

Viser hvilken tid du må være innenfor "<=". F.eks: Pulje 5 = tid bedre enn eller lik 04:03:29 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	03:19:39	03:32:49	03:43:29	03:53:29	04:03:29	04:15:39	04:28:19	04:43:59	05:04:59	05:33:29	06:18:29	11:29:59
Birkebeinerrennet	2023	02:49:28	03:29:58	03:07:59	03:20:23	03:30:26	03:39:51	03:49:16	04:00:43	04:12:39	04:27:24	04:47:10	05:14:00	05:56:23	10:49:41
Birkebeinerrennet	2022	02:36:52	03:14:20	02:54:00	03:05:29	03:14:46	03:23:29	03:32:12	03:42:49	03:53:51	04:07:30	04:25:48	04:50:39	05:29:52	10:01:21
Birkebeinerrennet	2019	02:18:19	02:51:22	02:33:26	02:43:33	02:51:45	02:59:26	03:07:07	03:16:28	03:26:12	03:38:15	03:54:23	04:16:17	04:50:52	08:50:16
Turbirken 54km	2024	02:56:29	03:38:39	03:15:46	03:28:40	03:39:08	03:48:56	03:58:45	04:10:40	04:23:06	04:38:27	04:59:03	05:26:59	06:11:07	09:46:07
Turbirken 54km	2022	02:34:51	03:11:50	02:51:46	03:03:06	03:12:16	03:20:52	03:29:29	03:39:57	03:50:51	04:04:19	04:22:23	04:46:55	05:25:37	10:28:47
SkøyteBirken	2024	02:32:53	03:09:25	02:49:36	03:00:47	03:09:50	03:18:20	03:26:50	03:37:10	03:47:55	04:01:14	04:19:04	04:43:17	05:21:30	09:21:40
Skøytebirken	2023	02:44:01	03:23:12	03:01:57	03:13:56	03:23:40	03:32:46	03:41:53	03:52:59	04:04:31	04:18:48	04:37:56	05:03:54	05:44:55	08:41:27
Skøytebirken	2022	02:26:31	03:01:31	02:42:31	02:53:14	03:01:55	03:10:04	03:18:12	03:28:06	03:38:25	03:51:10	04:08:16	04:31:28	05:08:06	09:21:40
Skøytebirken	2019	02:34:51	03:11:50	02:51:46	03:03:06	03:12:16	03:20:52	03:29:29	03:39:57	03:50:51	04:04:19	04:22:23	04:46:55	05:25:37	09:53:37
HalvBirken ski	2024	01:09:13	01:25:46	01:16:47	01:21:51	01:25:57	01:29:48	01:33:39	01:38:20	01:43:12	01:49:14	01:57:18	02:08:16	02:25:35	04:25:24
HalvBirken ski	2023	01:09:55	01:26:37	01:17:33	01:22:40	01:26:49	01:30:42	01:34:35	01:39:18	01:44:14	01:50:19	01:58:28	02:09:33	02:27:02	04:28:03
Turbirken 27km	2022	00:58:12	01:12:07	01:04:34	01:08:50	01:12:17	01:15:31	01:18:45	01:22:41	01:26:47	01:31:51	01:38:38	01:47:52	02:02:25	03:43:11
Budorrennet CT 42km	2024	02:08:30	02:39:12	02:22:33	02:32:21	02:40:24	02:48:01	02:55:41	03:04:57	03:14:38	03:26:00	03:41:14	04:01:54	04:34:32	08:20:30
Budorrennet CT 42km	2025	01:57:43	02:25:51	02:10:35	02:19:03	02:25:51	02:32:13	02:38:34	02:46:19	02:54:22	03:04:33	03:18:11	03:36:43	04:05:57	07:28:23
3 Zinnen Ski Marathon CT (Pustertaler) 62 km	2024	02:29:40	03:05:26	02:46:02	02:59:35	03:11:24	03:23:01	03:34:58	03:49:15	04:04:26	04:18:42	04:37:50	05:03:48	05:44:47	10:28:34
