

The time shown for each wave "<= ". Example: For wave 5 time must be better than or equal to 05:03:59 from Birkebeinerrennet

| RACE | Year | 07:45 | 08:00 | 08:20 | 08:25 | 08:30 | 08:35 | 08:40 | 08:45 | 08:50 | 08:55 | 09:00 |
|----------------------------|------|----------------|------------------|----------|----------|----------|----------------------------|----------|----------|----------|----------|----------|
| | | ME (Men Elite) | KE (Women Elite) | P1 | P2 | P3 | (best seeded women in age) | P4 | P5 | P6 | P7 | P8 |
| Birkebeinerrennet | 2022 | 03:07:59 | 03:59:59 | 03:34:29 | 03:57:29 | 04:19:29 | 04:37:59 | 04:37:59 | 05:03:59 | 05:38:59 | 06:29:59 | 11:59:59 |
| Birkebeinerrennet | 2019 | 02:51:01 | 03:38:20 | 03:15:08 | 03:36:45 | 03:57:35 | 04:15:20 | 04:15:20 | 04:40:07 | 05:13:22 | 06:01:41 | 11:07:44 |
| Birkebeinerrennet | 2018 | 02:42:00 | 03:26:48 | 03:04:50 | 03:26:39 | 03:48:02 | 04:06:44 | 04:06:44 | 04:32:33 | 05:07:02 | 05:56:52 | 10:58:51 |
| Turbirken 54km | 2022 | 03:02:15 | 03:52:40 | 03:27:57 | 03:50:15 | 04:11:34 | 04:29:31 | 04:29:31 | 04:54:43 | 05:28:39 | 06:18:06 | 11:38:02 |
| Turbirken 54km | 2019 | 02:52:23 | 03:40:04 | 03:16:41 | 03:38:12 | 03:58:52 | 04:16:24 | 04:16:24 | 04:40:56 | 05:13:53 | 06:01:49 | 11:07:59 |
| SkøyteBirken | 2022 | 02:52:55 | 03:40:45 | 03:17:18 | 03:38:27 | 03:58:41 | 04:15:42 | 04:15:42 | 04:39:37 | 05:11:49 | 05:58:44 | 11:02:17 |
| Skøytebirken | 2019 | 02:40:14 | 03:24:33 | 03:02:49 | 03:23:22 | 03:43:16 | 04:00:19 | 04:00:19 | 04:24:02 | 04:55:51 | 05:42:00 | 10:31:24 |
| TurBirken 28 | 2022 | 01:11:08 | 01:30:49 | 01:21:10 | 01:29:53 | 01:38:12 | 01:45:12 | 01:45:12 | 01:55:03 | 02:08:18 | 02:27:36 | 04:32:30 |
| Turbirken 27km | 2019 | 01:04:41 | 01:22:35 | 01:13:48 | 01:21:59 | 01:29:52 | 01:36:35 | 01:36:35 | 01:45:57 | 01:58:32 | 02:16:49 | 04:12:35 |
| Halvbirken | 2018 | 01:03:50 | 01:21:30 | 01:12:50 | 01:20:11 | 01:27:06 | 01:32:46 | 01:32:46 | 01:40:52 | 01:51:50 | 02:07:56 | 03:56:12 |
| Fredagsbirken klassisk | 2018 | 02:53:34 | 03:41:35 | 03:18:02 | 03:39:59 | 04:01:07 | 04:19:09 | 04:19:09 | 04:44:17 | 05:18:03 | 06:07:05 | 11:17:42 |
| Fredagsbirken skate | 2018 | 02:32:46 | 03:15:01 | 02:54:18 | 03:16:27 | 03:38:33 | 03:58:29 | 03:58:29 | 04:25:44 | 05:02:03 | 05:54:20 | 10:54:10 |
| | | | | | | | | | | | | |
| Reistadløpet | 2022 | 02:38:06 | 03:21:50 | 03:00:23 | 03:21:12 | 03:41:28 | 03:59:02 | 03:59:02 | 04:23:22 | 04:55:55 | 05:43:03 | 10:33:20 |
| Kobberløpet | 2022 | 01:40:32 | 02:08:20 | 01:54:42 | 02:02:47 | 02:09:50 | 02:14:45 | 02:14:45 | 02:22:54 | 02:34:40 | 02:52:52 | 05:19:09 |
| Vasaloppet | 2022 | 04:07:52 | 05:16:26 | 04:42:49 | 05:14:12 | 05:44:29 | 06:10:18 | 06:10:18 | 06:46:19 | 07:34:40 | 08:44:52 | 16:09:01 |
