

Example: For wave 5 time must be better than or equal to 03:41:59 from Birkebeinerrennet 2025.

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    | 09:35    | 09:40    | 09:45    |
|----------------------------|------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                            | Year | ME       | WE       | W1       | W2       | W3       | W4       | W5       | W6       | W7       | W8       | W9       | W10      | W11      | W12      | W13      | W14      | W15      |
| Birkebeinerrennet          | 2025 | 02:44:59 | 03:19:59 | 03:04:59 | 03:17:59 | 03:26:59 | 03:34:59 | 03:41:59 | 03:49:59 | 03:57:59 | 04:06:59 | 04:15:59 | 04:25:59 | 04:35:59 | 04:49:59 | 05:04:59 | 05:23:59 | 05:44:59 |
| Birkebeinerrennet          | 2024 | 02:44:32 | 03:19:26 | 03:04:29 | 03:18:07 | 03:27:51 | 03:36:37 | 03:44:27 | 03:53:21 | 04:00:51 | 04:08:28 | 04:15:59 | 04:24:24 | 04:32:44 | 04:44:53 | 04:57:52 | 05:14:36 | 05:34:59 |
| Birkebeinerrennet          | 2023 | 02:39:17 | 03:13:05 | 02:58:36 | 03:12:22 | 03:22:25 | 03:31:36 | 03:39:55 | 03:49:20 | 03:57:18 | 04:04:39 | 04:11:54 | 04:20:03 | 04:28:05 | 04:39:52 | 04:52:28 | 05:08:43 | 05:28:44 |
| Birkebeinerrennet          | 2022 | 02:34:23 | 03:07:08 | 02:53:06 | 03:05:16 | 03:13:41 | 03:21:10 | 03:27:43 | 03:35:12 | 03:42:41 | 03:51:07 | 03:59:32 | 04:08:53 | 04:18:15 | 04:31:21 | 04:45:23 | 05:03:10 | 05:22:49 |
| TurBirken ski              | 2025 |          |          |          | 03:17:59 | 03:26:59 | 03:34:59 | 03:41:59 | 03:49:59 | 03:57:59 | 04:06:59 | 04:15:59 | 04:25:59 | 04:35:59 | 04:49:59 | 05:04:59 | 05:23:59 | 05:44:59 |
| TurBirken ski              | 2024 |          |          |          |          |          | 03:33:49 | 03:41:33 | 03:50:20 | 03:57:44 | 04:05:15 | 04:12:40 | 04:20:59 | 04:29:12 | 04:41:12 | 04:54:01 | 05:10:32 | 05:30:40 |
| TurBirken ski              | 2022 |          |          |          |          |          |          |          |          | 03:27:13 | 03:33:46 | 03:40:14 | 03:47:29 | 03:54:38 | 04:05:06 | 04:16:16 | 04:30:40 | 04:48:12 |
| SkøyteBirken               | 2025 | 02:23:39 | 02:54:08 | 02:41:04 | 02:52:21 | 03:00:08 | 03:07:02 | 03:13:05 | 03:19:59 | 03:25:38 | 03:32:08 | 03:38:33 | 03:45:44 | 03:52:51 | 04:03:13 | 04:14:19 | 04:28:36 | 04:46:00 |
| Skøytebirken               | 2024 |          |          | 02:29:45 | 02:40:50 | 02:48:43 | 02:55:51 | 03:02:12 | 03:09:26 | 03:15:31 | 03:21:42 | 03:27:48 | 03:34:38 | 03:41:23 | 03:51:15 | 04:01:48 | 04:15:23 | 04:31:56 |