3 Zinnen Ski Marathon CT 62 km	2025	02:32:44	03:09:14	02:49:26	03:00:01	03:08:25	03:16:12	03:23:56	03:33:26	03:43:17	03:56:19	04:13:48	04:37:31	05:14:58	09:34:11
La Diagonela 55km	2024	02:32:58	03:09:31	02:49:41	03:01:39	03:11:36	03:21:03	03:30:35	03:42:05	03:54:07	04:07:47	04:26:07	04:50:59	05:30:15	10:02:03
La Diagonela 55km	2025	01:59:14	02:27:43	02:12:16	02:20:42	02:27:27	02:33:45	02:40:00	02:47:40	02:55:37	03:05:53	03:19:37	03:38:17	04:07:44	07:31:38
Dolomitenlauf CT 42km	2024	01:48:57	02:14:59	02:00:51	02:08:30	02:14:36	02:20:15	02:25:54	02:32:48	02:39:58	02:49:18	03:01:49	03:18:49	03:45:38	06:51:21
Dolomitenlauf CT 42km	2025	02:00:19	02:29:04	02:13:28	02:21:41	02:28:11	02:34:12	02:40:09	02:47:29	02:55:05	03:05:18	03:19:01	03:37:37	04:06:58	07:30:15
Trysil Knut Rennet CT 40km	2024	02:02:00	02:31:09	02:15:20	02:23:43	02:30:22	02:36:31	02:42:38	02:50:08	02:57:55	03:08:19	03:22:14	03:41:08	04:10:58	07:37:32
Trysil Knut Rennet CT 40km	2025	02:02:54	02:32:16	02:16:20	02:24:19	02:30:30	02:36:09	02:41:44	02:48:40	02:55:50	03:06:06	03:19:52	03:38:32	04:08:02	07:32:10

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

		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
Tromsø Skimaraton	2024	02:14:03	02:46:04	02:28:42	02:36:15	02:41:46	02:46:40	02:51:26	02:57:35	03:03:54	03:14:38	03:29:02	03:48:34	04:19:24	07:52:54
Trysil Skimaraton CT 42km	2024	01:58:17	02:26:33	02:11:13	02:18:52	02:24:47	02:30:12	02:35:32	02:42:10	02:49:02	02:58:54	03:12:08	03:30:05	03:58:26	07:14:40
Trysil Skimaraton CT 42km	2025	02:03:37	02:33:09	02:17:08	02:25:13	02:31:31	02:37:16	02:42:57	02:50:01	02:57:19	03:07:40	03:21:32	03:40:22	04:10:07	07:35:58
Montebellorennet CT 40km	2024	01:39:31	02:03:17	01:50:23	01:57:14	02:02:40	02:07:42	02:12:42	02:18:50	02:25:11	02:33:40	02:45:02	03:00:27	03:24:48	06:13:22
Montebellorennet CT 40km	2025	01:49:21	02:15:29	02:01:18	02:08:11	02:13:27	02:18:14	02:22:56	02:28:49	02:34:53	02:43:56	02:56:03	03:12:30	03:38:29	06:38:19
Grenaderløpet CT 90km	2024	04:37:59	05:44:24	05:08:21	05:31:16	05:50:37	06:09:14	06:28:08	06:50:50	07:14:42	07:40:05	08:14:06	09:00:16	10:13:11	18:37:49
Grenaderløpet CT 90km	2025	04:59:08	06:10:36	05:31:49	05:51:59	06:07:50	06:22:27	06:36:56	06:54:47	07:13:16	07:38:34	08:12:29	08:58:30	10:11:10	18:34:09
