

The time shown for each wave "< / =" . Example: To be in wave 9 you will need a finish time better than or similar to 0

	Start time	07:45	08:00	08:00	08:20	08:20	08:25	08:30	08:40	08:45	08:50	08:55
						Wave 2 - appr. 100 best women - age classes						
BIRKEN	Date	Women Elite	Men Elite	Wave 1	Wave 2		Wave 3	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8
Birkebeinerrennet	2018	03:55:00	03:11:00	03:20:45	03:30:15	04:11:00	03:39:15	03:47:00	03:55:30	04:03:30	04:11:30	04:19:30
Birkebeinerrennet	2017	03:27:06	02:45:05	02:55:07	03:05:47	03:48:07	03:15:38	03:22:38	03:30:24	03:38:41	03:47:00	03:54:31
Birkebeinerrennet	2016	03:26:39	02:42:03	02:52:07	03:01:40	03:48:11	03:13:11	03:22:11	03:30:09	03:38:45	03:48:24	03:57:18
Birkebeinerrennet	2015	02:59:37		02:28:20	02:37:56	03:16:17	02:46:54	02:55:45	03:02:35	03:08:10	03:14:36	03:21:08
HalvBirken	2018	01:26:30	01:10:18	01:13:54	01:16:52	01:28:45	01:19:37	01:21:52	01:24:22	01:26:40	01:28:55	01:31:45
HalvBirken	2017	01:18:48	01:04:34	01:08:14	01:12:23	01:24:46	01:15:19	01:17:06	01:19:07	01:21:16	01:23:23	01:25:09
HalvBirken	2016	01:16:40		01:05:44	01:08:43	01:21:28	01:13:04	01:15:00	01:16:29	01:18:06	01:20:00	01:21:34
HalvBirken	2015	01:10:34			01:02:50	01:16:03	01:05:35	01:09:03	01:11:14	01:12:54	01:14:52	01:16:51
Ingalåmi 30km	2018	01:44:41				01:51:39				01:48:20	01:51:52	01:55:25
Ingalåmi 30km	2017	01:33:00				01:41:48				01:37:35	01:40:59	01:44:00
Ingalåmi 30km	2016	01:30:12				01:35:29				01:31:33	01:33:37	01:35:17
Ingalåmi 30km	2015	01:23:51				01:31:02				01:27:16	01:30:57	01:34:02
FredagsBirken klassisk	2018	03:55:00	03:11:00	03:20:45	03:30:15	04:11:00	03:39:15	03:47:00	03:55:30	04:03:30	04:11:30	04:19:30
FredagsBirken Friteknikk	2018	03:40:00	02:56:00	03:05:55	03:15:27	03:56:00	03:24:26	03:32:19	03:40:58	03:49:07	03:57:16	04:05:27
FredagsBirken klassisk	2017	03:31:18			03:06:15	03:47:53	03:39:15	03:47:00	03:55:30	04:03:30	04:11:30	04:19:30
FredagsBirken Friteknikk	2017	02:54:47			02:30:10	03:11:49	03:24:26	03:32:19	03:40:58	03:49:07	03:57:16	04:05:27
FredagsBirken klassisk	2016	03:04:25				03:21:22	02:52:53	03:00:26	03:09:54	03:18:14	03:27:40	03:37:28
FredagsBirken klassisk	2015								03:04:49	03:13:07	03:20:37	03:28:12
Ylläs-Levi	2018	04:01:50	03:18:07	03:27:52	03:38:28	04:45:07	03:50:21	04:01:50	04:12:05	04:23:19	04:34:09	04:45:07
Reistadløpet	2018	02:39:21	02:12:22	02:22:07	02:31:37	03:15:11	02:39:21	02:47:13	02:54:43	03:01:15	03:08:24	03:15:11
