**Example: For wave 5 time must be better than or equal to 03:40:59 from Birkebeinerrennet 2026. .**
**Note: For Men and Women Elite an Active FIS code is mandatory**

| BIRKEN | | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | ME | KE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 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 | | 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 | | 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 | | 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 | | 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 | | 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 | | 02:32:20 | 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 | | 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 | | 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 | | 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 | | 01:55:32 | 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 | | 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 | | 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 | | 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 | | 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 | | 02:48:32 | 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 | | 03:09:12 | | 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 | | 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 | | 01:33:22 | | 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 | | 02:24:44 | | 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 | | 01:59:37 | | 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 | | 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 | | 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 | | 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 | | 01:42:41 | 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 | | 02:32:20 | 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 |