Marka Rundt CT 40km	2024	02:00:38	02:29:28	02:13:49	02:22:55	02:30:22	02:37:23	02:44:26	02:52:59	03:01:54	03:12:31	03:26:45	03:46:04	04:16:35	07:47:45
Marka Rundt CT 40km	2025	01:57:05	02:25:04	02:09:53	02:18:04	02:24:35	02:30:37	02:36:38	02:44:01	02:51:40	03:01:41	03:15:08	03:33:22	04:02:09	07:21:27
Gatineau Loppet CT 50km	2024	02:25:26	03:00:10	02:41:19	02:51:57	03:00:34	03:08:39	03:16:44	03:26:34	03:36:48	03:49:27	04:06:26	04:29:27	05:05:49	09:17:31
Gatineau Loppet CT 50km	2025	02:34:48	03:11:47	02:51:43	03:03:02	03:12:13	03:20:49	03:29:25	03:39:53	03:50:47	04:04:15	04:22:19	04:46:50	05:25:32	09:53:27
Tartu Maraton CT 63km	2024	02:30:09	03:06:02	02:46:34	02:57:04	03:05:26	03:13:12	03:20:56	03:30:24	03:40:14	03:53:06	04:10:20	04:33:43	05:10:40	09:26:20
Tartu Maraton CT 63km	2025	01:54:20	02:21:39	02:06:49	02:15:01	02:21:36	02:27:45	02:33:53	02:41:22	02:49:08	02:59:01	03:12:15	03:30:13	03:58:35	07:14:58
Madsus Skimarathon CT 42 km	2024	02:03:10	02:32:36	02:16:38	02:23:33	02:28:37	02:33:07	02:37:29	02:43:06	02:48:54	02:58:46	03:11:59	03:29:55	03:58:15	07:14:20
Madsus Skimarathon CT 42 km	2025	02:22:01	02:55:56	02:37:32	02:47:06	02:54:37	03:01:32	03:08:24	03:16:52	03:25:38	03:37:38	03:53:44	04:15:34	04:50:03	08:48:47
Tjevjasan CT 30 km	2024		01:29:28	01:20:06	01:25:04	01:29:00	01:32:38	01:36:14	01:40:40	01:45:16	01:51:25	01:59:39	02:10:50	02:28:30	04:30:43
Tjevjasan CT 30 km	2025		01:39:34	01:29:09	01:32:56	01:35:30	01:37:41	01:39:46	01:42:38	01:45:36	01:51:46	02:00:01	02:11:14	02:28:57	04:31:33
Hafjell Skimaraton CT 42 km	2024	02:11:33	02:42:59	02:25:55	02:35:53	02:44:04	02:51:47	02:59:32	03:08:56	03:18:44	03:30:20	03:45:53	04:07:00	04:40:20	08:31:03
Hafjell Skimaraton CT 42 km	2025	01:51:51	02:18:34	02:04:04	02:11:47	02:17:54	02:23:34	02:29:12	02:36:07	02:43:17	02:52:49	03:05:36	03:22:56	03:50:20	06:59:54
Granåsfjellrennet CT 42 km	2025	02:03:19	02:32:47	02:16:48	02:26:51	02:35:19	02:43:26	02:51:41	03:01:34	03:11:58	03:23:11	03:38:13	03:58:36	04:30:48	08:13:41

		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
Valdresrennet	2025	01:45:37	02:10:51	01:57:09	02:03:39	02:08:34	02:13:00	02:17:22	02:22:51	02:28:30	02:37:11	02:50:25	03:06:21	03:31:29	06:25:33
Finlandia Hiitho CT 62km	2024	03:01:21	03:44:41	03:21:10	03:32:37	03:41:25	03:49:23	03:57:15	04:07:04	04:17:12	04:32:13	04:52:21	05:19:40	06:02:48	11:01:23
Finlandia Hiitho CT 62km	2025	03:07:07	03:51:50	03:27:34	03:39:10	03:47:59	03:55:58	04:03:49	04:13:39	04:23:49	04:39:13	04:59:52	05:27:53	06:12:08	11:18:24