Flyktingerennet	2018	02:44:25	02:13:38	02:20:28	02:25:38	02:45:34	02:30:22	02:34:09	02:38:22	02:42:10	02:45:54	02:51:10
Troll Ski Marathon 95 km	2018	06:35:36	05:21:32	05:37:57	05:58:25	07:36:45	06:18:33	06:37:00	06:57:17	07:17:12	07:37:40	07:52:14
Vasaloppet	2018	05:59:20	04:52:03	05:06:57	05:20:46	06:18:41	05:33:45	05:44:46	05:56:53	06:08:11	06:19:27	06:31:31
Tjevvasan	2018	01:45:27				01:52:38						01:56:27
Fossavatn	2018	03:07:40	02:32:32	02:40:19	02:47:54	03:20:27	02:55:06	03:01:17	03:08:04	03:14:28	03:20:51	03:27:14
Budorrennet	2019	02:32:01	02:03:33	02:09:51	02:16:04	02:42:35	02:21:57	02:27:02	02:32:37	02:37:52	02:43:08	02:48:19

<b>Kaiser Maximilian Lauf</b>	<b>2019</b>	02:35:41	02:06:32	02:12:59	02:20:04	02:49:09	02:26:54	02:32:58	02:39:37	02:46:00	02:52:27	02:57:56
<b>Marcialonga</b>	<b>2019</b>	04:00:09	03:15:11	03:25:09	03:36:49	04:23:39	03:48:11	03:58:27	04:09:42	04:20:37	04:31:46	04:40:24
<b>Trysil Knut Rennet</b>	<b>2019</b>	02:30:02	02:01:56	02:08:10	02:12:16	02:33:25	02:15:57	02:18:45	02:21:56	02:24:43	02:27:26	02:32:08
<b>La Diagonela</b>	<b>2019</b>	04:16:52	03:28:46	03:39:25	03:50:59	04:38:36	04:02:07	04:11:58	04:22:46	04:33:06	04:43:34	04:52:35
<b>Dolomitenlauf</b>	<b>2019</b>	02:46:18	02:15:10	02:22:04	02:28:47	02:57:38	02:35:09	02:40:39	02:46:39	02:52:19	02:57:59	03:03:39
<b>Skardilten</b>	<b>2019</b>	02:34:25	02:05:30	02:11:54	02:16:45	02:40:01	02:21:11	02:24:43	02:28:40	02:32:13	02:35:42	02:40:39
<b>Stenfjellrunden</b>	<b>2019</b>	01:31:22	01:14:16	01:18:03	01:21:00	01:34:57	01:23:41	01:25:52	01:28:17	01:30:28	01:32:37	01:35:34
<b>König Ludwig Lauf</b>	<b>2019</b>	03:03:09	02:28:51	02:36:27	02:45:46	03:22:38	02:54:54	03:03:15	03:12:25	03:21:23	03:30:35	03:37:17
<b>Torleif Haugs Minneløp</b>	<b>2019</b>	02:35:05	02:06:03	02:12:29	02:17:35	02:41:31	02:22:16	02:26:04	02:30:18	02:34:08	02:37:54	02:42:56
<b>La Transjurisienne CL</b>	<b>2019</b>	03:48:35	03:05:47	03:15:16	03:24:30	04:04:08	03:33:15	03:40:48	03:49:04	03:56:51	04:04:38	04:12:24
<b>Holmenkollmarsjen</b>	<b>2019</b>	03:36:31	02:55:59	03:04:58	03:14:32	03:54:14	03:23:44	03:31:50	03:40:43	03:49:12	03:57:46	04:05:19
<b>Markatrimmen</b>	<b>2019</b>	02:38:54	02:09:09	02:15:44	02:20:24	02:43:34	02:24:38	02:27:56	02:31:38	02:34:56	02:38:10	02:43:12
<b>Søre Ål Runden</b>	<b>2019</b>	02:35:18	02:06:13	02:12:40	02:19:55	02:49:25	02:26:57	02:33:13	02:40:06	02:46:44	02:53:28	02:59:00
<b>Vindfjelløpet</b>	<b>2019</b>	02:28:21	02:00:34	02:06:44	02:12:42	02:38:22	02:18:21	02:23:13	02:28:33	02:33:34	02:38:35	02:43:38
