

The time shown for each wave "<=". Example: For wave 8 time must be better than or similar to 04:46:59 from Birkebeinerrennet 2019

RACE	Year	07:45	08:00	08:20	08:25	08:25	08:35	08:40	08:50	08:55	09:00	09:05	09:15	09:20	09:25
		ME	WE	1	2	2 - best seeded women	3	4	5	6	7	8	9	10	11
Birkebeinerrennet	2019	02:59:59	03:42:59	03:16:59	03:28:59	04:09:59	03:38:59	03:48:59	03:58:59	04:11:29	04:26:59	04:46:59	05:11:59	06:11:59	09:44:59
Birkebeinerrennet	2018	02:58:25	03:41:02	03:15:16	03:27:19	04:08:57	03:37:24	03:47:31	03:57:38	04:10:15	04:25:53	04:45:48	05:08:24	06:05:00	09:29:48
Birkebeinerrennet	2017	02:36:45	03:14:12	02:51:34	03:03:14	03:46:48	03:13:18	03:23:30	03:33:51	03:46:35	04:02:13	04:20:22	04:40:14	05:30:51	08:35:13
TurBirken 54km	2019	03:01:25	03:44:45	03:18:33	03:30:23	04:10:04	03:40:10	03:49:56	03:59:40	04:11:53	04:27:05	04:47:05	05:10:56	06:09:20	09:38:40
SkøyteBirken	2019	02:48:37	03:28:55	03:04:33	03:16:06	03:56:23	03:25:48	03:35:31	03:45:17	03:57:26	04:12:27	04:31:22	04:55:00	05:51:44	09:13:08
TurBirken 27km	2019	01:08:04	01:24:20	01:14:30	01:19:03	01:34:33	01:22:50	01:26:37	01:30:24	01:35:07	01:40:59	01:48:33	01:57:36	02:19:44	03:39:01
HalvBirken ski	2018	01:07:11	01:23:14	01:13:32	01:17:18	01:28:25	01:20:16	01:23:10	01:26:02	01:29:44	01:34:26	01:41:30	01:48:59	02:08:21	03:19:25
HalvBirken ski	2017	01:02:39	01:17:37	01:08:34	01:12:06	01:27:01	01:14:53	01:17:37	01:20:19	01:23:48	01:28:12	01:34:49	01:42:08	02:00:40	03:08:03
FredagsBirken klassisk	2018	03:02:40	03:46:19	03:19:55	03:32:06	04:13:43	03:42:15	03:52:24	04:02:33	04:15:14	04:30:58	04:51:16	05:12:21	06:07:27	09:30:16
FredagsBirken skate	2018	02:40:46	03:19:10	02:55:57	03:09:27	04:04:54	03:21:32	03:33:58	03:46:48	04:02:28	04:21:33	04:41:09	05:04:39	06:02:05	09:27:36
FredagsBirken klassisk	2017	02:47:10	03:27:06	03:02:57	03:16:33	04:10:52	03:28:34	03:40:54	03:53:34	04:09:02	04:27:56	04:48:00	05:07:24	05:59:58	09:16:09
FredagsBirken skate	2017	02:33:41	03:10:24	02:48:12	03:00:46	03:51:15	03:11:55	03:23:21	03:35:06	03:49:27	04:06:59	04:25:29	04:42:30	05:29:51	08:28:12
Inga Låmi 30km	2019		01:52:42			02:06:21						02:12:52	02:23:11	02:49:15	04:23:53
Inga Låmi 30km	2018		01:45:04			01:57:48					02:02:17	02:11:27	02:20:17	02:44:15	04:13:45
Inga Låmi 30km	2017		01:26:28			01:48:28					01:55:50	02:04:31	02:11:14	02:31:50	03:51:56
Reistadløpet	2019	02:26:45	03:01:49	02:40:37	02:51:01	03:28:15	02:59:50	03:08:43	03:17:40	03:28:45	03:42:25	03:59:05	04:16:51	05:02:42	07:50:34
Flyktningerennet	2019	02:16:17	02:48:50	02:29:09	02:36:49	02:59:31	02:42:52	02:48:48	02:54:37	03:02:10	03:11:44	03:26:06	03:48:35	04:38:10	07:26:40
