Viser hvilken tid du må være innenfor "<= ". F.eks: Pulje 5 = tid bedre enn eller lik 03:40:59 fra Birkebeinerrennet 2026.
Merk: For Kvinner og Menn Elite er det i tillegg krav om Aktiv FIS kode

		07:45	08:00	08:20	08:25	08:35	08:40	08:50	08:55	09:05	09:10	09:20	09:25	09:35	09:40	09:50	09:55	10:05	10:10	10:20	10:25
BIRKEN	**År**	**ME**	**KE**	**P1**	**P2**	**P3**	**P4**	**P5**	**P6**	**P7**	**P8**	**P9**	**P10**	**P11**	**P12**	**P13**	**P14**	**P15**	**P16**	**P17**	**P18**
Birkebeinerrennet	2026	02:47:59	03:29:59	03:06:59	03:18:29	03:27:29	03:34:59	03:40:59	03:47:59	03:53:59	04:01:59	04:09:29	04:17:59	04:27:29	04:36:59	04:46:59	04:57:29	05:08:59	05:19:59	05:29:59	> 05:30:00
Birkebeinerrennet	2025	02:35:19	03:14:09	02:52:53	03:03:48	03:12:26	03:19:42	03:25:35	03:32:26	03:36:40	03:42:21	03:47:29	03:53:27	04:00:14	04:06:54	04:13:55	04:21:16	04:31:22	04:41:01	04:49:48	> 04:49:49
Birkebeinerrennet	2024	02:31:23	03:09:14	02:48:30	03:00:19	03:10:02	03:18:32	03:25:46	03:34:04	03:39:12	03:44:19	03:48:52	03:54:14	04:00:23	04:06:25	04:12:46	04:19:25	04:29:27	04:39:03	04:47:46	> 04:47:47
Birkebeinerrennet	2023		02:59:21	02:39:42	02:52:44	03:04:03	03:14:28	03:23:54	03:34:40	03:41:49	03:46:16	03:50:08	03:54:49	04:00:16	04:05:35	04:11:12	04:17:06	04:27:02	04:36:32	04:45:11	> 04:45:12
SkøyteBirken	2026	02:53:09	03:36:26	03:12:44	03:23:59	03:32:37	03:39:40	03:45:09	03:51:37	03:55:38	04:02:15	04:08:18	04:15:16	04:23:08	04:30:55	04:39:05	04:47:39	04:58:46	05:09:25	05:19:05	> 05:19:06
SkøyteBirken	2025		02:46:50	02:28:34	02:37:43	02:44:53	02:50:52	02:55:39	03:01:14	03:03:57	03:08:09	03:11:52	03:16:16	03:21:19	03:26:16	03:31:29	03:36:58	03:45:21	03:53:22	04:00:40	> 04:00:41
SkøyteBirken	2024				02:20:06	02:27:39	02:34:15	02:39:52	02:46:19	02:50:18	02:54:17	02:57:49	03:01:59	03:06:46	03:11:27	03:16:23	03:21:33	03:29:21	03:36:48	03:43:35	> 03:43:36
SkøyteBirken	2023			02:39:02	02:52:00	03:03:17	03:13:39	03:23:03	03:33:46	03:40:53	03:45:19	03:49:10	03:53:50	03:59:15	04:04:33	04:10:08	04:16:01	04:25:55	04:35:23	04:43:59	> 04:44:00
HalvBirken Ski	2026		01:23:02		01:18:29	01:22:02	01:25:00	01:27:23	01:30:09	01:32:31	01:35:41	01:38:39	01:42:01	01:45:46	01:49:31	01:53:29	01:57:38	02:02:11	02:06:32	02:10:29	> 02:10:30
HalvBirken Ski	2025		01:20:07		01:15:44	01:19:10	01:22:01	01:24:19	01:26:59	01:29:16	01:32:20	01:35:11	01:38:26	01:42:03	01:45:41	01:49:30	01:53:30	01:57:53	02:02:05	02:05:54	> 02:05:55