American Birkie CL 30km	2024	01:16:05	01:34:15	01:24:23	01:27:19	01:29:05	01:30:30	01:31:50	01:33:54	01:36:02	01:41:38	01:49:09	01:59:21	02:15:27	04:06:57
American Birkie Skate 50 km elite	2024	01:52:49	02:19:47	02:05:09	02:13:24	02:20:06	02:26:22	02:32:38	02:40:16	02:48:12	02:58:01	03:11:11	03:29:03	03:57:16	07:12:32
American Birkie Skate 30km	2024	01:18:14	01:36:56	01:26:47	01:32:30	01:37:09	01:41:29	01:45:50	01:51:08	01:56:38	02:03:27	02:12:34	02:24:58	02:44:32	04:59:57
American Birkie CT 53km	2025	02:27:36	03:02:52	02:43:44	02:54:31	03:03:16	03:11:28	03:19:40	03:29:39	03:40:02	03:52:53	04:10:06	04:33:29	05:10:23	09:25:50
American Birkie Skate 50km	2025	02:06:11	02:36:20	02:19:58	02:27:03	02:32:14	02:36:49	02:41:16	02:47:02	02:52:57	03:03:03	03:16:35	03:34:57	04:03:57	07:24:45
Holmenkollmarsjen CT 36 km	2024	01:43:21	02:08:02	01:54:38	02:02:05	02:08:06	02:13:43	02:19:19	02:26:10	02:33:16	02:42:13	02:54:13	03:10:30	03:36:12	06:34:09
Holmenkollmarsjen CT 36 km	2025	01:39:06	02:02:47	01:49:56	01:56:36	02:01:51	02:06:41	02:11:28	02:17:22	02:23:28	02:31:51	02:43:05	02:58:19	03:22:23	06:08:57
Vasaloppet CT 90 km	2024	04:25:59	05:29:32	04:55:03	05:19:10	05:40:13	06:00:52	06:22:10	06:47:35	07:14:37	07:40:00	08:14:01	09:00:11	10:13:04	18:37:38
Vasaloppet CT 90 km	2025	04:07:18	05:06:23	04:34:19	04:55:36	05:13:50	05:31:32	05:49:38	06:11:18	06:34:12	06:57:13	07:28:04	08:09:56	09:16:03	16:53:41
Engadin Skimarathon FT 42 km	2024	01:49:23	02:15:31	02:01:20	02:07:49	02:12:40	02:17:01	02:21:15	02:26:39	02:32:13	02:41:06	02:53:01	03:09:11	03:34:43	06:31:26
Engadin Skimarathon FT 42 km	2025	01:34:30	01:57:05	01:44:50	01:53:01	02:00:04	02:06:54	02:13:55	02:22:17	02:31:09	02:39:59	02:51:49	03:07:52	03:33:13	06:28:42
Flyktningerennet CT 44 km	2024	02:11:39	02:43:06	02:26:02	02:34:58	02:42:01	02:48:31	02:54:57	03:02:53	03:11:07	03:22:16	03:37:14	03:57:32	04:29:35	08:11:28
Kobberløpet CT 43 km	2024	01:50:31	02:16:55	02:02:36	02:09:45	02:15:18	02:20:21	02:25:21	02:31:34	02:37:59	02:47:12	02:59:34	03:16:21	03:42:51	06:46:16
Reistadløpet CT 50 km	2024	02:25:10	02:59:50	02:41:01	02:51:30	02:59:56	03:07:49	03:15:42	03:25:18	03:35:17	03:47:52	04:04:43	04:27:35	05:03:41	09:13:38
Fossavatn Ski Marathon CT 50 km	2024	02:58:25	03:41:03	03:17:55	03:31:55	03:43:32	03:54:35	04:05:44	04:19:11	04:33:16	04:49:14	04:54:33	05:22:04	06:05:32	11:06:22