

Viser hvilken tid du må være innenfor "<=" . F.eks: Pulje 5 = tid bedre enn eller lik 04:01:59 fra Birkebeinerrennet 2024.

Merk: For Kvinner og Menn Elite er krav om Aktiv FIS kode

BIRKEN	År	07:45	08:00	08:20	08:25	08:30	08:35	08:45	08:50	08:55	09:00	09:10	09:15	09:20	09:25
		ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12
Birkebeinerrennet	2024	02:59:59	03:42:59	03:20:59	03:33:59	03:43:59	03:52:59	04:01:59	04:10:59	04:20:59	04:31:59	04:43:59	04:59:59	05:16:59	05:39:59
Birkebeinerrennet	2023	02:49:28	03:29:58	03:09:15	03:21:29	03:30:54	03:39:22	03:47:51	03:56:19	04:05:44	04:16:06	04:27:24	04:42:28	04:58:28	05:20:08
Birkebeinerrennet	2022	02:36:52	03:14:20	02:55:10	03:06:30	03:15:13	03:23:03	03:30:54	03:38:45	03:47:27	03:57:03	04:07:30	04:21:27	04:36:16	04:56:19
Birkebeinerrennet	2019	02:18:19	02:51:22	02:34:27	02:44:27	02:52:08	02:59:03	03:05:58	03:12:53	03:20:34	03:29:01	03:38:15	03:50:32	04:03:36	04:21:17
Turbirken 54km	2024	02:56:29	03:38:39	03:17:04	03:29:49	03:39:37	03:48:27	03:57:16	04:06:06	04:15:54	04:26:41	04:38:27	04:54:09	05:10:49	05:33:22
Turbirken 54km	2022	02:34:51	03:11:50	02:52:55	03:04:06	03:12:42	03:20:27	03:28:11	03:35:56	03:44:32	03:54:00	04:04:19	04:18:05	04:32:43	04:52:30
SkøyteBirken	2024	02:32:53	03:09:25	02:50:44	03:01:46	03:10:16	03:17:54	03:25:33	03:33:12	03:41:42	03:51:02	04:01:14	04:14:49	04:29:16	04:48:48
Skøytebirken	2023	02:44:01	03:23:12	03:03:09	03:15:00	03:24:07	03:32:19	03:40:31	03:48:43	03:57:50	04:07:52	04:18:48	04:33:23	04:48:52	05:09:50
Skøytebirken	2022	02:26:31	03:01:31	02:43:36	02:54:11	03:02:20	03:09:39	03:16:59	03:24:18	03:32:27	03:41:24	03:51:10	04:04:12	04:18:02	04:36:45
Skøytebirken	2019	02:16:01	02:48:31	02:31:53	02:41:43	02:49:16	02:56:04	03:02:53	03:09:41	03:17:14	03:25:33	03:34:37	03:46:43	03:59:33	04:16:56
HalvBirken ski	2024	01:09:13	01:25:46	01:17:18	01:22:18	01:26:09	01:29:37	01:33:04	01:36:32	01:40:23	01:44:37	01:49:14	01:55:23	02:01:55	02:10:46
HalvBirken ski	2023	01:09:55	01:26:37	01:18:04	01:23:07	01:27:00	01:30:30	01:34:00	01:37:30	01:41:23	01:45:39	01:50:19	01:56:32	02:03:08	02:12:04
Turbirken 27km	2022	00:58:12	01:12:07	01:05:00	01:09:12	01:12:26	01:15:21	01:18:16	01:21:10	01:24:25	01:27:58	01:31:51	01:37:01	01:42:31	01:49:58
Budorrennet CT 42km	2024	02:08:30	02:39:12	02:23:30	02:33:11	02:40:45	02:47:40	02:54:36	03:01:34	03:09:19	03:17:17	03:26:00	03:37:36	03:49:56	04:06:37
Budorrennet CT 42km	2025	01:57:43	02:25:51	02:11:27	02:19:48	02:26:11	02:31:53	02:37:35	02:43:16	02:49:36	02:56:45	03:04:33	03:14:57	03:25:59	03:40:56
3 Zinnen Ski Marathon CT (Pustertaler) 62 km	2024	02:29:40	03:05:26	02:47:08	03:00:34	03:11:50	03:22:34	03:33:39	03:45:04	03:57:45	04:07:46	04:18:42	04:33:17	04:48:46	05:09:43
3 Zinnen Ski Marathon CT 62 km	2025	02:32:44	03:09:14	02:50:34	03:01:00	03:08:50	03:15:47	03:22:41	03:29:32	03:37:11	03:46:20	03:56:19	04:09:38	04:23:47	04:42:55
La Diagonela 55km	2024	02:32:58	03:09:31	02:50:49	03:02:39	03:12:01	03:20:37	03:29:17	03:38:02	03:47:43	03:57:19	04:07:47	04:21:45	04:36:35	04:56:39
La Diagonela 55km	2025	01:59:14	02:27:43	02:13:09	02:21:28	02:27:47	02:33:25	02:39:01	02:44:36	02:50:49	02:58:01	03:05:53	03:16:21	03:27:29	03:42:32
Dolomitenlauf CT 42km	2024	01:48:57	02:14:59	02:01:40	02:09:12	02:14:54	02:19:57	02:25:00	02:30:00	02:35:35	02:42:09	02:49:18	02:58:50	03:08:58	03:22:41
Dolomitenlauf CT 42km	2025	02:00:19	02:29:04	02:14:21	02:22:28	02:28:31	02:33:52	02:39:10	02:44:26	02:50:18	02:57:29	03:05:18	03:15:45	03:26:51	03:41:51
Trysil Knut Rennet CT 40km	2024	02:02:00	02:31:09	02:16:14	02:24:31	02:30:42	02:36:11	02:41:38	02:47:02	02:53:03	03:00:21	03:08:19	03:18:55	03:30:12	03:45:27
Trysil Knut Rennet CT 40km	2025	02:02:54	02:32:16	02:17:14	02:25:06	02:30:50	02:35:49	02:40:44	02:45:35	02:51:02	02:58:14	03:06:06	03:16:35	03:27:44	03:42:48