HalvBirken Ski	2024				01:11:22	01:14:36	01:17:18	01:19:28	01:21:59	01:24:08	01:27:01	01:29:43	01:32:46	01:36:11	01:39:36	01:43:12	01:46:59	01:51:07	01:55:04	01:58:40	> 01:58:41
HalvBirken Ski	2023					01:14:02	01:16:43	01:18:51	01:21:21	01:23:30	01:26:21	01:29:02	01:32:04	01:35:27	01:38:51	01:42:25	01:46:10	01:50:16	01:54:11	01:57:46	> 01:57:47
TurBirken ski	2026	02:52:28	03:35:35	03:11:58	03:23:11	03:31:47	03:38:48	03:44:16	03:50:42	03:54:42	04:01:18	04:07:19	04:14:15	04:22:06	04:29:51	04:37:59	04:46:31	04:57:36	05:08:11	05:17:49	> 05:17:50
TurBirken ski	2025						03:19:42	03:25:35	03:32:26	03:36:40	03:42:21	03:47:29	03:53:27	04:00:14	04:06:54	04:13:55	04:21:16	04:31:22	04:41:01	04:49:48	> 04:49:49
TurBirken ski	2024								03:36:52	03:42:05	03:47:15	03:51:52	03:57:18	04:03:32	04:09:39	04:16:05	04:22:49	04:32:59	04:42:42	04:51:32	> 04:51:33
Engadin La Diagonela Classic 55km	2026	01:58:39	02:28:19	02:12:05	02:20:58	02:28:11	02:34:24	02:39:36	02:45:35	02:48:56	02:52:42	02:56:03	03:00:00	03:04:34	03:09:02	03:13:44	03:18:40	03:26:21	03:33:42	03:40:22	> 03:40:23
Dolomitenlauf Classic 40km	2026	01:43:04	02:08:50	01:54:43	01:59:21	02:02:20	02:04:19	02:05:23	02:06:59	02:11:10	02:19:08	02:27:14	02:36:23	02:46:40	02:57:32	03:09:22	03:22:16	03:30:05	03:37:34	03:44:22	> 03:44:23
Vestergyllen 40km	2026	01:48:49	02:16:02	02:01:08	02:08:39	02:14:33	02:19:29	02:23:27	02:28:04	02:29:46	02:32:36	02:35:03	02:38:02	02:41:33	02:44:57	02:48:34	02:52:22	02:59:01	03:05:24	03:11:11	> 03:11:12
Trysil Knut Rennet 40km	2026	01:50:58	02:18:42	02:03:31	02:10:59	02:16:47	02:21:35	02:25:24	02:29:51	02:32:00	02:35:31	02:38:39	02:42:20	02:46:35	02:50:44	02:55:06	02:59:42	03:06:39	03:13:17	03:19:20	> 03:19:21
Marcialonga 70 km	2026	03:22:36	04:13:16	03:45:31	03:58:28	04:08:19	04:16:18	04:22:26	04:29:43	04:37:31	04:48:52	04:59:45	05:11:59	05:25:36	05:39:24	05:53:59	06:09:24	06:23:41	06:37:20	06:49:45	> 06:49:46
Jizerska 50 km	2026	02:09:29	02:41:52	02:24:08	02:33:57	02:41:56	02:48:51	02:54:39	03:01:20	03:05:38	03:10:18	03:14:29	03:19:23	03:24:57	03:30:26	03:36:12	03:42:15	03:50:50	03:59:03	04:06:32	> 04:06:33
König Ludwig lauf 42 km	2026	01:56:27	02:25:34	02:09:37	02:16:25	02:21:25	02:25:18	02:28:08	02:31:34	02:34:05	02:39:08	02:43:50	02:49:10	02:55:10	03:01:08	03:07:24	03:14:00	03:21:30	03:28:40	03:35:11	> 03:35:12