| Skøytebirken               | 2023 |          |          | 02:45:22 | 02:57:35 | 03:06:18 | 03:14:10 | 03:21:12 | 03:29:10 | 03:35:54 | 03:42:43 | 03:49:27 | 03:57:00 | 04:04:28 | 04:15:22 | 04:27:00 | 04:42:00 | 05:00:16 |
| Skøytebirken               | 2022 |          |          | 02:33:43 | 02:45:05 | 02:53:11 | 03:00:30 | 03:07:02 | 03:14:27 | 03:20:42 | 03:27:02 | 03:33:18 | 03:40:19 | 03:47:15 | 03:57:23 | 04:08:12 | 04:22:09 | 04:39:08 |
| HalvBirken ski             | 2025 |          |          |          | 01:12:40 | 01:16:14 | 01:19:28 | 01:22:20 | 01:25:36 | 01:28:21 | 01:31:09 | 01:33:54 | 01:36:59 | 01:40:03 | 01:44:30 | 01:49:16 | 01:55:24 | 02:02:53 |
| HalvBirken ski             | 2024 |          |          | 01:10:57 | 01:16:12 | 01:19:56 | 01:23:19 | 01:26:20 | 01:29:45 | 01:32:38 | 01:35:34 | 01:38:27 | 01:41:42 | 01:44:54 | 01:49:35 | 01:54:34 | 02:01:00 | 02:08:51 |
| HalvBirken ski             | 2023 |          |          |          | 01:16:57 | 01:20:44 | 01:24:09 | 01:27:11 | 01:30:39 | 01:33:34 | 01:36:31 | 01:39:26 | 01:42:42 | 01:45:57 | 01:50:40 | 01:55:43 | 02:02:13 | 02:10:08 |
| Budorrennet CT 42km        | 2025 | 01:47:38 | 02:10:29 | 02:00:41 | 02:10:16 | 02:17:21 | 02:23:53 | 02:29:52 | 02:36:37 | 02:41:41 | 02:45:57 | 02:50:07 | 02:54:52 | 02:59:30 | 03:14:13 | 03:24:12 | 03:37:26 | 07:33:47 |
| Budorrennet CT 42km        | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| La Diagonela 55km          | 2025 | 01:44:42 | 02:06:55 | 01:57:23 | 02:07:29 | 02:15:16 | 02:22:37 | 02:29:32 | 02:37:20 | 02:41:56 | 02:44:37 | 02:47:12 | 02:50:19 | 02:53:19 | 02:58:40 | 03:04:25 | 03:12:21 | 03:24:49 |
| La Diagonela 55km          | 2026 | 02:06:05 | 02:32:50 | 02:21:22 | 02:32:49 | 02:41:22 | 02:49:19 | 02:56:38 | 03:04:54 | 03:11:16 | 03:16:22 | 03:21:23 | 03:27:03 | 03:32:37 | 03:50:11 | 04:02:04 | 04:17:46 | 08:57:57 |
| Dolomitenlauf CT 42        | 2025 | 01:47:40 | 02:10:30 | 02:00:43 | 02:09:56 | 02:16:37 | 02:22:43 | 02:28:12 | 02:34:27 | 02:38:19 | 02:41:52 | 02:45:18 | 02:49:16 | 02:53:08 | 02:59:21 | 03:06:01 | 03:14:54 | 03:27:32 |
| Dolomitenlauf CT 42        | 2026 | 01:46:02 | 02:08:31 | 01:58:53 | 02:06:37 | 02:11:45 | 02:16:11 | 02:19:58 | 02:24:19 | 02:28:39 | 02:34:16 | 02:39:53 | 02:46:08 | 02:52:23 | 03:01:07 | 03:10:30 | 03:22:22 | 03:35:29 |
| Trysil Knut Rennet CT 40km | 2025 | 01:51:23 | 02:15:01 | 02:04:54 | 02:13:49 | 02:20:04 | 02:25:39 | 02:30:34 | 02:36:10 | 02:40:17 | 02:44:50 | 02:49:17 | 02:54:19 | 02:59:16 | 03:06:42 | 03:14:38 | 03:24:58 | 03:38:15 |
