

Example: For wave 5 time must be better than or equal to 04:01:29 from Birkebeinerrennet 2024.

Note: For Men and Women Elite an Active FIS code is mandatory

BIRKEN		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
	Year	ME	WE	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
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
Engadin 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
Engadin 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

		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	Year	ME	WE	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
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
Trysil Skimaraton CT 42km	2024	01:58:17	02:26:33	02:12:05	02:19:38	02:25:07	02:29:53	02:34:35	02:39:13	02:44:24	02:51:20	02:58:54	03:08:59	03:19:41	03:34:11
Trysil Skimaraton CT 42km	2025	02:03:37	02:33:09	02:18:03	02:26:01	02:31:51	02:36:56	02:41:57	02:46:55	02:52:28	02:59:44	03:07:40	03:18:14	03:29:28	03:44:40
Montebellorennet CT 40km	2024	01:39:31	02:03:17	01:51:07	01:57:53	02:02:57	02:07:26	02:11:53	02:16:18	02:21:13	02:27:10	02:33:40	02:42:19	02:51:31	03:03:58
Montebellorennet CT 40km	2025	01:49:21	02:15:29	02:02:07	02:08:53	02:13:45	02:17:56	02:22:03	02:26:06	02:30:39	02:37:00	02:43:56	02:53:10	03:02:59	03:16:16
Grenaderløpet CT 90km	2024	04:37:59	05:44:24	05:10:25	05:33:05	05:51:24	06:08:26	06:25:45	06:43:20	07:02:49	07:20:38	07:40:05	08:06:00	08:33:33	09:10:48
Grenaderløpet CT 90km	2025	04:59:08	06:10:36	05:34:02	05:53:55	06:08:40	06:21:38	06:34:29	06:47:13	07:01:26	07:19:11	07:38:34	08:04:24	08:31:51	09:09:00
Marka Rundt CT 40km	2024	02:00:38	02:29:28	02:14:43	02:23:42	02:30:42	02:37:03	02:43:25	02:49:49	02:56:55	03:04:23	03:12:31	03:23:22	03:34:53	03:50:29
Marka Rundt CT 40km	2025	01:57:05	02:25:04	02:10:45	02:18:49	02:24:54	02:30:18	02:35:41	02:41:01	02:46:58	02:54:01	03:01:41	03:11:56	03:22:48	03:37:31
Gatineau Loppet CT 50km	2024	02:25:26	03:00:10	02:42:24	02:52:54	03:00:59	03:08:15	03:15:31	03:22:48	03:30:52	03:39:46	03:49:27	04:02:23	04:16:07	04:34:42
Gatineau Loppet CT 50km	2025	02:34:48	03:11:47	02:52:52	03:04:03	03:12:39	03:20:23	03:28:08	03:35:52	03:44:28	03:53:56	04:04:15	04:18:01	04:32:38	04:52:25
Tartu Maraton CT 63km	2024	02:30:09	03:06:02	02:47:40	02:58:02	03:05:51	03:12:47	03:19:42	03:26:34	03:34:13	03:43:15	03:53:06	04:06:14	04:20:11	04:39:03
Tartu Maraton CT 63km	2025	01:54:20	02:21:39	02:07:40	02:15:45	02:21:55	02:27:26	02:32:56	02:38:25	02:44:31	02:51:27	02:59:01	03:09:06	03:19:49	03:34:19
Madsus Skimarathon CT 42 km	2024	02:03:10	02:32:36	02:17:33	02:24:21	02:28:57	02:32:47	02:36:30	02:40:08	02:44:17	02:51:12	02:58:46	03:08:50	03:19:32	03:34:01
Madsus Skimarathon CT 42 km	2025	02:22:01	02:55:56	02:38:35	02:48:01	02:55:00	03:01:09	03:07:14	03:13:16	03:20:00	03:28:26	03:37:38	03:49:54	04:02:55	04:20:33
Tjejvasan CT 30 km	2024	01:12:13	01:29:28	01:20:39	01:25:32	01:29:12	01:32:26	01:35:39	01:38:50	01:42:24	01:46:43	01:51:25	01:57:42	02:04:22	02:13:23
Tjejvasan CT 30 km	2025														
		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	Year	ME	WE	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12

Hafjell Skimaraton CT 42 km	2024	02:11:33	02:42:59	02:26:54	02:36:45	02:44:26	02:51:25	02:58:26	03:05:29	03:13:18	03:21:27	03:30:20	03:42:11	03:54:47	04:11:49
Hafjell Skimaraton CT 42 km	2025														
Granåsfjellrennet CT 42 km	2025														
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														
Flyktningerennet 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