| Tjeivasan | 2022 | | 01:36:29 | | | | 01:51:46 | | 02:02:13 | 02:16:17 | 02:36:48 | 04:49:29 |
| Flyktingerennet | 2022 | 02:16:50 | 02:54:41 | 02:36:07 | 02:48:34 | 02:59:42 | 03:07:57 | 03:07:57 | 03:20:46 | 03:38:49 | 04:06:10 | 07:34:29 |
| Budorrennet | 2023 | 02:24:37 | 03:04:38 | 02:45:01 | 02:57:55 | 03:09:27 | 03:17:54 | 03:17:54 | 03:31:10 | 03:49:54 | 04:18:22 | 07:57:00 |
| Pustertaler skimarathon 62 | 2023 | 02:39:25 | 03:23:31 | 03:01:53 | 03:21:24 | 03:40:03 | 03:55:44 | 03:55:44 | 04:17:47 | 04:47:28 | 05:30:43 | 10:10:35 |
| Dolomitenlauf 42km CL | 2023 | 02:03:47 | 02:38:02 | 02:21:14 | 02:36:23 | 02:50:52 | 03:03:03 | 03:03:03 | 03:20:10 | 03:43:13 | 04:16:48 | 07:54:07 |
| La Diagonela 65 km CL | 2023 | 02:22:15 | 03:01:36 | 02:42:18 | 02:56:52 | 03:10:14 | 03:20:39 | 03:20:39 | 03:36:06 | 03:57:23 | 04:29:06 | 08:16:48 |
| Marcialonga 70 km | 2023 | 03:19:34 | 04:14:47 | 03:47:42 | 04:10:03 | 04:30:59 | 04:47:56 | 04:47:56 | 05:12:20 | 05:45:32 | 06:34:22 | 12:08:04 |
| Torleif Haugs Minneløp | 2023 | 02:36:49 | 03:20:11 | 02:58:55 | 03:12:10 | 03:23:52 | 03:32:13 | 03:32:13 | 03:45:41 | 04:04:56 | 04:34:27 | 08:26:41 |
| Tromsø Skimarathon | 2023 | 02:19:33 | 02:58:10 | 02:39:14 | 02:56:18 | 03:12:38 | 03:26:22 | 03:26:22 | 03:45:40 | 04:11:39 | 04:49:31 | 08:54:31 |
| Stenfjellrunden | 2023 | 02:07:25 | 02:42:40 | 02:25:23 | 02:37:50 | 02:49:09 | 02:57:49 | 02:57:49 | 03:10:52 | 03:29:00 | 03:56:10 | 07:16:01 |
| Markatrimmen | 2023 | 02:05:39 | 02:40:25 | 02:23:22 | 02:32:16 | 02:39:52 | 02:44:49 | 02:44:49 | 02:53:41 | 03:06:54 | 03:27:44 | 06:23:31 |

| | | | | | | | | | | | | |
|-------------------------------------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Toblach Cortina | 2023 | 02:06:17 | 02:41:14 | 02:24:06 | 02:35:57 | 02:46:39 | 02:54:41 | 02:54:41 | 03:07:00 | 03:24:13 | 03:50:11 | 07:04:59 |
| König Ludwig Lauf | 2023 | 01:40:05 | 02:07:47 | 01:54:12 | 02:05:21 | 02:15:47 | 02:24:14 | 02:24:14 | 02:36:24 | 02:52:56 | 03:17:19 | 06:04:17 |
| Jizerska Padesatka | 2023 | 02:35:36 | 03:18:38 | 02:57:32 | 03:13:25 | 03:27:59 | 03:39:21 | 03:39:21 | 03:56:11 | 04:19:24 | 04:53:59 | 09:02:45 |
| Sjusjøen Skimaraton | 2023 | 02:03:27 | 02:37:35 | 02:20:51 | 02:33:42 | 02:45:33 | 02:54:52 | 02:54:52 | 03:08:35 | 03:27:26 | 03:55:26 | 07:14:40 |
| Furusjøen Rundt | 2023 | 02:26:26 | 03:06:56 | 02:47:05 | 03:00:08 | 03:11:47 | 03:20:20 | 03:20:20 | 03:33:44 | 03:52:40 | 04:21:28 | 08:02:43 |
| Marka Rundt | 2023 | 02:08:26 | 02:43:58 | 02:26:32 | 02:42:15 | 02:57:17 | 03:09:55 | 03:09:55 | 03:27:41 | 03:51:36 | 04:26:27 | 08:11:55 |