Mattila Ski Marathon 42 km	2026	02:01:52	02:32:20	02:15:39	02:21:08	02:24:39	02:27:00	02:28:16	02:30:08	02:30:21	02:34:31	02:38:19	02:42:41	02:47:39	02:52:32	02:57:41	03:03:04	03:10:09	03:16:55	03:23:04	> 03:23:05
Grenaderløpet 90 km	2026	04:37:57	05:47:26	05:09:23	05:27:27	05:41:17	05:52:35	06:01:22	06:11:44	06:17:59	06:28:26	06:37:57	06:48:56	07:01:21	07:13:37	07:26:30	07:40:01	07:57:48	08:14:48	08:30:16	> 08:30:17
Stenfjellrunden 42km	2026	01:51:15	02:19:04	02:03:50	02:11:45	02:18:02	02:23:21	02:27:41	02:32:42	02:35:42	02:39:37	02:43:08	02:47:15	02:51:56	02:56:32	03:01:23	03:06:27	03:13:40	03:20:33	03:26:49	> 03:26:50
Torleif Haugs Minneløp 50km	2026	02:38:42	03:18:23	02:56:39	03:08:08	03:17:19	03:25:08	03:31:33	03:38:59	03:42:45	03:47:35	03:51:50	03:56:55	04:02:46	04:08:30	04:14:33	04:20:53	04:30:58	04:40:37	04:49:23	> 04:49:24

Sjusjøen skimarathon 42km	2026	01:43:30	02:09:23	01:55:13	02:02:17	02:07:48	02:12:25	02:16:05	02:20:22	02:22:48	02:26:25	02:29:41	02:33:29	02:37:48	02:42:03	02:46:31	02:51:13	02:57:50	03:04:10	03:09:55	> 03:09:56
Tromsø skimarathon 42km	2026	01:51:17	02:19:07	02:03:52	02:11:38	02:17:44	02:22:52	02:27:00	02:31:49	02:33:37	02:36:31	02:39:00	02:42:03	02:45:38	02:49:06	02:52:47	02:56:40	03:03:30	03:10:02	03:15:58	> 03:15:59
Vindfjelløpet 41km	2026	01:45:30	02:11:52	01:57:26	02:05:03	02:11:09	02:16:20	02:20:36	02:25:32	02:27:55	02:31:01	02:33:44	02:37:00	02:40:46	02:44:27	02:48:21	02:52:26	02:59:06	03:05:29	03:11:16	> 03:11:17
Markatrimmen 40km	2026	01:32:26	01:55:32	01:42:53	01:49:27	01:54:40	01:59:04	02:02:39	02:06:49	02:08:32	02:11:00	02:13:08	02:15:45	02:18:48	02:21:46	02:24:55	02:28:13	02:33:57	02:39:26	02:44:25	> 02:44:26
Finlandia Hiitho 62km	2026	01:52:44	02:20:55	02:05:29	02:11:53	02:16:31	02:20:05	02:22:37	02:25:44	02:27:34	02:32:00	02:36:05	02:40:46	02:46:02	02:51:15	02:56:44	03:02:29	03:09:32	03:16:17	03:22:25	> 03:22:26
La Transjurassienne 50km	2026	01:57:04	02:26:20	02:10:19	02:19:45	02:27:36	02:34:32	02:40:32	02:47:23	02:50:40	02:53:30	02:55:54	02:58:55	03:02:30	03:05:59	03:09:42	03:13:36	03:21:06	03:28:15	03:34:46	> 03:34:47
Holmenkollmarsjen 52km	2026	02:31:23	03:09:14	02:48:31	02:59:33	03:08:25	03:15:59	03:22:13	03:29:26	03:33:11	03:37:50	03:41:56	03:46:49	03:52:27	03:57:58	04:03:47	04:09:53	04:19:32	04:28:47	04:37:11	> 04:37:12
