



# FEDERATA ATLETIKE E KOSOVËS ATHLETIC FEDERATION OF KOSOVA

Normat e kupës së Kosovës për atlet (meshkujt)

	<b>Senior</b>	<b>Junior</b>	<b>Junior të ri</b>
100m	11.77	12.16	12.58
Matje me dorë	11.53	11.92	12.34
200m	24.36	25.29	26.31
Matje me dorë	24.12	25.05	26.07
300m	38.86	40.48	42.24
Matje me dorë	38.72	40.34	42.10
400m	54.55	56.75	59.16
Matje me dorë	54.41	56.61	59.02
4x100m	46.74	48.60	50.65
Matje me dorë	46.60	48.46	50.51
4x400m	3:38.32	3:47.11	3:56.74
600m	1:28.91	1:32.28	1:35.98
800m	2:05.16	2:09.88	2:15.04
1000m	2:42.20	2:48.43	2:55.27
1500m	4:18.56	4:28.69	4:39.79
1 Mile	4:38.91	4:49.82	5:01.77
2000m	5:55.36	6:09.19	6:24.35
3000m	9:17.59	9:40.22	10:05.02
5000m	15:56.28	16:35.04	17:17.52
10000m	33:56.24	35:25.49	37:03.29
10 km	34:01	35:29	37:07
15 km	52:29	54:50	57:25
20 km	1:13:19	1:16:50	1:20:42
Gj-Maraton	1:17:57	1:21:43	1:25:51
25 km	1:34:38	1:39:22	1:44:32
30 km	1:56:35	2:02:36	2:09:11
Maraton	2:52:19	3:01:45	3:12:05
Kërcim së larti	5.70	5.20	4.70
3 hapësh	12.25	11.29	10.32
Hedhja e gjyles	12.15	10.47	33.35
Hedhja e diskut	38.70	8.79	27.98
Hedhja e shtizës	50.46	43.50	36.52



# FEDERATA ATLETIKE E KOSOVËS ATHLETIC FEDERATION OF KOSOVA

Normat e kupës së Kosovës për atlet (femrat)

	Seniore	Juniore	Juniore të reja
100m	14.55	15.35	16.22
Matje me dorë	14.31	15.11	15.98
200m	30.47	32.27	34.25
Matje me dorë	30.23	32.03	34.01
300m	48.87	51.85	55.11
Matje me dorë	48.73	51.71	54.97
400m	1:08.52	1:12.64	1:17.16
Matje me dorë	1:08.38	1:12.50	1:17.02
4x100m	57.33	1:00.59	1:04.16
Matje me dorë	57.19	1:00.45	1:04.02
4x400m	4:36.00	4:52.35	5:10.26
600m	1:50.15	1:56.07	2:02.55
800m	2:32.41	02:40.2	2:48.80
1000m	3:19.55	3:30.00	3:41.46
1500m	5:19.75	5:37.40	5:56.74
1 Mile	5:43.79	6:02.72	6:23.46
2000m	7:20.05	7:44.88	8:12.10
3000m	11:34.02	12:14.57	12:59.00
5000m	20:04.74	21:16.48	22:35.10
10000m	42:31.48	45:07.62	47:58.73
10 km	42:48	45:23	48:12
15 km	1:05:15	1:09:09	1:13:26
20 km	1:28:07	1:33:23	1:39:11
Gj-Maraton	1:33:19	1:38:54	1:45:01
25 km	1:52:52	1:59:46	2:07:20
30 km	2:18:25	2:27:05	2:36:34
Maraton	3:22:51	3:36:05	3:50:35
Kërcim së larti	4.41	3.93	3.44
3 hapësh	9.65	8.66	7.65
Hedhja e gjyles	11.58	9.99	8.40
Hedhja e diskut	38.24	32.97	27.68
Hedhja e shtizës	38.05	32.76	27.47

Këshilli profesional

- 1.Adrian Mazreku
- 2.Zijadin Kryeziu
- 3.Agim Jakupi
- 4.Gazmend Maxhuni
- 5.Fatlum Grajçevci