| Trysil Knut Rennet CT 40km | 2026 | 01:59:12 | 02:24:29 | 02:13:39 | 02:21:32 | 02:26:26 | 02:30:32 | 02:33:51 | 02:37:47 | 02:40:22 | 02:45:08 | 02:49:50 | 02:55:07 | 03:00:19 | 03:08:02 | 03:16:17 | 03:26:58 | 03:40:23 |
| Vester-Gyllen CT 40km      | 2025 | 01:50:28 | 02:13:54 | 02:03:51 | 02:13:31 | 02:20:36 | 02:27:06 | 02:33:00 | 02:39:41 | 02:44:55 | 02:49:34 | 02:54:08 | 02:59:18 | 03:04:22 | 03:11:59 | 03:20:07 | 03:30:44 | 03:44:23 |
| Vester-Gyllen CT 40km      | 2026 | 01:57:17 | 02:22:10 | 02:11:30 | 02:19:07 | 02:23:47 | 02:27:39 | 02:30:45 | 02:34:28 | 02:37:25 | 02:42:41 | 02:47:54 | 02:53:43 | 02:59:30 | 03:07:49 | 03:16:43 | 03:28:06 | 03:41:36 |

| 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    | 09:35    | 09:40    | 09:45    |
|----------------------------------|------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                                  | Year | ME       | WE       | W1       | W2       | W3       | W4       | W5       | W6       | W7       | W8       | W9       | W10      | W11      | W12      | W13      | W14      | W15      |
| Marcialonga CT 70 km             | 2025 | 02:53:39 | 03:30:29 | 03:14:42 | 03:31:35 | 03:44:40 | 03:57:04 | 04:08:45 | 04:21:57 | 04:34:19 | 04:43:23 | 04:52:21 | 05:02:24 | 05:12:20 | 05:26:42 | 05:42:03 | 06:01:44 | 06:25:11 |
| Marcialonga CT 70 km             | 2026 | 03:33:22 | 04:18:38 | 03:59:14 | 04:16:48 | 04:29:17 | 04:40:31 | 04:50:32 | 05:01:54 | 05:15:46 | 05:30:17 | 05:45:00 | 06:01:20 | 06:17:55 | 06:40:17 | 07:04:25 | 07:34:33 | 08:04:01 |
| König Ludwig Lauf                | 2026 | 01:53:11 | 02:17:12 | 02:06:55 | 02:17:21 | 02:25:13 | 02:32:32 | 02:39:19 | 02:47:00 | 02:52:41 | 02:57:02 | 03:01:16 | 03:06:06 | 03:10:50 | 03:18:11 | 03:26:02 | 03:36:23 | 03:50:25 |
| Mattila Skimarathon              | 2026 |          |          | 02:17:45 | 02:24:14 | 02:27:35 | 02:30:05 | 02:31:49 | 02:34:08 | 02:37:14 | 02:44:06 | 02:51:02 | 02:58:43 | 03:06:29 | 03:17:04 | 03:28:27 | 03:42:42 | 03:57:09 |
| Jizerska Padesatka CT 50km       | 2025 | 01:52:08 | 02:15:55 | 02:05:44 | 02:17:18 | 02:26:31 | 02:35:25 | 02:43:57 | 02:53:37 | 03:01:54 | 03:06:55 | 03:11:51 | 03:17:25 | 03:22:54 | 03:31:10 | 03:40:01 | 03:51:33 | 04:06:34 |
| Jizerska Padesatka CT 50km       | 2026 | 02:20:36 | 02:50:26 | 02:37:39 | 02:49:05 | 02:57:09 | 03:04:23 | 03:10:48 | 03:18:06 | 03:24:35 | 03:31:26 | 03:38:14 | 03:45:49 | 03:53:20 | 04:04:10 | 04:15:45 | 04:30:35 | 04:48:07 |
