

本篇2次·真题 36 句

participate

B1

v. 参加

本篇2次·真题 31 句

champion

B1

n. 冠军

本篇2次·真题 22 句

zone

B1

n. 区域

本篇2次·真题 19 句

definitely

B1

adv. 肯定地

本篇2次·真题 16 句

platform

B1

n. 平台

本篇2次·真题 16 句

incredibly

B2

adv. 极其, 非常 (表示程度)

本篇2次·真题 15 句

pole

B1

n. 杆

本篇2次·真题 8 句

less

A1

det. 较少的

本篇1次·真题 273 句

community

B1

n. 社区

本篇1次·真题 163 句

climate

B1

n. 气候

本篇1次·真题 160 句

issue

B1

n. 问题

本篇1次·真题 158 句

individual

B2

adj. 单独的

本篇1次·真题 142 句

mental

B1

adj. 精神的

本篇1次·真题 120 句

simply

B1

adv. 仅仅, 只不过

本篇1次·真题 119 句

average

A2

adj. 平均的

本篇1次·真题 112 句

career

B1

n. 职业

本篇1次·真题 106 句

support

A2

v. 支持

本篇1次·真题 103 句

united

B1

adj. 联合的

本篇1次·真题 97 句

later

A1

adv. 以后, later

本篇1次·真题 87 句

professional

B1

adj. 专业的

本篇1次·真题 82 句

promote

B2

v. 促进

本篇1次·真题 82 句

contribute

B1

v. 捐献

本篇1次·真题 79 句

despite

B1

prep. 尽管

本篇1次·真题 77 句

recently

A2

adv. 最近

本篇1次·真题 76 句

attract

B1

v. 吸引 (注意力、兴趣)

本篇1次·真题 67 句

variety

B1

n. 多样化

本篇1次·真题 66 句

various B1

adj. 各种各样的

本篇1次 · 真题 63 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次 · 真题 59 句

aim B1

v. 瞄准

本篇1次 · 真题 57 句

feature B1

n. 特征

本篇1次 · 真题 55 句

unique B2

adj. 独特的

本篇1次 · 真题 54 句

explore B1

v. 探索

本篇1次 · 真题 52 句

limit B1

n. 限度

本篇1次 · 真题 51 句

majority B2

n. 大多数, 大部分

本篇1次 · 真题 51 句

connection B1

n. 联系

本篇1次 · 真题 50 句

inequality B2

n. 不平等

本篇1次 · 真题 50 句

resident B2

n. 居民

本篇1次 · 真题 50 句

appeal B2

v. 呼吁

本篇1次 · 真题 48 句

track A2

n. 小路

本篇1次 · 真题 48 句

certainly A2

adv. 当然

本篇1次 · 真题 43 句

reward B1

n. 报酬

本篇1次 · 真题 43 句

female A2

adj. 女性的

本篇1次 · 真题 42 句

interested A1

adj. 感兴趣的

本篇1次·真题 41 句

marine B2

adj. 海洋的

本篇1次·真题 41 句

identity B2

n. 身份

本篇1次·真题 39 句

worldwide B1

adj. 全世界的

本篇1次·真题 35 句

awareness B2

n. 意识

本篇1次·真题 33 句

vegetarian B1

n. 素食者

本篇1次·真题 33 句

handle A2

v. 处理

本篇1次·真题 32 句

flight A2

n. 航班

本篇1次·真题 31 句

embrace B2

v. 拥抱

本篇1次·真题 30 句

federal B2

adj. 联邦(制)的

本篇1次·真题 29 句

attack A2

v. 攻击

本篇1次·真题 28 句

childhood A2

n. 童年

本篇1次·真题 28 句

urge B2

v. 敦促

本篇1次·真题 27 句

lower A2

adj. 较低的;下方的

本篇1次·真题 26 句

initiative B2

n. 主动性

本篇1次·真题 25 句

numerous B2

adj. 众多的, 许多的

本篇1次·真题 25 句

union B2

n. 工会

本篇1次 · 真题 25 句

diverse B2

adj. 多种多样的

本篇1次 · 真题 24 句

quit B1

v. 离开 (工作、学校等)

本篇1次 · 真题 24 句

tough B1

adj. 困难的

本篇1次 · 真题 24 句

route B1

n. 路线

本篇1次 · 真题 23 句

routine B1

n. 常规

本篇1次 · 真题 23 句

strength B1

n. 力量

本篇1次 · 真题 23 句

challenging B2

adj. 有挑战性的

本篇1次 · 真题 22 句

display B1

v. 展示

本篇1次 · 真题 22 句

exciting A2

adj. 令人兴奋的

本篇1次 · 真题 22 句

location B1

n. 地点, 位置

本篇1次 · 真题 22 句

mix A2

v. 混合

本篇1次 · 真题 21 句

multiple B2

adj. 多个的

本篇1次 · 真题 21 句

adjust B2

v. 调整

本篇1次 · 真题 20 句

overcome B2

v. 克服

本篇1次 · 真题 20 句

stuff A2

n. 东西

本篇1次 · 真题 20 句

organize B1

v. 组织, 安排 (活动、会议等)