		07:45	08:00	08:20	08:25	08:30	08:35	08:45	08:50	08:55	09:00	09:10	09:15	09:20	09:25
BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12
Vester-Gyllen CT 40km	2024	02:03:09	02:32:34	02:17:31	02:25:32	02:31:25	02:36:34	02:41:39	02:46:41	02:52:18	02:59:34	03:07:30	03:18:03	03:29:17	03:44:28
Vester-Gyllen CT 40km	2025	02:01:09	02:30:06	02:15:17	02:23:49	02:30:19	02:36:07	02:41:54	02:47:40	02:54:05	03:01:25	03:09:25	03:20:06	03:31:26	03:46:46
Marcialonga CT 70 km	2024	02:53:34	03:35:02	03:13:49	03:27:31	03:38:26	03:48:31	03:58:42	04:09:00	04:20:25	04:31:24	04:43:22	04:59:20	05:16:18	05:39:15
Marcialonga CT 70 km	2025	03:13:56	04:00:16	03:36:34	03:51:26	04:03:09	04:13:53	04:24:41	04:35:34	04:47:38	04:59:46	05:12:59	05:30:37	05:49:22	06:14:42
Stenfjellrunden CT 42km	2024	02:04:43	02:34:31	02:19:16	02:28:01	02:34:39	02:40:34	02:46:28	02:52:21	02:58:54	03:06:26	03:14:40	03:25:38	03:37:17	03:53:03
Stenfjellrunden CT 42km	2025	02:03:43	02:33:17	02:18:09	02:26:14	02:32:10	02:37:21	02:42:29	02:47:34	02:53:15	03:00:33	03:08:31	03:19:08	03:30:25	03:45:41
Thorleif Haugs Minneløp CT 50 km	2024	02:45:36	03:25:10	03:04:56	03:14:53	03:21:57	03:27:58	03:33:52	03:39:39	03:46:11	03:55:43	04:06:07	04:19:59	04:34:43	04:54:39
Thorleif Haugs Minneløp CT 50 km	2025	02:34:31	03:11:26	02:52:33	03:01:41	03:08:06	03:13:33	03:18:52	03:24:05	03:30:00	03:38:51	03:48:30	04:01:23	04:15:04	04:33:34
Toblach Cortina CT 42km	2024	01:45:43	02:10:58	01:58:03	02:07:02	02:14:25	02:21:21	02:28:27	02:35:42	02:43:45	02:50:39	02:58:11	03:08:13	03:18:53	03:33:19
Granfondo Dobbiaco-Cortina CT 42 km	2025	01:29:52	01:51:20	01:40:21	01:46:43	01:51:33	01:55:53	02:00:13	02:04:31	02:09:19	02:14:46	02:20:43	02:28:39	02:37:04	02:48:28
Markatrimmen CT 40km	2024	01:58:05	02:26:18	02:11:52	02:20:51	02:27:55	02:34:22	02:40:52	02:47:24	02:54:39	03:02:01	03:10:03	03:20:45	03:32:08	03:47:31
Markatrimmen CT 40km	2025	01:50:01	02:16:18	02:02:51	02:11:28	02:18:19	02:24:37	02:30:59	02:37:25	02:44:32	02:51:29	02:59:02	03:09:08	03:19:51	03:34:21
Sjusjøen skimaraton CT 42 km	2024	02:18:52	02:52:03	02:35:04	02:44:20	02:51:13	02:57:16	03:03:17	03:09:14	03:15:52	03:24:08	03:33:08	03:45:09	03:57:54	04:15:10
Sjusjøen skimaraton CT 42 km	2025	02:12:56	02:44:41	02:28:26	02:37:15	02:43:47	02:49:32	02:55:13	03:00:51	03:07:09	03:15:02	03:23:39	03:35:07	03:47:18	04:03:48
La Transjurassienne CT 50 km	2025	01:30:01	01:51:31	01:40:31	01:47:01	01:52:01	01:56:32	02:01:02	02:05:32	02:10:32	02:16:02	02:22:02	02:30:02	02:38:33	02:50:03
Vindfjelløpet CT 41km	2024	01:54:43	02:22:07	02:08:06	02:16:26	02:22:52	02:28:41	02:34:29	02:40:18	02:46:45	02:53:47	03:01:27	03:11:40	03:22:32	03:37:14
Vindfjelløpet CT 41km	2025	01:59:18	02:27:49	02:13:14	02:21:09	02:27:02	02:32:12	02:37:19	02:42:23	02:48:03	02:55:07	03:02:51	03:13:09	03:24:06	03:38:55
Jizerska Padesatka CT 50km	2025	02:06:47	02:37:05	02:21:35	02:30:41	02:37:40	02:43:56	02:50:12	02:56:28	03:03:26	03:11:09	03:19:36	03:30:50	03:42:47	03:58:57
Furusjøen Rundt CT 45km	2024	02:15:33	02:47:56	02:31:22	02:41:07	02:48:35	02:55:19	03:02:02	03:08:45	03:16:13	03:24:30	03:33:31	03:45:33	03:58:20	04:15:37
Furusjøen Rundt CT 45km	2025	02:20:54	02:54:34	02:37:21	02:45:26	02:51:01	02:55:44	03:00:19	03:04:48	03:09:54	03:17:54	03:26:38	03:38:17	03:50:39	04:07:23

		07:45	08:00	08:20	08:25	08:30	08:35	08:45	08:50	08:55	09:00	09:10	09:15	09:20	09:25
BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12
Holmenkollmarsjen CT 36 km	2024	01:43:21	02:08:02	01:55:24	02:02:46	02:08:23	02:13:26	02:18:28	02:23:30	02:29:05	02:35:22	02:42:13	02:51:22	03:01:04	03:14:13
Holmenkollmarsjen CT 36 km	2025														
Torenåsløpet CT 42,6km	2025														
Finlandia Hiitho CT 62km	2024	03:01:21	03:44:41	03:22:31	03:33:47	03:41:54	03:48:54	03:55:47	04:02:33	04:10:10	04:20:43	04:32:13	04:47:33	05:03:51	05:25:54
Finlandia Hiitho CT 62km	2025														
American Birkie CL 30km	2024	01:16:05	01:34:15	01:24:57	01:27:48	01:29:17	01:30:18	01:31:16	01:32:11	01:33:24	01:37:20	01:41:38	01:47:22	01:53:27	02:01:41
American Birkie Skate 50 km elite	2024	01:52:49	02:19:47	02:05:59	02:14:08	02:20:24	02:26:03	02:31:42	02:37:20	02:43:36	02:50:30	02:58:01	03:08:03	03:18:43	03:33:08
American Birkie Skate 30km	2024	01:18:14	01:36:56	01:27:22	01:33:01	01:37:22	01:41:16	01:45:11	01:49:06	01:53:27	01:58:14	02:03:27	02:10:24	02:17:47	02:27:47
American Birkie CT 53km	2025														
American Birkie Skate 50km	2025														
Vasaloppet CT 90 km	2024	04:25:59	05:29:32	04:57:01	05:20:55	05:40:59	06:00:06	06:19:48	06:40:08	07:02:45	07:20:34	07:40:00	08:05:55	08:33:27	09:10:42
Vasaloppet CT 90 km	2025														
Engadin Skimarathon FT 42 km	2024	01:49:23	02:15:31	02:02:09	02:08:31	02:12:58	02:16:43	02:20:23	02:23:59	02:28:03	02:34:17	02:41:06	02:50:11	02:59:49	03:12:52
Engadin Skimarathon FT 42 km	2025														
Helterennet	2025														
Ingalåmi 30	2025														
Flyktingerennet CT 44 km	2024	02:11:39	02:43:06	02:27:00	02:35:49	02:42:22	02:48:09	02:53:53	02:59:33	03:05:53	03:13:43	03:22:16	03:33:40	03:45:47	04:02:10
Kobberløpet CT 43 km	2024	01:50:31	02:16:55	02:03:25	02:10:28	02:15:36	02:20:03	02:24:27	02:28:48	02:33:40	02:40:08	02:47:12	02:56:38	03:06:38	03:20:11
Reistadløpet CT 50 km	2024	02:25:10	02:59:50	02:42:06	02:52:26	03:00:20	03:07:25	03:14:30	03:21:33	03:29:24	03:38:14	03:47:52	04:00:42	04:14:20	04:32:48
Fossavatn Ski Marathon CT 50 km	2024	02:58:25	03:41:03	03:19:14	03:33:05	03:44:02	03:54:05	04:04:13	04:14:27	04:25:48	04:37:00	04:34:16	04:49:43	05:06:08	05:28:21