Furusjøen rundt 45km	2026	01:57:03	02:26:19	02:10:18	02:18:23	02:24:45	02:30:04	02:34:21	02:39:20	02:42:14	02:46:21	02:50:03	02:54:23	02:59:18	03:04:09	03:09:14	03:14:35	03:22:06	03:29:18	03:35:50	> 03:35:51
Marka rundt 40km	2026	01:53:26	02:21:48	02:06:16	02:11:57	02:15:49	02:18:36	02:20:21	02:22:40	02:23:48	02:28:11	02:32:15	02:36:53	02:42:05	02:47:15	02:52:41	02:58:23	03:05:17	03:11:53	03:17:52	> 03:17:53
Trysil Skimarathon 42km	2026	01:50:45	02:18:26	02:03:16	02:11:21	02:17:49	02:23:21	02:27:54	02:33:10	02:35:11	02:37:52	02:40:09	02:42:59	02:46:21	02:49:37	02:53:06	02:56:45	03:03:35	03:10:08	03:16:04	> 03:16:05
Montebello rennet 40km	2026	01:41:38	02:07:03	01:53:08	01:59:58	02:05:16	02:09:40	02:13:08	02:17:13	02:18:40	02:21:23	02:23:44	02:26:35	02:29:56	02:33:11	02:36:37	02:40:14	02:46:26	02:52:21	02:57:45	> 02:57:46
Madshus Skimarathon 46km	2026	01:41:38	02:07:02	01:53:07	01:59:48	02:04:56	02:09:09	02:12:27	02:16:20	02:18:29	02:22:05	02:25:21	02:29:08	02:33:25	02:37:39	02:42:07	02:46:46	02:53:13	02:59:23	03:05:00	> 03:05:01
Gatineau Loppet 50km	2026	02:14:49	02:48:32	02:30:04	02:39:18	02:46:32	02:52:33	02:57:22	03:02:59	03:07:48	03:14:13	03:20:14	03:27:03	03:34:41	03:42:18	03:50:20	03:58:46	04:07:59	04:16:49	04:24:51	> 04:24:52
Tartu Maraton 63km	2026	02:31:21	03:09:12	02:48:28	02:58:50	03:06:56	03:13:42	03:19:06	03:25:25	03:30:49	03:38:01	03:44:47	03:52:26	04:01:00	04:09:34	04:18:34	04:28:02	04:38:23	04:48:18	04:57:19	> 04:57:20
Hafjell Skimarathon 42km	2026	01:56:33	02:25:41	02:09:44	02:17:53	02:24:19	02:29:43	02:34:05	02:39:10	02:41:55	02:45:47	02:49:14	02:53:18	02:57:57	03:02:31	03:07:18	03:12:20	03:19:47	03:26:53	03:33:21	> 03:33:22
Valdresrennet 32km	2026	01:33:59	01:57:29	01:44:37	01:50:25	01:54:47	01:58:16	02:00:54	02:04:02	02:05:30	02:08:40	02:11:31	02:14:50	02:18:37	02:22:20	02:26:15	02:30:21	02:36:09	02:41:43	02:46:46	> 02:46:47
Lygna Skimaraton 42km	2026	01:53:03	02:21:19	02:05:50	02:13:48	02:20:06	02:25:25	02:29:44	02:34:44	02:36:25	02:39:06	02:41:22	02:44:12	02:47:35	02:50:51	02:54:19	02:58:00	03:04:53	03:11:27	03:17:26	> 03:17:27
Tjejvasan 30km	2026	01:14:41	01:33:22	01:23:08	01:28:15	01:32:15	01:35:35	01:38:15	01:41:22	01:44:02	01:47:35	01:50:55	01:54:42	01:58:56	02:03:09	02:07:36	02:12:16	02:17:23	02:22:16	02:26:43	> 02:26:44
American Birkebeiner Classic 53km	2026	01:55:47	02:24:44	02:08:53	02:16:49	02:23:01	02:28:11	02:32:19	02:37:09	02:41:17	02:46:48	02:51:58	02:57:49	03:04:22	03:10:55	03:17:49	03:25:03	03:32:59	03:40:33	03:47:27	> 03:47:28