本篇1次 · 真题 19 句

rank B2

n. 等级

本篇1次 · 真题 19 句

devote B2

v. 把...奉献给

本篇1次 · 真题 18 句

unusual B1

adj. 不寻常的

本篇1次 · 真题 17 句

division B1

n. 分开

本篇1次 · 真题 16 句

recruit B2

v. 招募

本篇1次 · 真题 16 句

involvement B2

n. 参与

本篇1次 · 真题 15 句

minimize B2

v. 使减少到最低限度

本篇1次 · 真题 15 句

crowded A2

adj. 拥挤的, 挤满人的

本篇1次 · 真题 14 句

fatigue B2

n. 疲劳

本篇1次 · 真题 14 句

efficiently B2

adv. 高效地

本篇1次 · 真题 13 句

journey A2

n. 旅行, 旅程

本篇1次 · 真题 13 句

participation B2

n. 参与

本篇1次 · 真题 13 句

surprised A2

adj. 感到惊讶的

本篇1次 · 真题 13 句

uncomfortable B1

adj. 不舒服的

本篇1次 · 真题 13 句

approval B2

n. 赞成

本篇1次 · 真题 12 句

commit B2

v. 承诺、保证做某事

本篇1次·真题 12 句

determined B1

adj. 坚决的

本篇1次·真题 12 句

okay A2

adj. 可以的

本篇1次·真题 12 句

retire B1

v. 退休

本篇1次·真题 12 句

fitness B1

n. 健康

本篇1次·真题 11 句

frame B1

n. 框架

本篇1次·真题 11 句

impress B1

v. 使印象深刻

本篇1次·真题 11 句

legitimate C1

adj. 合法的

本篇1次·真题 11 句

motivated B1

adj. 有积极性的

本篇1次·真题 11 句

seeker B2

n. 寻求者

本篇1次·真题 11 句

wander B1

v. 漫步

本篇1次·真题 11 句

worthy B2

adj. 值得的

本篇1次·真题 11 句

diagnose B2

v. 诊断 (疾病)

本篇1次·真题 9 句

dip B1

v. 浸, 蘸

本篇1次·真题 9 句

float B1

v. 漂浮

本篇1次·真题 9 句

surgery B1

n. 外科手术

本篇1次·真题 8 句

territory

B2

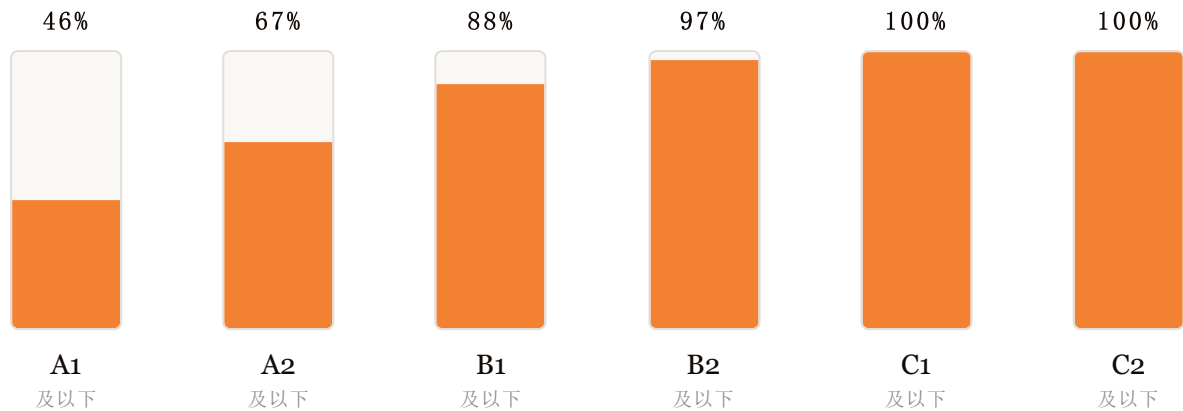
n. 领土

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 400 词按 CEFR 难度累积覆盖

全文去重后共 **400** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 13 个 · 约 3%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 400 个 · 末柱为 100%

去重总词数

400

B2 以上难词

3%

B1 及以下覆盖

88%

英语六级 2022年12月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →