

Viser hvilken tid du må være innenfor "<=". F.eks: Pulje 5 = tid bedre enn eller lik 03:52:14 fra Birkebeinerrennet 2025.

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

		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
BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13
Birkebeinerrennet	2025	02:52:59	03:24:29	03:10:49	03:22:59	03:33:19	03:42:59	03:52:14	04:01:59	04:14:39	04:28:09	04:44:59	05:04:19	05:35:29	06:23:29	>06:23:29
Birkebeinerrennet	2024	02:52:31	03:23:55	03:10:18	03:23:07	03:34:12	03:44:41	03:54:49	04:05:32	04:17:43	04:29:45	04:44:59	05:02:31	05:31:32	06:16:44	>06:16:44
Birkebeinerrennet	2023	02:47:01	03:17:26	03:04:14	03:17:14	03:28:36	03:39:28	03:50:04	04:01:18	04:13:55	04:25:37	04:40:27	04:57:31	05:25:52	06:10:06	>06:10:06
Birkebeinerrennet	2022	02:41:52	03:11:21	02:58:33	03:09:56	03:19:36	03:28:39	03:37:19	03:46:26	03:58:17	04:10:55	04:26:40	04:44:46	05:13:55	05:58:50	>05:58:50
TurBirken ski	2025				03:22:59	03:33:19	03:42:59	03:52:14	04:01:59	04:14:39	04:28:09	04:44:59	05:04:19	05:35:29	06:23:29	>06:23:29
TurBirken ski	2024						03:41:47	03:51:47	04:02:21	04:14:23	04:26:16	04:41:18	04:58:36	05:27:14	06:11:52	>06:11:52
TurBirken ski	2022									03:41:44	03:52:05	04:05:11	04:20:16	04:45:13	05:24:07	>05:24:07
SkøyteBirken	2025	02:30:37	02:58:03	02:46:09	02:56:42	03:05:38	03:14:00	03:22:00	03:30:25	03:40:02	03:50:18	04:03:18	04:18:16	04:43:03	05:21:39	>05:21:39
Skøytebirken	2024			02:34:28	02:44:53	02:53:53	03:02:23	03:10:37	03:19:19	03:29:12	03:38:59	03:51:20	04:05:34	04:29:07	05:05:49	>05:05:49
Skøytebirken	2023			02:50:34	03:02:04	03:12:00	03:21:24	03:30:29	03:40:05	03:51:01	04:01:48	04:15:27	04:31:10	04:57:10	05:37:42	>05:37:42
Skøytebirken	2022			02:38:34	02:49:15	02:58:29	03:07:13	03:15:40	03:24:35	03:34:45	03:44:47	03:57:28	04:12:04	04:36:15	05:13:55	>05:13:55
HalvBirken ski	2025				01:14:31	01:18:34	01:22:25	01:26:08	01:30:04	01:34:32	01:38:57	01:44:32	01:50:58	02:01:37	02:18:12	>02:18:12
HalvBirken ski	2024			01:13:11	01:18:08	01:22:23	01:26:25	01:30:19	01:34:26	01:39:08	01:43:45	01:49:37	01:56:21	02:07:31	02:24:55	>02:24:55
HalvBirken ski	2023				01:18:54	01:23:12	01:27:17	01:31:13	01:35:23	01:40:07	01:44:47	01:50:42	01:57:31	02:08:47	02:26:21	>02:26:21
Budorrennet CT 42km	2025	01:52:52	02:13:25	02:04:30	02:13:33	02:21:33	02:29:14	02:36:47	02:44:48	02:53:00	03:00:10	03:09:24	03:20:04	03:38:12	04:06:48	>04:06:48
La Diagonela 55km	2025	01:49:46	02:09:46	02:01:06	02:10:42	02:19:24	02:27:56	02:36:26	02:45:32	02:53:16	02:58:44	03:06:08	03:14:52	03:30:41	03:56:17	>03:56:17
La Diagonela 55km	2026	02:12:12	02:36:16	02:25:50	02:36:40	02:46:19	02:55:37	03:04:47	03:14:33	03:24:39	03:33:12	03:44:11	03:56:54	04:18:27	04:52:24	>04:52:24
Dolomitenlauf CT 42km	2025	01:52:53	02:13:26	02:04:31	02:13:13	02:20:48	02:28:01	02:35:03	02:42:30	02:49:24	02:55:44	03:04:01	03:13:40	03:30:27	03:57:11	>03:57:11
Dolomitenlauf CT 42km	2026	01:51:10	02:11:25	02:02:38	02:09:49	02:15:47	02:21:16	02:26:25	02:31:51	02:39:03	02:47:29	02:58:00	03:10:05	03:29:33	03:59:32	>03:59:32
Trysil Knut Rennet CT 40km	2025		02:18:04	02:08:50	02:17:12	02:24:21	02:31:04	02:37:31	02:44:19	02:51:31	02:58:57	03:08:28	03:19:27	03:37:55	04:06:54	>04:06:54
Trysil Knut Rennet CT 40km	2026	02:04:59	02:27:45	02:17:52	02:25:07	02:30:55	02:36:08	02:40:57	02:46:01	02:51:36	02:59:17	03:09:05	03:20:21	03:39:12	04:08:40	>04:08:40
Vester-Gyllen CT 40km	2025	01:55:49	02:16:55	02:07:46	02:16:53	02:24:54	02:32:34	02:40:04	02:48:01	02:56:28	03:04:06	03:13:52	03:25:08	03:44:06	04:13:53	>04:13:53
Vester-Gyllen CT 40km	2026	02:02:58	02:25:22	02:15:39	02:22:38	02:28:11	02:33:09	02:37:43	02:42:31	02:48:26	02:56:37	03:06:55	03:18:45	03:38:12	04:08:23	>04:08:23

		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	09:35
BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13
Marcialonga CT 70 km	2025	03:02:04	03:35:13	03:20:50	03:36:56	03:51:33	04:05:53	04:20:14	04:35:37	04:53:31	05:07:40	05:25:29	05:45:58	06:19:40	07:12:02	>07:12:02
Marcialonga CT 70 km	2026	03:43:43	04:24:27	04:06:47	04:23:18	04:37:31	04:50:58	05:03:56	05:17:39	05:37:53	05:58:35	06:24:05	06:53:24	07:39:23	08:49:21	>08:49:21
König Ludwig Lauf	2026	01:58:41	02:20:17	02:10:55	02:20:49	02:29:39	02:38:13	02:46:41	02:55:42	03:04:47	03:12:12	03:21:48	03:32:56	03:51:59	04:22:05	>04:22:05
Mattila Skimarathon	2026	02:08:49	02:32:16	02:22:06	02:27:52	02:32:06	02:35:40	02:38:49	02:42:11	02:48:15	02:58:09	03:10:24	03:24:28	03:46:41	04:20:36	>04:20:36
Jizerska Padesatka CT 50km	2025	01:57:34	02:18:59	02:09:42	02:20:46	02:31:00	02:41:12	02:51:31	03:02:40	03:14:38	03:22:56	03:33:35	03:45:53	04:06:38	04:39:16	>04:39:16
Jizerska Padesatka CT 50km	2026	02:27:25	02:54:16	02:42:37	02:53:21	03:02:34	03:11:15	03:19:37	03:28:27	03:38:55	03:49:33	04:02:57	04:18:21	04:43:39	05:22:54	>05:22:54
Stenfjellrunden CT 42	2025	01:58:23	02:19:57	02:10:36	02:19:23	02:26:59	02:34:10	02:41:07	02:48:27	02:56:21	03:04:07	03:14:01	03:25:26	03:44:36	04:14:36	>04:14:36
Stenfjellrunden CT 42	2026	02:05:29	02:28:20	02:18:26	02:26:44	02:33:40	02:40:04	02:46:08	02:52:30	02:58:45	03:06:01	03:15:24	03:26:16	03:44:48	04:14:05	>04:14:05
Thorleif Haugs Minneløp CT 50 km	2025	02:25:37	02:52:07	02:40:37	02:52:27	03:02:56	03:13:02	03:22:58	03:33:32	03:45:23	03:55:44	04:08:51	04:23:59	04:49:06	05:28:18	>05:28:18
Thorleif Haugs Minneløp CT 50 km	2026	02:56:19	03:28:25	03:14:29	03:25:36	03:34:45	03:43:06	03:50:56	03:59:11	04:10:24	04:23:54	04:40:42	05:00:00	05:31:00	06:18:41	>06:18:41
Markatrimmen CT 40km	2025	01:47:04	02:06:34	01:58:06	02:04:42	02:10:06	02:15:00	02:19:35	02:24:24	02:29:31	02:36:02	02:44:22	02:53:58	03:10:07	03:35:26	>03:35:26
Markatrimmen CT 40km	2026	01:44:03	02:03:00	01:54:47	02:00:59	02:05:59	02:10:31	02:14:43	02:19:08	02:23:10	02:28:44	02:36:00	02:44:24	02:58:55	03:21:55	>03:21:55
Tromsø Skimaraton	2026	02:02:46	02:25:08	02:15:26	02:23:10	02:29:31	02:35:20	02:40:47	02:46:31	02:52:36	03:00:07	03:09:44	03:20:50	03:39:28	04:08:43	>04:08:43
Sjusjøen skimaraton CT 42 km	2025	02:10:28	02:34:14	02:23:55	02:32:16	02:39:09	02:45:28	02:51:24	02:57:39	03:04:59	03:13:46	03:24:52	03:37:39	03:58:42	04:31:28	>04:31:28
Sjusjøen skimaraton CT 42 km	2026	01:54:10	02:14:57	02:05:56	02:13:30	02:19:48	02:25:37	02:31:08	02:36:56	02:43:58	02:52:02	03:02:10	03:13:50	03:32:55	04:02:31	>04:02:31
La Transjurassienne CT 50 km	2025	01:30:57	01:47:31	01:40:19	01:47:18	01:53:24	01:59:11	02:04:50	02:10:48	02:16:50	02:22:27	02:29:41	02:38:03	02:52:20	03:14:50	>03:14:50
La Transjurassienne CT 50 km	2026	02:19:35	02:45:00	02:33:59	02:41:38	02:47:40	02:53:01	02:57:54	03:03:04	03:10:16	03:20:21	03:32:56	03:47:22	04:10:40	04:46:31	>04:46:31
Vindfjelløpet CT 41km	2025		02:11:37	02:02:49	02:11:44	02:19:35	02:27:09	02:34:33	02:42:24	02:50:03	02:56:40	03:05:17	03:15:17	03:32:31	03:59:50	>03:59:50
Vindfjelløpet CT 41km	2026	01:59:02	02:20:43	02:11:19	02:18:47	02:24:55	02:30:32	02:35:48	02:41:19	02:45:26	02:50:53	02:58:13	03:06:49	03:22:14	03:47:05	>03:47:05
Grenaderløpet CT 90km	2025	04:40:43	05:31:50	05:09:40	05:31:19	05:50:12	06:08:13	06:25:45	06:44:20	07:06:59	07:28:32	07:55:32	08:26:34	09:17:06	10:35:17	>10:35:17
Grenaderløpet CT 90km	2026	05:07:56	06:04:00	05:39:41	06:00:55	06:18:51	06:35:34	06:51:30	07:08:17	07:28:02	07:49:32	08:16:37	08:47:48	09:39:07	10:58:52	>10:58:52
Finlandia Hiitho CT 62km	2025	03:00:30	03:33:22	03:19:06	03:30:25	03:39:42	03:48:11	03:56:08	04:04:29	04:14:13	04:26:12	04:41:20	04:58:46	05:27:33	06:12:22	>06:12:22
Finlandia Hiitho CT 62km	2026	02:05:57	02:28:53	02:18:56	02:26:59	02:33:39	02:39:45	02:45:30	02:51:33	02:59:17	03:08:28	03:19:58	03:33:10	03:54:37	04:27:44	>04:27:44
		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

BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13
Montebellorennet CT 40km	2025	01:45:25	02:04:37	01:56:17	02:04:20	02:11:20	02:18:00	02:24:28	02:31:19	02:37:46	02:43:45	02:51:35	03:00:41	03:16:28	03:41:32	>03:41:32
Montebellorennet CT 40km	2026	01:52:56	02:13:30	02:04:35	02:11:40	02:17:28	02:22:47	02:27:45	02:32:59	02:37:32	02:43:22	02:51:03	02:59:58	03:15:32	03:40:20	>03:40:20
Furusjøen Rundt CT 45km	2025	02:14:56	02:39:31	02:28:51	02:38:16	02:46:14	02:53:41	03:00:47	03:08:17	03:16:01	03:24:20	03:35:00	03:47:19	04:08:09	04:40:54	>04:40:54
Furusjøen Rundt CT 45km	2026	02:08:56	02:32:25	02:22:13	02:31:10	02:38:44	02:45:47	02:52:31	02:59:36	03:06:41	03:14:22	03:24:16	03:35:42	03:55:12	04:25:57	>04:25:57
Marka Rundt CT 40km	2025	01:52:47	02:13:20	02:04:25	02:12:33	02:19:31	02:26:04	02:32:22	02:39:01	02:46:04	02:53:18	03:02:31	03:13:10	03:31:05	03:59:11	>03:59:11
Marka Rundt CT 40km	2026	02:03:29	02:25:58	02:16:13	02:22:00	02:26:18	02:30:00	02:33:16	02:36:45	02:43:34	02:53:58	03:06:45	03:21:28	03:44:24	04:19:11	>04:19:11
Trysil Skimaraton CT 42km	2025	01:55:49	02:16:55	02:07:46	02:17:01	02:25:11	02:33:02	02:40:43	02:48:53	02:56:04	03:02:11	03:10:19	03:19:49	03:36:38	04:03:37	>04:03:37
Trysil Skimaraton CT 42km	2026	02:04:19	02:26:57	02:17:08	02:24:59	02:31:26	02:37:20	02:42:52	02:48:41	02:55:14	03:03:15	03:13:25	03:25:08	03:44:37	04:15:01	>04:15:01
Gatineau Loppet CT 50km	2025		02:51:15		02:50:00	02:58:39	03:06:45	03:14:29	03:22:39	03:33:16	03:44:34	03:58:40	04:14:51	04:40:58	05:21:10	>05:21:10
Gatineau Loppet CT 50km	2026		02:50:43	02:39:19	02:49:28	02:58:06	03:06:10	03:13:54	03:22:02	03:32:37	03:43:53	03:57:56	04:14:05	04:40:06	05:20:10	>05:20:10
Tartu Maraton CT 63	2025	01:44:42	02:03:46	01:55:30	02:03:09	02:09:44	02:15:56	02:21:55	02:28:14	02:34:39	02:41:04	02:49:20	02:58:54	03:15:08	03:40:43	>03:40:43
Tartu Maraton CT 63	2026	02:57:47	03:30:10	03:16:07	03:26:59	03:35:50	03:43:52	03:51:22	03:59:14	04:07:29	04:18:08	04:31:47	04:47:32	05:14:04	05:55:45	>05:55:45
Madsus Skimarathon CT 42 km	2025	02:17:43	02:42:47	02:31:54	02:40:55	02:48:24	02:55:19	03:01:50	03:08:41	03:16:04	03:24:44	03:35:47	03:48:31	04:09:51	04:43:17	>04:43:17
Madsus Skimarathon CT 42 km	2026	01:54:16	02:15:05	02:06:03	02:13:34	02:19:50	02:25:37	02:31:05	02:36:50	02:41:37	02:47:20	02:54:54	03:03:44	03:19:18	03:44:14	>03:44:14
Tjeivasan CT 30 km	2025		01:25:52			01:29:38	01:33:43	01:37:39	01:41:46	01:46:14	01:50:55	01:56:54	02:03:48	02:15:21	02:33:28	>02:33:28
Tjeivasan CT 30 km	2026		01:38:56			01:39:56	01:42:49	01:45:26	01:48:12	01:52:10	01:58:07	02:05:32	02:14:03	02:27:46	02:48:55	>02:48:55
Hafjell Skimaraton CT 42 km	2025	01:48:04	02:07:45	01:59:13	02:07:03	02:13:46	02:20:05	02:26:10	02:32:35	02:40:15	02:48:06	02:57:58	03:09:19	03:27:55	03:56:46	>03:56:46
Hafjell Skimaraton CT 42 km	2026	02:08:27	02:31:50	02:21:41	02:30:44	02:38:24	02:45:35	02:52:27	02:59:42	03:07:30	03:15:46	03:26:19	03:38:29	03:58:52	04:30:49	>04:30:49
Granåsfjellrennet CT 42 km	2025		02:18:58	02:09:41	02:18:07	02:25:20	02:32:06	02:38:37	02:45:29	02:53:08	03:01:03	03:11:06	03:22:40	03:41:55	04:11:57	>04:11:57
Granåsfjellrennet CT 42 km	2026		02:38:38	02:28:02	02:34:43	02:39:48	02:44:14	02:48:12	02:52:24	02:58:30	03:07:58	03:19:46	03:33:19	03:55:10	04:28:49	>04:28:49
Valdresrennet 32km	2025	01:45:26	02:04:38	01:56:18	02:01:54	02:06:15	02:10:06	02:13:35	02:17:16	02:21:33	02:28:05	02:36:23	02:45:55	03:01:46	03:26:28	>03:26:28
Valdresrennet 32km	2026	01:41:14	01:59:40	01:51:40	01:58:40	02:04:35	02:10:06	02:15:21	02:20:54	02:27:00	02:33:38	02:42:04	02:51:48	03:08:00	03:33:20	>03:33:20
		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

BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13
Holmenkollmarsjen CT 36 km	2025	01:36:46	01:54:23	01:46:45	01:53:48	01:59:51	02:05:33	02:11:03	02:16:51	02:23:41	02:30:38	02:39:22	02:49:26	03:05:57	03:31:38	>03:31:38
Holmenkollmarsjen CT 52 km	2026	02:50:32	03:21:35	03:08:07	03:18:56	03:27:51	03:36:00	03:43:40	03:51:43	04:01:22	04:13:01	04:27:41	04:44:34	05:12:20	05:55:26	>05:55:26
American Birkie CT 53km	2025		02:41:58		02:40:47	02:48:58	02:56:38	03:03:57	03:11:41	03:21:43	03:32:24	03:45:44	04:01:03	04:25:44	05:03:46	>05:03:46
American Birkie Skate 50km	2025		02:21:19	02:11:52	02:20:54	02:28:44	02:36:10	02:43:23	02:51:01	02:57:29	03:03:33	03:11:38	03:21:06	03:37:56	04:04:57	>04:04:57
American Birkie CT 53km	2026		02:33:22	02:23:07	02:32:33	02:40:38	02:48:15	02:55:34	03:03:18	03:13:34	03:24:08	03:37:17	03:52:22	04:16:33	04:53:42	>04:53:42
American Birkie Skate 50km	2026		02:09:09	02:00:31	02:07:57	02:14:12	02:20:00	02:25:31	02:31:20	02:40:07	02:49:53	03:01:55	03:15:44	03:37:27	04:10:29	>04:10:29
Lygna Skimaratón	2026	02:08:05	02:31:24	02:21:17	02:28:52	02:34:58	02:40:29	02:45:36	02:50:59	02:56:59	03:05:01	03:15:12	03:26:57	03:46:31	04:17:05	>04:17:05
Vasaloppet CT 90 km	2025	03:52:23	04:34:41	04:16:20	04:37:53	04:57:44	05:17:24	05:37:16	05:58:42	06:23:41	06:42:09	07:05:26	07:32:13	08:16:16	09:24:42	>09:24:42
Vasaloppet CT 90 km	2026															
Engadin Skimarathon FT 42 km	2025	01:35:28	01:52:51	01:45:19	01:50:33	01:54:41	01:58:20	02:01:41	02:05:13	02:07:55	02:12:26	02:18:25	02:25:24	02:37:43	02:57:26	>02:57:26
Engadin Skimarathon FT 42 km	2026															
Valdres Skimaratón	2025	03:22:37	03:59:30	03:43:30	03:57:41	04:09:42	04:20:56	04:31:41	04:43:00	05:00:27	05:19:19	05:42:32	06:09:13	06:50:54	07:54:13	>07:54:13
Marcialonga Bodø	2025	02:32:58	03:00:49	02:48:44	02:58:52	03:07:18	03:15:07	03:22:30	03:30:17	03:38:48	03:48:37	04:01:06	04:15:30	04:39:32	05:17:08	>05:17:08
Flyktningerennet CT 44 km	2025	02:15:03	02:39:38	02:28:58	02:37:06	02:43:41	02:49:40	02:55:13	03:01:03	03:06:42	03:14:17	03:24:05	03:35:25	03:54:47	04:25:22	>04:25:22
Reistadløpet CT 50 km	2025	02:44:26	03:14:22	03:01:23	03:12:09	03:21:06	03:29:21	03:37:09	03:45:21	03:54:12	04:04:33	04:17:45	04:32:58	04:58:29	05:38:26	>05:38:26
Kobberløpet CT 43 km	2025	02:07:24	02:30:36	02:20:32	02:27:38	02:33:15	02:38:15	02:42:50	02:47:39	02:52:56	03:00:37	03:10:25	03:21:42	03:40:36	04:10:10	>04:10:10
Fossavatn Ski Marathon CT 50 km	2025	02:25:45	02:52:18	02:40:47	02:48:48	02:55:08	03:00:45	03:05:53	03:11:18	03:21:56	03:35:59	03:53:13	04:13:05	04:43:36	05:29:37	>05:29:37