| Montebellorennet | 2023 | 01:40:39 | 02:08:29 | 01:54:50 | 02:07:09 | 02:18:56 | 02:28:50 | 02:28:50 | 02:42:45 | 03:01:30 | 03:28:48 | 06:25:30 |
| Holmenkollmarsjen | 2023 | 01:44:32 | 02:13:27 | 01:59:16 | 02:08:58 | 02:17:41 | 02:24:12 | 02:24:12 | 02:34:14 | 02:48:18 | 03:09:34 | 05:49:58 |
| Trysil Skimarathon | 2023 | 02:05:30 | 02:40:13 | 02:23:11 | 02:34:53 | 02:45:25 | 02:53:18 | 02:53:18 | 03:05:26 | 03:22:25 | 03:48:03 | 07:01:02 |
| Madshus Skimaraton | 2023 | 02:05:32 | 02:40:15 | 02:23:14 | 02:35:57 | 02:47:36 | 02:56:39 | 02:56:39 | 03:10:07 | 03:28:42 | 03:56:24 | 07:16:27 |
| Grönklitt Criterium | 2023 | 02:09:39 | 02:45:31 | 02:27:56 | 02:43:47 | 02:58:58 | 03:11:43 | 03:11:43 | 03:29:39 | 03:53:48 | 04:28:58 | 08:16:35 |
| Transjurasienne Classic | 2023 | 02:26:30 | 03:07:02 | 02:47:10 | 03:05:05 | 03:22:14 | 03:36:39 | 03:36:39 | 03:56:55 | 04:24:12 | 05:03:57 | 09:21:09 |
| Gatineau Loppet | 2023 | 02:15:43 | 02:53:16 | 02:34:51 | 02:51:27 | 03:07:20 | 03:20:42 | 03:20:42 | 03:39:28 | 04:04:44 | 04:41:34 | 08:39:49 |
| Finlandia Hiitho Classic | 2023 | 02:52:00 | 03:39:35 | 03:16:15 | 03:31:32 | 03:45:10 | 03:55:10 | 03:55:10 | 04:10:51 | 04:33:02 | 05:06:46 | 09:26:21 |
| Tjejvasan | 2023 | | 01:43:14 | | | | 01:59:35 | | 02:10:46 | 02:25:49 | 02:47:46 | 05:09:44 |
| Grenaderløpet | 2023 | 05:04:36 | 06:28:51 | 05:47:32 | 06:24:48 | 07:00:27 | 07:30:25 | 07:30:25 | 08:12:33 | 09:09:15 | 10:31:54 | 19:26:35 |
| Hafjell Skimarathon | 2023 | 02:16:15 | 02:53:57 | 02:35:28 | 02:48:19 | 02:59:55 | 03:08:39 | 03:08:39 | 03:22:01 | 03:40:41 | 04:08:49 | 07:39:22 |
| Valdresrennet | 2023 | 01:42:46 | 02:11:11 | 01:57:15 | 02:04:49 | 02:11:18 | 02:15:38 | 02:15:38 | 02:23:11 | 02:34:20 | 02:51:49 | 05:17:13 |
| American Birkebeiner Classic | 2023 | 02:32:03 | 03:14:07 | 02:53:29 | 03:12:05 | 03:29:53 | 03:44:51 | 03:44:51 | 04:05:53 | 04:34:11 | 05:15:26 | 09:42:22 |
| American Birkebeiner Skate | 2023 | 02:10:46 | 02:46:56 | 02:29:12 | 02:45:12 | 03:00:30 | 03:13:23 | 03:13:23 | 03:31:28 | 03:55:49 | 04:31:17 | 08:20:51 |
| Vasaloppet | 2023 | 04:17:15 | 05:28:25 | 04:53:31 | 05:22:32 | 05:49:45 | 06:11:53 | 06:11:53 | 06:43:39 | 07:26:48 | 08:30:16 | 15:42:03 |
| Tartu skimaraton | 2023 | 03:36:34 | 04:36:28 | 04:07:06 | 04:20:36 | 04:31:51 | 04:38:36 | 04:38:36 | 04:52:00 | 05:12:38 | 05:45:52 | 10:38:33 |
| Torefjellsrennet | 2023 | 01:55:14 | 02:27:07 | 02:11:29 | 02:25:35 | 02:39:04 | 02:50:25 | 02:50:25 | 03:06:21 | 03:27:48 | 03:59:04 | 07:21:22 |
| Helterennet | 2023 | 02:16:20 | 02:54:02 | 02:35:33 | 02:45:02 | 02:53:05 | 02:58:16 | 02:58:16 | 03:07:42 | 03:21:49 | 03:44:10 | 06:53:51 |
| Ingalåmi 30 km | 2023 | | 01:38:20 | | | | 01:53:54 | | 02:04:33 | 02:18:54 | 02:39:48 | 04:55:01 |