<b>Jizerská Padesatka</b>	<b>2019</b>	03:00:09	02:26:25	02:33:53	02:41:04	03:12:03	02:47:52	02:53:41	03:00:05	03:06:05	03:12:05	03:18:12
<b>Tromsø Skimaraton</b>	<b>2019</b>	02:49:27	02:17:43	02:24:45	02:31:36	03:00:59	02:38:06	02:43:41	02:49:49	02:55:35	03:01:21	03:07:07
<b>Kvæfjordrennet</b>	<b>2019</b>	02:24:13	01:57:13	02:03:12	02:09:02	02:34:02	02:14:33	02:19:18	02:24:31	02:29:26	02:34:21	02:39:15
<b>Furusjøen Rundt</b>	<b>2019</b>	02:46:15	02:15:07	02:22:01	02:27:53	02:54:34	02:33:21	02:37:52	02:42:52	02:47:27	02:51:59	02:57:28
<b>Marka Rundt</b>	<b>2019</b>	02:42:07	02:11:46	02:18:29	02:23:03	02:46:12	02:27:09	02:30:19	02:33:53	02:37:02	02:40:07	02:45:12
<b>Grenaderløpet</b>	<b>2019</b>	05:55:08	04:48:38	05:03:22	05:19:58	06:27:26	05:36:02	05:50:23	06:06:07	06:21:18	06:36:42	06:49:19
<b>Trysil Skimaraton</b>	<b>2019</b>	02:28:50	02:00:58	02:07:09	02:12:41	02:37:16	02:17:52	02:22:14	02:27:02	02:31:29	02:35:54	02:40:52
<b>Madshus Skimaraton</b>	<b>2019</b>	02:38:56	02:09:10	02:15:46	02:19:41	02:41:04	02:23:08	02:25:40	02:28:35	02:31:06	02:33:32	02:38:25
<b>Montebellorennet</b>	<b>2019</b>	02:16:34	01:51:00	01:56:40	02:01:26	02:23:10	02:05:50	02:09:29	02:13:30	02:17:12	02:20:51	02:25:20
<b>Tverrfjeldilten</b>	<b>2019</b>	02:10:38	01:46:10	01:51:35	01:56:40	02:18:50	02:01:28	02:05:33	02:10:03	02:14:15	02:18:26	02:22:50
<b>Tartuu Skimaraton</b>	<b>2019</b>	03:17:52	02:40:49	02:49:01	02:57:08	03:31:44	03:04:50	03:11:29	03:18:47	03:25:40	03:32:34	03:39:19
<b>Gatineau Loppet CL</b>	<b>2019</b>	03:27:48	02:48:53	02:57:31	03:03:48	03:34:35	03:09:32	03:14:04	03:19:08	03:23:40	03:28:06	03:34:43
<b>Hafjell Skmarathon</b>	<b>2019</b>	02:39:52	02:09:56	02:16:34	02:22:25	02:48:34	02:27:52	02:32:27	02:37:29	02:42:09	02:46:47	02:52:05
<b>Mellerunden</b>	<b>2019</b>	02:48:18	02:16:47	02:23:46	02:30:34	02:59:46	02:37:01	02:42:34	02:48:40	02:54:23	03:00:07	03:05:51
<b>American Birkebeiner CL</b>	<b>2019</b>	03:51:03	03:07:47	03:17:22	03:24:36	03:59:21	03:31:12	03:36:28	03:42:21	03:47:38	03:52:50	04:00:14
<b>Finlandia Hiihto CL</b>	<b>2019</b>	02:59:13	02:25:40	02:33:06	02:39:03	03:06:50	02:44:31	02:48:58	02:53:54	02:58:24	03:02:49	03:08:38
<b>Tjevvasan</b>	<b>2019</b>	01:29:27				01:35:32						01:38:47
<b>Vasaloppet 03.03.19</b>	<b>2019</b>	06:29:55	05:16:55	05:33:05	05:51:17	07:05:18	06:08:53	06:24:38	06:41:52	06:58:30	07:15:22	07:29:13
<b>Bieg Piastow</b>	<b>2019</b>	02:51:49	02:19:39	02:26:47	02:32:40	02:59:48	02:38:07	02:42:36	02:47:34	02:52:06	02:56:35	03:02:12
<b>Vestergyllen</b>	<b>2019</b>	02:40:47	02:10:41	02:17:21	02:20:52	02:41:28	02:23:55	02:26:02	02:28:32	02:30:39	02:32:40	02:37:31
<b>Inga Låmi 30km</b>	<b>2019</b>	01:44:00				01:51:05						01:54:51
<b>Helterennet</b>	<b>2019</b>	02:51:47	02:19:37	02:26:45	02:33:55	03:04:17	02:40:44	02:46:40	02:53:09	02:59:18	03:05:28	03:11:22

<b>Sesilåmi</b>	<b>2019</b>	03:40:56	02:59:34	03:08:44	03:16:00	03:50:07	03:22:41	03:28:07	03:34:08	03:39:36	03:44:59	03:52:09
<b>Masters World Cup 15K CL</b>	<b>08.03.2019</b>	00:49:15	00:40:01	00:42:04	00:43:40	00:51:13	00:45:08	00:46:19	00:47:39	00:48:50	00:50:01	00:51:36
<b>Masters World Cup 30K CL</b>	<b>13.03.2019</b>	01:53:40	01:32:23	01:37:06	01:40:24	01:56:54	01:43:23	01:45:43	01:48:21	01:50:41	01:52:57	01:56:33

14:49:00 from Birkebeinerrennet 2018

09:05	09:10	09:15	09:20	09:30	09:35	09:40
<b>Wave 9</b>	<b>Wave 10</b>	<b>Wave 11</b>	<b>Wave 12</b>	<b>Wave 13</b>	<b>Wave 14</b>	<b>Wave 15</b>
04:29:00	04:40:00	04:53:00	05:17:30	05:55:30	07:40:00	23:59:59
04:03:33	04:10:34	04:20:17	04:34:33	04:56:09	05:56:18	18:35:20
04:07:43	04:16:14	04:25:12	04:39:56	04:56:18	05:46:11	18:03:43
03:28:49	03:35:30	03:43:14	03:52:22	04:03:38	04:36:28	14:25:28
01:33:09	01:35:00	01:37:27	01:43:33	01:53:45	02:24:27	07:32:10
01:28:26	01:30:28	01:33:28	01:38:03	01:45:12	02:05:54	06:34:06
01:23:33	01:26:26	01:28:36	01:32:37	01:37:06	01:52:23	05:51:49
01:19:14	01:21:13	01:24:08	01:26:17	01:29:09	01:39:45	05:12:15
01:58:24	02:01:57	02:06:18	02:15:28	02:30:09	03:12:21	10:02:09
01:48:01	01:51:31	01:56:14	02:03:02	02:13:11	02:40:47	08:23:20
01:37:26	01:40:47	01:42:49	01:47:00	01:51:41	02:08:41	06:42:51
01:37:40	01:40:50	01:44:27	01:49:14	01:55:04	02:11:11	06:50:38
04:29:00	04:40:00	04:53:00	05:17:30	05:55:30	07:40:00	23:59:59
04:15:02	04:26:11	04:39:19	05:03:47	05:41:45	07:25:10	23:13:32
04:29:00	04:40:00	04:53:00	05:17:30	05:55:30	07:40:00	23:59:59
04:15:02	04:26:11	04:39:19	05:03:47	05:41:45	07:25:10	23:13:32
03:47:38	03:55:38	04:02:59	04:13:07	04:25:44	05:01:59	15:45:20
03:36:16	03:41:58	03:47:49	03:57:11	04:05:07	04:35:19	14:21:52
04:54:12	04:58:42	05:04:39	05:12:31	05:32:05	06:04:46	07:43:12
03:22:00	03:28:25	03:36:30	03:45:49	03:56:48	04:17:08	04:48:30
02:55:31	03:00:45	03:07:08	03:20:40	03:42:21	04:44:45	14:51:24
08:04:36	08:19:24	08:37:27	09:15:15	10:15:42	13:09:04	17:10:06
06:44:39	06:59:58	07:18:10	07:53:26	08:48:33	11:21:56	11:34:44
02:00:43	02:05:39	02:11:29	02:22:29	02:39:32	03:26:26	10:46:12
03:34:49	03:43:37	03:53:59	04:13:33	04:43:54	06:07:21	19:09:58
