Viser hvilken tid du må være innenfor "<= ". F.eks: Pulje 5 = tid bedre enn eller lik 03:41:59 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	09:40	09:45
BIRKEN	År	ME	KE	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15
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																	
Dolomitenlauf CT 42km	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 42km	2026																	
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																	
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																	

		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
BIRKEN	**År**	**ME**	**KE**	**P1**	**P2**	**P3**	**P4**	**P5**	**P6**	**P7**	**P8**	**P9**	**P10**	**P11**	**P12**	**P13**	**P14**	**P15**
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**																	
Stenfjellrunden CT 42km	**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 42km	**2026**																	
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**																	
Toblach Cortina CT 42km	**2025**	01:23:40	01:41:25	01:33:48	01:39:29	01:43:03	01:46:05	01:48:33	01:51:28	01:54:00	01:57:57	02:01:52	02:06:15	02:10:36	02:16:48	02:23:27	02:31:56	02:41:46
Granfondo Dobbiaco-Cortina CT 42 km	**2026**																	
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**																	
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**																	
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**																	
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**																	
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**																	
Furusjøen Rundt CT 45km	**2025**	02:08:42	02:36:00	02:24:18	02:34:22	02:41:18	02:47:27	02:52:49	02:58:57	03:03:12	03:08:12	03:13:07	03:18:41	03:24:08	03:32:25	03:41:15	03:52:48	04:07:54
Furusjøen Rundt CT 45km	**2026**																	

		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
BIRKEN	**År**	**ME**	**KE**	**P1**	**P2**	**P3**	**P4**	**P5**	**P6**	**P7**	**P8**	**P9**	**P10**	**P11**	**P12**	**P13**	**P14**	**P15**
Trysil Skimaraton CT 42km	**2025**	01:50:28	02:13:54	02:03:51	02:13:39	02:20:52	02:27:32	02:33:37	02:40:30	02:44:33	02:47:48	02:50:57	02:54:38	02:58:13	03:04:13	03:10:39	03:19:20	03:32:15
Trysil Skimaraton CT 42km	**2026**																	
Montebellorennet CT 40km	**2025**	01:40:33	02:01:53	01:52:44	02:01:17	02:07:26	02:13:03	02:18:06	02:23:49	02:27:26	02:30:50	02:34:07	02:37:55	02:41:37	02:47:31	02:53:50	03:02:14	03:14:03
Montebellorennet CT 40km	**2026**																	
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**																	
Marka Rundt CT 40km	**2025**	01:47:34	02:10:24	02:00:37	02:09:18	02:15:23	02:20:50	02:25:39	02:31:08	02:35:12	02:39:37	02:43:57	02:48:50	02:53:39	03:00:52	03:08:34	03:18:36	03:31:29
Marka Rundt CT 40km	**2026**																	
Gatineau Loppet CT 50km	**2025**	02:18:10	02:47:29	02:34:55	02:45:48	02:53:21	03:00:03	03:05:54	03:12:36	03:19:18	03:26:51	03:34:23	03:42:45	03:51:08	04:02:51	04:15:25	04:31:20	04:48:55
Gatineau Loppet CT 50km	**2026**																	
Tartu Maraton CT 63km	**2025**	01:39:51	02:01:03	01:51:58	02:00:07	02:05:53	02:11:04	02:15:39	02:20:53	02:24:31	02:28:21	02:32:06	02:36:21	02:40:31	02:46:54	02:53:43	03:02:40	03:14:30
Tartu Maraton CT 63km	**2026**																	
Madsus Skimarathon CT 42 km	**2025**	02:11:20	02:39:12	02:27:16	02:36:57	02:43:24	02:49:01	02:53:48	02:59:20	03:03:14	03:08:34	03:13:49	03:19:44	03:25:32	03:34:13	03:43:28	03:55:30	04:10:46
Madsus Skimarathon CT 42 km	**2026**																	
Tjejvasan CT 30 km	**2025**		01:23:59			01:26:58	01:30:22	01:33:20	01:36:44	01:39:16	01:42:10	01:45:00	01:48:12	01:51:21	01:56:03	02:01:04	02:07:35	02:15:51
Tjejvasan CT 30 km	**2025**																	
Hafjell Skimaraton CT 42 km	**2025**	01:43:05	02:04:57	01:55:34	02:03:55	02:09:48	02:15:04	02:19:43	02:25:01	02:29:46	02:34:50	02:39:51	02:45:28	02:51:02	02:59:02	03:07:35	03:18:31	03:31:23
Hafjell Skimaraton CT 42 km	**2026**																	
Granåsfjellrennet CT 42 km	**2025**	01:52:07	02:15:54	02:05:43	02:14:43	02:21:01	02:26:39	02:31:37	02:37:16	02:41:48	02:46:46	02:51:39	02:57:08	03:02:33	03:10:31	03:19:02	03:30:02	03:43:39
Granåsfjellrennet CT 42 km	**2026**																	

		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
BIRKEN	**År**	**ME**	**KE**	**P1**	**P2**	**P3**	**P4**	**P5**	**P6**	**P7**	**P8**	**P9**	**P10**	**P11**	**P12**	**P13**	**P14**	**P15**
Valdresrennet CT 32,6 km	**2025**	01:40:33	02:01:53	01:52:45	01:58:54	02:02:30	02:05:25	02:07:41	02:10:27	02:12:17	02:16:24	02:20:28	02:25:01	02:29:31	02:36:07	02:43:10	02:52:16	03:03:26
Valdresrennet CT 32,6 km	**2026**																	
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 30km	**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 30km	**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