| Stenfjellrunden CT 42            | 2025 | 01:52:55 | 02:16:52 | 02:06:36 | 02:15:57 | 02:22:37 | 02:28:38 | 02:34:00 | 02:40:06 | 02:44:49 | 02:49:35 | 02:54:16 | 02:59:34 | 03:04:46 | 03:12:32 | 03:20:50 | 03:31:36 | 03:45:19 |
| Stenfjellrunden CT 42            | 2026 | 01:59:41 | 02:25:05 | 02:14:12 | 02:23:07 | 02:29:06 | 02:34:20 | 02:38:48 | 02:43:57 | 02:47:03 | 02:51:20 | 02:55:31 | 03:00:17 | 03:04:56 | 03:12:08 | 03:19:50 | 03:29:57 | 03:43:33 |
| Thorleif Haugs Minneløp CT 50 km | 2025 | 02:18:52 | 02:48:20 | 02:35:43 | 02:48:12 | 02:57:30 | 03:06:07 | 03:14:01 | 03:22:57 | 03:30:38 | 03:37:07 | 03:43:32 | 03:50:44 | 03:57:49 | 04:08:15 | 04:19:24 | 04:33:47 | 04:51:32 |
| Thorleif Haugs Minneløp CT 50 km | 2026 | 02:48:09 | 03:23:50 | 03:08:33 | 03:20:33 | 03:28:22 | 03:35:06 | 03:40:45 | 03:47:19 | 03:54:00 | 04:03:04 | 04:12:08 | 04:22:12 | 04:32:18 | 04:46:21 | 05:01:25 | 05:20:28 | 05:41:15 |
| Markatrimmen CT 40km             | 2025 | 01:42:07 | 02:03:46 | 01:54:29 | 02:01:38 | 02:06:14 | 02:10:09 | 02:13:26 | 02:17:15 | 02:19:44 | 02:23:43 | 02:27:38 | 02:32:03 | 02:36:24 | 02:42:54 | 02:49:52 | 02:58:55 | 03:10:31 |
| Markatrimmen CT 40km             | 2026 | 01:39:14 | 02:00:18 | 01:51:16 | 01:58:00 | 02:02:15 | 02:05:50 | 02:08:46 | 02:12:14 | 02:13:48 | 02:17:00 | 02:20:07 | 02:23:42 | 02:27:11 | 02:32:41 | 02:38:34 | 02:46:22 | 02:57:09 |
| Sjusjøen skimaraton CT 42 km     | 2025 | 02:04:26 | 02:30:50 | 02:19:31 | 02:28:31 | 02:34:25 | 02:39:32 | 02:43:50 | 02:48:50 | 02:52:52 | 02:58:29 | 03:04:01 | 03:10:14 | 03:16:22 | 03:25:17 | 03:34:48 | 03:47:02 | 04:01:45 |
| Sjusjøen skimaraton CT 42 km     | 2026 | 01:48:53 | 02:11:59 | 02:02:05 | 02:10:12 | 02:15:39 | 02:20:24 | 02:24:27 | 02:29:09 | 02:33:14 | 02:38:27 | 02:43:38 | 02:49:25 | 02:55:09 | 03:03:23 | 03:12:11 | 03:23:26 | 03:36:37 |
| La Transjurassienne CT 50 km     | 2025 | 01:26:44 | 01:45:09 | 01:37:15 | 01:44:40 | 01:50:02 | 01:54:55 | 01:59:19 | 02:04:19 | 02:07:53 | 02:11:12 | 02:14:27 | 02:18:09 | 02:21:46 | 02:27:20 | 02:33:17 | 02:41:06 | 02:51:32 |
| La Transjurassienne CT 50 km     | 2026 | 02:13:08 | 02:41:22 | 02:29:16 | 02:37:39 | 02:42:41 | 02:46:48 | 02:50:03 | 02:53:59 | 02:57:49 | 03:04:32 | 03:11:16 | 03:18:44 | 03:26:12 | 03:36:40 | 03:47:52 | 04:02:04 | 04:17:46 |
| Vindfjelløpet CT 41km            | 2025 | 01:46:12 | 02:08:43 | 01:59:04 | 02:08:29 | 02:15:27 | 02:21:52 | 02:27:43 | 02:34:21 | 02:38:55 | 02:42:43 | 02:46:26 | 02:50:41 | 02:54:49 | 03:01:21 | 03:08:21 | 03:17:36 | 03:30:25 |
| Vindfjelløpet CT 41km            | 2026 | 01:53:32 | 02:17:37 | 02:07:18 | 02:15:22 | 02:20:37 | 02:25:08 | 02:28:55 | 02:33:19 | 02:34:37 | 02:37:24 | 02:40:05 | 02:43:17 | 02:46:22 | 02:51:43 | 02:57:27 | 03:05:17 | 03:17:18 |
| Grenaderløpet CT 90km            | 2025 | 04:27:44 | 05:24:32 | 05:00:12 | 05:23:09 | 05:39:48 | 05:55:00 | 06:08:44 | 06:24:17 | 06:39:03 | 06:53:08 | 07:07:09 | 07:22:46 | 07:38:18 | 08:00:23 | 08:24:02 | 08:54:09 | 09:28:46 |
| Grenaderløpet CT 90km            | 2026 | 04:53:42 | 05:56:00 | 05:29:18 | 05:52:02 | 06:07:37 | 06:21:23 | 06:33:21 | 06:47:03 | 06:58:42 | 07:12:28 | 07:26:05 | 07:41:19 | 07:56:24 | 08:18:13 | 08:41:33 | 09:11:28 | 09:47:12 |
| Finlandia Hiitho CT 62km         | 2025 | 02:52:09 | 03:28:40 | 03:13:01 | 03:25:14 | 03:33:11 | 03:40:00 | 03:45:42 | 03:52:21 | 03:57:35 | 04:05:11 | 04:12:42 | 04:21:08 | 04:29:27 | 04:41:34 | 04:54:32 | 05:11:11 | 05:31:21 |
| Finlandia Hiitho CT 62km         | 2026 | 02:00:07 | 02:25:36 | 02:14:41 | 02:23:22 | 02:29:05 | 02:34:02 | 02:38:12 | 02:43:02 | 02:47:33 | 02:53:36 | 02:59:37 | 03:06:19 | 03:13:00 | 03:22:27 | 03:32:35 | 03:45:27 | 04:00:04 |



| 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    | 09:35    | 09:40    | 09:45    |
|---------------------------------|------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                                 | Year | ME       | WE       | W1       | W2       | W3       | W4       | W5       | W6       | W7       | W8       | W9       | W10      | W11      | W12      | W13      | W14      | W15      |
| Holmenkollmarsjen CT 36 km      | 2025 | 01:32:17 | 01:51:52 | 01:43:29 | 01:51:00 | 01:56:18 | 02:01:03 | 02:05:16 | 02:10:04 | 02:14:17 | 02:18:44 | 02:23:09 | 02:28:05 | 02:32:59 | 02:40:02 | 02:47:34 | 02:57:14 | 03:08:44 |
| Holmenkollmarsjen CT 36 km      | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| Finlandia Hiitho CT 62km        | 2025 | 02:52:09 | 03:28:40 | 03:13:01 | 03:25:14 | 03:33:11 | 03:40:00 | 03:45:42 | 03:52:21 | 03:57:35 | 04:05:11 | 04:12:42 | 04:21:08 | 04:29:27 | 04:41:34 | 04:54:32 | 05:11:11 | 05:31:21 |
| Finlandia Hiitho CT 62km        | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| American Birkie CL 53km         | 2025 | 02:10:41 | 02:38:24 | 02:26:32 | 02:36:49 | 02:43:57 | 02:50:17 | 02:55:50 | 03:02:10 | 03:08:31 | 03:15:38 | 03:22:46 | 03:30:41 | 03:38:37 | 03:49:42 | 04:01:35 | 04:16:38 | 04:33:16 |
| American Birkie Skate 50km      | 2025 | 01:54:01 | 02:18:12 | 02:07:50 | 02:17:26 | 02:24:19 | 02:30:34 | 02:36:10 | 02:42:32 | 02:45:52 | 02:49:04 | 02:52:08 | 02:55:46 | 02:59:17 | 03:05:14 | 03:11:36 | 03:20:15 | 03:33:14 |
| American Birkie CT 53km         | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| American Birkie Skate 50km      | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| Vasaloppet CT 90 km             | 2025 | 03:41:38 | 04:28:39 | 04:08:30 | 04:31:03 | 04:48:53 | 05:06:01 | 05:22:23 | 05:40:55 | 05:58:34 | 06:10:25 | 06:22:09 | 06:35:16 | 06:48:15 | 07:07:01 | 07:27:05 | 07:52:49 | 08:23:27 |
| Vasaloppet CT 90 km             | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| Engadin Skimarathon FT 42 km    | 2025 | 01:31:03 | 01:50:22 | 01:42:05 | 01:47:50 | 01:51:16 | 01:54:06 | 01:56:19 | 01:59:00 | 01:59:33 | 02:01:59 | 02:04:20 | 02:07:05 | 02:09:44 | 02:14:10 | 02:18:55 | 02:25:19 | 02:34:44 |
| Engadin Skimarathon FT 42 km    | 2026 |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
| Valdres Skimaraton              | 2025 | 03:13:14 | 03:54:14 | 03:36:40 | 03:51:49 | 04:02:17 | 04:11:34 | 04:19:41 | 04:28:58 | 04:40:47 | 04:54:06 | 05:07:40 | 05:22:42 | 05:38:02 | 05:58:35 | 06:20:48 | 06:48:29 | 07:14:58 |
| Marcialonga Bodø                | 2025 | 02:25:53 | 02:56:50 | 02:43:34 | 02:54:27 | 03:01:45 | 03:08:07 | 03:13:34 | 03:19:51 | 03:24:29 | 03:30:34 | 03:36:34 | 03:43:19 | 03:49:57 | 03:59:48 | 04:10:20 | 04:23:57 | 04:41:04 |
| Flyktningerennet CT 44 km       | 2025 | 02:08:48 | 02:36:08 | 02:24:25 | 02:33:14 | 02:38:50 | 02:43:34 | 02:47:29 | 02:52:04 | 02:54:29 | 02:58:57 | 03:03:19 | 03:08:17 | 03:13:09 | 03:20:40 | 03:28:42 | 03:39:16 | 03:53:28 |
| Reistadløpet CT 50 km           | 2025 | 02:36:50 | 03:10:06 | 02:55:50 | 03:07:25 | 03:15:08 | 03:21:51 | 03:27:34 | 03:34:10 | 03:38:52 | 03:45:15 | 03:51:31 | 03:58:35 | 04:05:32 | 04:15:55 | 04:26:59 | 04:41:22 | 04:59:36 |
| Kobberløpet CT 43 km            | 2025 | 02:01:31 | 02:27:17 | 02:16:14 | 02:24:00 | 02:28:42 | 02:32:34 | 02:35:39 | 02:39:20 | 02:41:37 | 02:46:22 | 02:51:02 | 02:56:18 | 03:01:28 | 03:09:10 | 03:17:24 | 03:28:05 | 03:41:34 |
| Fossavatn Ski Marathon CT 50 km | 2025 | 02:19:01 | 02:48:30 | 02:35:52 | 02:44:39 | 02:49:56 | 02:54:16 | 02:57:41 | 03:01:49 | 03:08:43 | 03:18:56 | 03:29:29 | 03:41:12 | 03:53:18 | 04:09:15 | 04:26:37 | 04:48:09 | 05:06:49 |