Skardilten 2019	2019	02:02:57	02:32:20	02:14:34	02:21:36	02:42:42	02:27:10	02:32:39	02:38:02	02:44:59	02:53:46	03:06:47	03:22:38	04:01:05	06:18:20
Budorrennet	2020	02:02:02	02:31:11	02:13:33	02:22:06	02:52:28	02:29:20	02:36:36	02:43:55	02:53:00	03:04:12	03:18:00	03:32:28	04:10:07	06:28:23
Kaiser Maximilian Lauf 60	2020	02:52:35	03:33:49	03:08:53	03:20:17	03:58:57	03:29:46	03:39:13	03:48:40	04:00:30	04:15:11	04:34:18	04:50:36	05:37:53	08:38:29
La Diagonela	2020	03:14:47	04:01:19	03:33:11	03:43:39	04:30:32	03:51:47	03:59:44	04:07:30	04:17:41	04:30:41	04:50:57	05:18:50	06:23:13	10:07:32
Dolomitenlauf Classic 42km	2020	01:38:04	02:01:30	01:47:20	01:53:21	02:16:13	01:58:14	02:03:04	02:07:52	02:13:56	02:21:33	02:32:10	02:42:36	03:10:37	04:54:50
Trysil Knut Rennet	2020	01:35:29	01:58:18	01:44:30	01:50:23	02:12:38	01:55:08	01:59:52	02:04:33	02:10:29	02:17:55	02:28:15	02:40:00	03:09:25	04:55:46
Marcialonga	2020	03:21:42	04:09:53	03:40:45	03:54:17	04:40:45	04:05:35	04:16:54	04:28:13	04:42:20	04:59:51	05:22:19	05:52:04	07:01:48	11:06:33
Stenfjellrunden	2020	02:06:40	02:36:56	02:18:38	02:27:21	02:55:56	02:34:40	02:42:02	02:49:24	02:58:35	03:09:56	03:24:10	03:39:40	04:19:15	06:43:36
Markatrimmen	2020	01:47:54	02:13:41	01:58:05	02:05:04	02:28:22	02:10:50	02:16:35	02:22:19	02:29:30	02:38:27	02:50:19	03:03:48	03:37:34	05:39:40
Thorleif Haugs Minneløp	2020	02:07:00	02:37:20	02:19:00	02:27:22	02:55:40	02:34:18	02:41:14	02:48:10	02:56:50	03:07:36	03:21:40	03:38:05	04:18:40	06:44:41

RACE	Year	07:45	08:00	08:20	08:25	08:25	08:35	08:40	08:50	08:55	09:00	09:05	09:15	09:20	09:25
		ME	WE	1	2	2 - best seeded women	3	4	5	6	7	8	9	10	11
Toblach - Cortina	2020	02:03:30	02:33:00	02:15:10	02:22:47	02:47:15	02:28:59	02:35:08	02:41:14	02:48:58	02:58:38	03:12:01	03:27:54	04:06:52	06:26:41
Vindfjelløpet	2020	02:13:12	02:45:01	02:25:47	02:34:01	03:00:26	02:40:42	02:47:21	02:53:56	03:02:16	03:12:43	03:27:09	03:45:51	04:30:03	07:05:56
Tverfjeldilten Sjusjøen	2020	01:56:34	02:24:25	02:07:35	02:13:22	02:28:42	02:17:45	02:22:00	02:26:08	02:31:39	02:38:48	02:50:42	03:05:35	03:41:16	05:47:58
Skimarathon	2020	02:18:17	02:51:19	02:31:20	02:39:45	03:06:25	02:46:34	02:53:18	02:59:59	03:08:28	03:19:06	03:34:01	03:51:43	04:35:10	07:11:00
Jizerska Padaskaja	2020	02:19:12	02:52:27	02:32:21	02:41:30	03:12:22	02:49:05	02:56:39	03:04:13	03:13:41	03:25:27	03:40:50	04:01:16	04:49:05	07:36:53
Tromsø Skimaraton	2020	02:08:25	02:39:06	02:20:33	02:28:28	02:53:54	02:34:55	02:41:19	02:47:39	02:55:41	03:05:44	03:19:39	03:33:54	04:11:25	06:29:50