02:52:12	02:56:56	03:02:47	03:15:34	03:36:16	04:36:24	14:25:17

03:01:25	03:05:48	03:11:20	03:24:06	03:45:01	04:46:45	14:57:40
04:51:25	05:04:07	05:19:04	05:46:39	06:29:10	08:24:53	02:20:30
02:37:34	02:43:53	02:51:22	03:05:33	03:27:36	04:28:25	14:00:16
05:03:54	05:16:57	05:32:20	06:00:50	06:44:50	08:44:53	03:23:08
03:10:22	03:18:09	03:27:21	03:44:42	04:11:35	05:25:33	16:59:08
02:48:10	02:56:45	03:06:48	03:24:27	03:51:14	05:02:16	15:46:16
01:36:27	01:37:49	01:39:48	01:45:30	01:55:18	02:25:43	07:36:13
03:47:52	03:59:59	04:14:08	04:38:43	05:15:54	06:53:49	21:35:28
02:49:24	02:56:52	03:05:39	03:21:48	03:46:39	04:54:11	15:20:58
04:21:39	04:32:21	04:45:00	05:08:50	05:45:47	07:27:26	23:20:42
04:13:24	04:22:49	04:34:02	04:55:54	05:30:09	07:05:41	22:12:37
02:49:31	02:56:49	03:05:25	03:21:20	03:45:54	04:52:55	15:16:58
03:05:33	03:13:08	03:22:06	03:39:00	04:05:13	05:17:18	16:33:19
02:46:16	02:49:42	02:54:12	03:05:15	03:23:37	04:18:44	13:29:59
03:25:46	03:34:31	03:44:49	04:03:59	04:33:37	05:54:35	18:30:02
03:13:58	03:21:54	03:31:17	03:48:57	04:16:21	05:31:42	17:18:25
02:45:05	02:51:50	02:59:49	03:14:51	03:38:10	04:42:19	14:43:47
03:01:15	03:05:56	03:11:47	03:24:53	03:46:13	04:48:42	15:03:48
02:51:15	02:58:15	03:06:32	03:22:08	03:46:20	04:52:52	15:16:48
06:55:45	07:04:11	07:15:16	07:42:41	08:28:23	10:45:46	09:41:32
02:45:36	02:51:11	02:57:55	03:11:30	03:32:58	04:33:44	14:16:57
02:43:44	02:49:56	02:57:19	03:11:35	03:33:54	04:35:59	14:23:57
02:30:51	02:37:14	02:44:45	02:58:46	03:20:26	04:19:42	13:32:59
02:28:10	02:34:20	02:41:37	02:55:15	03:16:22	04:14:16	13:15:58
03:45:48	03:53:26	04:02:38	04:21:10	04:50:28	06:13:23	19:28:51
03:38:28	03:43:17	03:49:29	04:04:19	04:28:51	05:41:59	17:50:36
02:58:35	03:06:05	03:14:56	03:31:27	03:57:01	05:07:01	16:01:08
03:12:39	03:20:32	03:29:51	03:47:24	04:14:37	05:29:27	17:11:22
04:05:27	04:11:52	04:19:52	04:37:43	05:06:43	06:31:33	20:25:45
03:17:22	03:27:23	03:39:05	03:59:41	04:30:59	05:54:05	18:28:26
01:42:24	01:46:35	01:51:32	02:00:51	02:15:19	02:55:06	09:08:12
07:37:52	07:48:44	08:02:33	08:34:34	09:27:07	12:02:29	13:41:42
03:05:16	03:09:13	03:14:22	03:26:49	03:47:28	04:49:12	15:05:21
02:42:04	02:47:26	02:53:54	03:07:03	03:27:55	04:27:05	13:56:06
01:58:40	02:03:07	02:08:24	02:18:42	02:34:48	03:19:39	10:25:02
03:15:10	03:19:54	03:25:55	03:39:41	04:02:15	05:08:46	16:06:36

04:03:01	04:15:28	04:30:00	04:55:33	05:34:18	07:17:03	22:48:12
00:52:11	00:53:01	00:54:11	00:57:23	01:02:49	01:19:30	04:08:55
01:59:15	02:02:33	02:06:37	02:15:30	02:29:51	03:11:33	09:59:40