American Birkebeiner Skate 50km	2026	01:35:41	01:59:37	01:46:31	01:53:04	01:58:11	02:02:28	02:05:53	02:09:52	02:13:17	02:17:51	02:22:07	02:26:57	02:32:22	02:37:47	02:43:29	02:49:28	02:56:01	03:02:17	03:07:58	> 03:07:59
Granåsfjellrennet 40km	2026	01:55:19	02:24:09	02:08:22	02:16:16	02:22:26	02:27:35	02:31:42	02:36:31	02:40:38	02:46:07	02:51:16	02:57:06	03:03:38	03:10:09	03:17:01	03:24:14	03:32:07	03:39:40	03:46:32	> 03:46:33
Bieg Piastow	2026	02:27:47	03:04:44	02:44:30	02:54:24	03:02:05	03:08:27	03:13:28	03:19:21	03:20:41	03:23:52	03:26:32	03:29:55	03:33:59	03:37:56	03:42:07	03:46:34	03:55:19	04:03:42	04:11:19	> 04:11:20
Vasaloppet 90km	2026	04:16:03	05:20:04	04:45:01	05:04:37	05:20:37	05:34:31	05:46:16	05:59:45	06:13:17	06:27:33	06:41:08	06:56:26	07:13:28	07:30:39	07:48:47	08:07:53	08:26:44	08:44:47	09:01:11	> 09:01:12
Helterennet 43km	2026	01:43:03	02:08:49	01:54:42	02:02:29	02:08:49	02:14:17	02:18:52	02:24:08	02:26:44	02:29:38	02:32:09	02:35:12	02:38:45	02:42:13	02:45:53	02:49:44	02:56:17	03:02:34	03:08:16	> 03:08:17
Engadin Skimarathon 42km	2026	01:22:09	01:42:41	01:31:26	01:37:04	01:41:28	01:45:08	01:48:04	01:51:29	01:54:25	01:58:20	02:02:00	02:06:09	02:10:48	02:15:27	02:20:20	02:25:29	02:31:06	02:36:29	02:41:22	> 02:41:23
Marcialonga Bodø	2026	02:15:58	02:49:58	02:31:21	02:40:39	02:47:56	02:54:00	02:58:52	03:04:32	03:09:23	03:15:52	03:21:56	03:28:49	03:36:30	03:44:11	03:52:17	04:00:47	04:10:05	04:19:00	04:27:05	> 04:27:06
Valdres Skimaraton 72km	2026	03:28:27	04:20:34	03:52:01	04:03:33	04:11:48	04:18:04	04:22:25	04:27:51	04:31:34	04:40:23	04:48:36	04:57:56	05:08:24	05:18:49	05:29:47	05:41:18	05:54:29	06:07:07	06:18:35	> 06:18:36
Tana Varangerrennet 80km	2026	02:01:52	02:32:20	02:15:39	02:24:00	02:30:31	02:35:58	02:40:19	02:45:24	02:49:45	02:55:33	03:01:00	03:07:10	03:14:03	03:20:57	03:28:12	03:35:49	03:44:10	03:52:08	03:59:24	> 03:59:25
Flyktningerennet 44km	2026	02:04:03	02:35:04	02:18:05	02:26:34	02:33:13	02:38:45	02:43:11	02:48:21	02:52:47	02:58:41	03:04:14	03:10:30	03:17:31	03:24:32	03:31:55	03:39:41	03:48:10	03:56:17	04:03:41	> 04:03:42
Reistadløpet 50km	2026	01:45:51	02:12:19	01:57:49	02:04:12	02:08:56	02:12:40	02:15:26	02:18:47	02:20:43	02:24:45	02:28:26	02:32:41	02:37:29	02:42:13	02:47:12	02:52:26	02:59:06	03:05:28	03:11:16	> 03:11:17