Furusjøen Rundt	2020	02:14:02	02:46:03	02:26:41	02:35:26	03:04:43	02:42:39	02:49:52	02:57:03	03:06:04	03:17:17	03:32:04	03:49:51	04:33:15	07:08:27
Marka Rundt	2020	02:03:05	02:32:29	02:14:42	02:21:38	02:42:08	02:27:05	02:32:27	02:37:43	02:44:32	02:53:10	03:06:08	03:26:20	04:10:58	06:42:46
Madshus Skimaraton	2020	01:41:38	02:05:55	01:51:14	01:56:57	02:13:51	02:01:27	02:05:52	02:10:12	02:15:49	02:22:57	02:33:39	02:45:24	03:15:19	05:04:12
Trysil Skimaraton	2020	01:58:12	02:26:26	02:09:22	02:17:00	02:42:25	02:23:18	02:29:34	02:35:50	02:43:41	02:53:28	03:06:28	03:20:55	03:57:28	06:10:12
Hafjell Skimaraton	2020	02:04:33	02:34:18	02:16:19	02:24:32	02:52:20	02:31:21	02:38:09	02:44:57	02:53:29	03:04:03	03:17:50	03:33:26	04:12:32	06:34:09
Mellerunden	2020	02:22:05	02:56:01	02:35:30	02:45:07	03:18:22	02:53:10	03:01:14	03:09:18	03:19:23	03:31:51	03:47:43	04:04:50	04:48:44	07:29:11
Tjevvasan	2020	01:25:09	01:45:30	01:33:12	01:37:44	01:50:32	01:41:15	01:44:41	01:48:02	01:52:26	01:58:03	02:06:54	02:26:00	03:04:53	05:09:57
Gatineau Loppet	2020	02:49:50	03:30:24	03:05:52	03:12:51	03:27:49	03:17:44	03:22:24	03:26:53	03:33:18	03:41:57	03:58:35	04:18:17	05:06:41	08:00:19
American Birkie Classic 55K	2020	02:39:45	03:17:55	02:54:51	03:03:38	03:29:09	03:10:30	03:17:15	03:23:51	03:32:26	03:43:23	04:00:07	04:20:19	05:09:32	08:05:28
American Birkie Skate 55K	2020	02:02:38	02:31:56	02:14:13	02:20:28	02:37:22	02:25:13	02:29:51	02:34:22	02:40:21	02:48:04	03:00:40	03:16:02	03:53:17	06:06:11
Kvæfjordrennet	2020	02:19:18	02:52:35	02:32:27	02:41:45	03:13:29	02:49:29	02:57:13	03:04:58	03:14:38	03:26:38	03:42:07	04:01:28	04:47:54	07:32:45
Holmenkollmarsjen	2020	02:03:49	02:33:24	02:15:30	02:23:45	02:51:56	02:30:38	02:37:30	02:44:23	02:52:58	03:03:38	03:17:23	03:32:41	04:11:23	06:31:54
Vasaloppet	2020	05:03:21	06:15:50	05:32:00	05:54:07	07:15:10	06:13:02	06:32:11	06:51:31	07:15:24	07:44:46	08:19:35	08:59:36	10:39:14	16:38:51
Bieg Piastow 50K	2020	02:13:53	02:45:52	02:26:32	02:35:00	03:02:44	02:41:57	02:48:51	02:55:43	03:04:22	03:15:10	03:29:47	03:47:09	04:29:46	07:02:34
Helterennet	2020	02:06:11	02:36:19	02:18:06	02:27:20	03:01:18	02:35:15	02:43:15	02:51:21	03:01:21	03:13:38	03:28:08	03:45:59	04:29:08	07:02:44
Marcialonga	2021	03:26:26	04:15:45	03:45:56	03:59:42	04:46:43	04:11:10	04:22:38	04:34:06	04:48:27	05:06:13	05:29:10	05:53:13	06:55:48	10:45:40
Toblach - Cortina	2021	01:54:18	02:21:36	02:05:06	02:12:43	02:38:45	02:19:04	02:25:25	02:31:46	02:39:42	02:49:33	03:02:15	03:18:08	03:56:14	06:11:30
La Diagonela	2021	03:22:26	04:10:48	03:41:33	03:55:03	04:41:10	04:06:18	04:17:32	04:28:47	04:42:51	05:00:17	05:22:46	05:50:54	06:58:23	10:57:56
Jizerska Padaskaja	2021	02:18:43	02:51:51	02:31:49	02:41:04	03:12:40	02:48:46	02:56:28	03:04:11	03:13:49	03:25:46	03:41:11	04:00:27	04:46:41	07:30:51
La Diagonela	2022	02:39:53	03:18:05	02:54:59	03:04:29	03:34:03	03:12:08	03:19:40	03:27:07	03:36:38	03:48:37	04:05:44	04:28:48	05:22:29	08:30:20
Trysil Knut Rennet	2022	01:41:54	02:06:14	01:51:31	01:57:37	02:16:41	02:02:32	02:07:23	02:12:11	02:18:17	02:25:59	02:36:55	02:49:42	03:21:19	05:14:59
Marcialonga	2022	03:20:42	04:08:38	03:39:39	03:53:58	04:38:45	04:06:09	04:18:26	04:30:48	04:46:08	05:05:01	05:27:52	05:58:32	07:10:02	11:20:20
Stenfjellrunden	2022	02:08:25	02:39:06	02:20:33	02:28:56	02:58:22	02:35:52	02:42:47	02:49:41	02:58:21	03:09:06	03:23:16	03:39:17	04:19:28	06:44:58

RACE	Year	07:45	08:00	08:20	08:25	08:25	08:35	08:40	08:50	08:55	09:00	09:05	09:15	09:20	09:25
		ME	WE	1	2	2 - best seeded women	3	4	5	6	7	8	9	10	11
Tromsø skimaraton	2022	02:10:03	02:41:08	02:22:20	02:31:01	03:00:38	02:38:14	02:45:28	02:52:41	03:01:43	03:12:55	03:27:23	03:45:27	04:28:48	07:02:43
Torleif Haugs minneløp	2022	01:52:12	02:19:01	02:02:48	02:10:54	02:40:25	02:17:50	02:24:49	02:31:52	02:40:36	02:51:20	03:04:10	03:20:09	03:58:34	06:15:05
Dobbiacco Toblach - Cortina	2022	01:44:44	02:09:46	01:54:38	02:01:27	02:25:28	02:07:06	02:12:43	02:18:20	02:25:23	02:34:08	02:45:41	03:00:07	03:34:46	05:37:44
Markatrimmen	2022	02:10:51	02:42:07	02:23:12	02:31:08	02:56:09	02:37:32	02:43:52	02:50:09	02:58:07	03:08:08	03:22:14	03:38:53	04:19:50	06:46:51
Tverrfjeldilten	2022	02:24:04	02:58:29	02:37:40	02:47:17	03:20:06	02:55:17	03:03:17	03:11:18	03:21:18	03:33:42	03:49:43	04:09:44	04:57:45	07:48:15
Kvæfjordrennet	2022	02:22:13	02:56:11	02:35:39	02:45:08	03:17:31	02:53:02	03:00:56	03:08:50	03:18:42	03:30:57	03:46:45	04:06:31	04:53:55	07:42:13
König Ludwig Lauf	2022	01:49:10	02:15:15	01:59:29	02:06:04	02:26:49	02:11:23	02:16:39	02:21:51	02:28:29	02:36:48	02:48:33	03:03:14	03:38:28	05:43:34
Sjusøen skimaraton	2022	02:10:45	02:41:59	02:23:06	02:32:31	03:06:45	02:40:34	02:48:41	02:56:52	03:07:00	03:19:27	03:34:24	03:49:06	04:28:36	06:55:26
Budorrennet	2022	02:11:22	02:42:46	02:23:47	02:32:01	02:58:45	02:38:44	02:45:25	02:52:03	03:00:26	03:10:55	03:25:13	03:41:15	04:21:39	06:48:09
Jizerska 50	2022	02:11:48	02:43:17	02:24:14	02:34:31	03:14:17	02:43:30	02:52:40	03:02:01	03:13:29	03:27:30	03:43:03	04:04:52	04:54:52	07:48:23
Furusjøen rundt	2022	02:08:58	02:39:47	02:21:09	02:30:05	03:01:32	02:37:37	02:45:10	02:52:46	03:02:13	03:13:52	03:28:24	03:45:43	04:28:08	07:00:07
La Transjurasienne Classic	2022	02:20:00	02:53:27	02:33:13	02:40:30	03:00:36	02:46:05	02:51:32	02:56:51	03:03:52	03:12:53	03:27:20	03:45:52	04:29:54	07:05:21
Trysil skimarathon	2022	02:09:05	02:39:55	02:21:16	02:28:57	02:52:51	02:35:07	02:41:13	02:47:14	02:54:56	03:04:36	03:18:26	03:36:49	04:19:51	06:50:45
Montebellorennet	2022	01:52:47	02:19:44	02:03:26	02:10:24	02:32:48	02:16:05	02:21:42	02:27:17	02:34:21	02:43:12	02:55:26	03:10:42	03:47:23	05:57:35
Marka Rundt	2022	02:14:28	02:46:36	02:27:10	02:36:16	03:07:42	02:43:53	02:51:30	02:59:09	03:08:40	03:20:28	03:35:29	03:54:15	04:39:18	07:19:14
Finlandia Hiitho	2022	03:02:05	03:45:35	03:19:17	03:31:25	04:12:54	03:41:32	03:51:39	04:01:46	04:14:25	04:30:06	04:50:20	05:15:37	06:16:19	09:51:48
Tartu Ski Maraton	2022	02:45:32	03:25:05	03:01:10	03:12:42	03:53:29	03:22:26	03:32:14	03:42:04	03:54:17	04:09:22	04:28:03	04:48:52	05:41:27	08:52:23
Valdresrennet	2022	01:35:56	01:58:51	01:44:59	01:51:22	02:13:07	01:56:41	02:01:59	02:07:18	02:13:56	02:22:10	02:32:49	02:46:08	03:18:05	05:11:30
Hafjell Skimarathon 2022	2022	02:06:24	02:36:36	02:18:20	02:25:27	02:46:33	02:31:04	02:36:35	02:42:00	02:49:00	02:57:53	03:11:12	03:28:24	04:09:07	06:32:46
Tjevåsan	2022	01:11:11	01:28:12	01:17:55	01:22:40	01:38:53	01:26:37	01:30:34	01:34:32	01:39:29	01:45:36	01:53:31	02:03:25	02:27:09	03:51:24
Gatineau loppet 47 km	2022	02:33:58	03:10:45	02:48:31	02:58:47	03:33:51	03:07:20	03:15:53	03:24:26	03:35:08	03:48:24	04:05:30	04:26:53	05:18:13	08:20:26
Birkie Classic 55K	2022	02:50:09	03:30:48	03:06:13	03:17:34	03:56:20	03:27:01	03:36:28	03:45:56	03:57:45	04:12:24	04:31:18	04:54:56	05:51:40	09:13:02
Birkie Skate 55K	2022	02:13:59	02:46:00	02:26:39	02:35:35	03:06:06	02:43:02	02:50:28	02:57:55	03:07:13	03:18:46	03:33:39	03:52:06	04:36:33	07:14:36
Vasaloppet	2022	04:11:56	05:12:08	04:35:44	04:54:24	06:03:50	05:10:29	05:26:47	05:43:17	06:03:37	06:28:35	06:57:41	07:29:58	08:51:42	13:48:44
Helterrennet	2022	02:03:08	02:32:33	02:14:46	02:23:58	02:58:27	02:31:55	02:39:59	02:48:10	02:58:14	03:10:35	03:24:51	03:42:42	04:25:32	06:57:35
Ingalåmi 30km	2022		01:38:51			01:48:31				01:49:33	01:55:54	02:04:35	02:15:27	02:41:30	04:13:58
Holmenkollmarsjen	2022	01:45:25	02:10:36	01:55:22	02:02:45	02:28:57	02:08:59	02:15:16	02:21:34	02:29:24	02:39:04	02:50:59	03:05:53	03:41:38	05:48:33
Engadin	2022	01:42:52	02:07:27	01:52:35	01:58:46	02:18:07	02:03:44	02:08:39	02:13:31	02:19:43	02:27:30	02:38:33	02:50:36	03:21:20	05:13:27