



FEDERATA ATLETIKE E KOSOVËS ATHLETIC FEDERATION OF KOSOVA

Normat e përgjithshme të Federatës Atletike të Kosovës sipas kategorive për atlet
(meshkujt)

	Senior	Junior	Junior të ri	Pionier	Pionier të ri
100m	11.24	11.38	11.52	11.77	12.80
Matje me dorë	11.00	11.14	11.28	11.53	12.56
200m	23.08	23.41	23.75	24.36	26.85
Matje me dorë	22.84	23.17	23.51	24.12	26.61
300m	36.66	37.23	37.81	38.86	43.18
Matje me dorë	36.52	37.09	37.67	38.72	43.04
400m	51.55	52.32	53.11	54.55	1:00.44
Matje me dorë	51.41	52.18	52.97	54.41	1:00.30
4x100m	44.20	44.85	45.52	46.74	51.73
Matje me dorë	44.06	44.71	45.38	46.60	51.59
4x400m	3:26.32	3:29.40	3:32.57	3:38.32	4:01.85
600m	1:24.31	1:25.49	1:26.70	1:28.91	1:37.94
800m	1:58.72	2:00.38	2:02.07	2:05.16	2:17.78
1000m	2:33.69	2:35.87	2:38.12	2:42.20	2:58.89
1500m	4:04.73	4:08.28	4:11.92	4:18.56	4:45.69
1 Mile	4:24.02	4:27.85	4:31.77	4:38.91	5:08.11
2000m	5:36.47	5:41.32	5:46.30	5:55.36	6:32.40
3000m	8:46.69	8:54.62	9:02.77	9:17.59	10:18.18
5000m	15:03.36	15:16.95	15:30.90	15:56.28	17:40.06
10000m	31:54.39	32:25.68	32:57.80	33:56.24	37:55.20
10 km	31:59	32:30	33:02	34:01	37:58
15 km	49:16	50:06	50:57	52:29	58:47
20 km	1:08:30	1:09:44	1:11:00	1:13:19	1:22:45
Gj-Maraton	1:12:48	1:14:08	1:15:29	1:17:57	1:28:03
25 km	1:28:11	1:29:51	1:31:33	1:34:38	1:47:17
30 km	1:48:22	1:50:29	1:52:39	1:56:35	2:12:41
Marathon	2:39:27	2:42:45	2:46:09	2:52:19	3:17:34
Kërcim së gjati	6.44	6.24	6.04	5.70	4.46
3 hapësh	13.68	13.30	12.92	12.25	9.84
Hedhja e gjyles	14.67	14.00	13.33	12.15	7.96
Hedhja e diskut	46.71	44.58	42.44	38.70	25.34
Hedhja e shtizës	60.87	58.10	55.32	50.46	33.09



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(femrat)

	Seniore	Juniore	Juniore të reja	Pionier	Pioniere të reja
100m	13.46	13.74	14.03	14.55	16.68
Matje me dorë	13.22	13.50	13.79	14.31	16.44
200m	28.00	28.64	29.29	30.47	35.30
Matje me dorë	27.76	28.40	29.05	30.23	35.06
300m	44.81	45.86	46.93	48.87	56.84
Matje me dorë	44.67	45.72	46.79	48.73	56.70
400m	1:02.89	1:04.33	1:05.82	1:08.52	1:19.56
Matje me dorë	1:02.75	1:04.19	1:05.68	1:08.38	1:19.42
4x100m	52.88	54.02	55.19	57.33	1:06.05
Matje me dorë	52.74	53.88	55.05	57.19	1:05.91
4x400m	4:13.68	4:19.41	4:25.30	4:36.00	5:19.77
600m	1:42.07	1:44.15	1:46.28	1:50.15	2:05.99
800m	2:21.74	2:24.48	2:27.29	2:32.41	2:53.35
1000m	3:05.28	3:08.94	3:12.71	3:19.55	3:47.54
1500m	4:55.66	5:01.84	5:08.19	5:19.75	6:07.01
1 Mile	5:17.95	5:24.58	5:31.39	5:43.79	6:34.47
2000m	6:46.14	6:54.84	7:03.78	7:20.05	8:26.55
3000m	10:38.67	10:52.88	11:07.48	11:34.02	13:22.58
5000m	18:26.80	18:51.95	19:17.77	20:04.74	23:16.82
10000m	38:58.31	39:53.04	40:49.24	42:31.48	49:29.54
10 km	39:17	40:11	41:06	42:48	49:42
15 km	59:55	1:01:17	1:02:42	1:05:15	1:15:42
20 km	1:20:54	1:22:45	1:24:39	1:28:07	1:42:15
Gj-Maraton	1:25:42	1:27:40	1:29:40	1:33:19	1:48:16
25 km	1:43:26	1:45:52	1:48:21	1:52:52	2:11:21
30 km	2:06:36	2:09:38	2:12:45	2:18:25	2:41:37
Marathon	3:04:47	3:09:25	3:14:11	3:22:51	3:58:17
Kërcim së gjati	5.12	4.93	4.74	4.41	3.20
3 hapësh	11.13	10.74	10.35	9.65	7.15
Hedhja e gjyles	13.95	13.32	12.69	11.58	7.62
Hedhja e diskut	46.14	44.03	41.93	38.24	25.08
Hedhja e shtizës	45.95	43.84	41.74	38.05	24.87

Këshilli profesional

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