

OCREC2019 - STANDARD COURSE

Organizator: Stowarzyszenie Biegów Przeszkodowych OCR Polska

Data: 2019-06-28

Miejsce: Gdynia

Dystans: 15 km

Wyniki dla punktu pomiaru: 10 km

Klasyfikacja wg czasów brutto.

OCREC2019 - STANDARD COURSE, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BUYLE THOMAS | 1000 | | | BEL | M ELITE | 00:54:58 | 00:59:50 | 01:36:49 |
| 2 | OŚLIZŁO TOMASZ | 1004 | | | POL | M ELITE | 00:55:55 | 01:00:54 | 01:34:35 |
| 3 | ТОЧКА ARTSIOM | 1013 | | | BLR | M ELITE | 00:55:44 | 01:01:01 | 01:35:57 |
| 4 | СУЗДАЛЕВ АНТОН | 1017 | | | RUS | M ELITE | 00:56:56 | 01:02:26 | 01:41:04 |
| 5 | DAM NIKOLAJ M | 1005 | | | DEN | M ELITE | 00:56:46 | 01:02:36 | 01:49:23 |
| 6 | TWEDDELL TOM | 1007 | | | | M ELITE | 00:58:31 | 01:03:35 | 01:40:34 |
| 7 | HRDINA PAVEL | 1018 | | | CZE | M ELITE | 00:58:50 | 01:03:56 | 01:42:29 |
| 8 | HARBUNOU IHAR | 1010 | | | BLR | M ELITE | 00:59:34 | 01:04:26 | 01:42:57 |
| 9 | DEBUSSCHERE THIBAUT | 1011 | | | BEL | M ELITE | 00:58:53 | 01:04:29 | 01:39:33 |
| 10 | HEER JESSE DE | 1001 | | | NED | M ELITE | 00:59:37 | 01:05:05 | 01:44:39 |
| 11 | MENDES AXEL | 1029 | | | SWE | M ELITE | 00:59:48 | 01:05:22 | 01:43:24 |
| 12 | ДЕГТЯРЕВ ИВАН | 1023 | | | RUS | M ELITE | | 01:06:32 | 01:43:33 |
| 13 | KOFOED LEON | 1003 | | | DEN | M ELITE | | 01:06:39 | 01:43:20 |
| 14 | BLONDEEL JENSEN | 1012 | | | BEL | M ELITE | 01:01:30 | 01:06:50 | 01:47:12 |
| 15 | OOSTEROM FRANK | 1008 | | | NED | M ELITE | 01:02:41 | 01:08:48 | 02:04:25 |
| 16 | STRUJJK ALEXANDER | 1014 | | | NED | M ELITE | 01:03:19 | 01:09:02 | 01:53:00 |
| 17 | PRUNDÉNCIO GONÇALO | 1041 | | | POR | M ELITE | 00:59:04 | 01:04:21 | 01:48:57 |
| 18 | NOVÁK LUKÁŠ | 1033 | | | CZE | M ELITE | 00:59:18 | 01:04:53 | 01:50:45 |
| 19 | SZCZECZLA GRZEGORZ | 1006 | | | POL | M ELITE | 01:05:00 | 01:10:18 | 01:51:09 |
| 20 | DEPEDRI RAFFAELE | 1020 | | | ITA | M ELITE | 01:05:48 | 01:11:40 | 02:05:33 |
| 21 | KADIJA RIGERS | 1019 | | | ITA | M ELITE | 01:06:16 | 01:11:56 | 03:04:48 |
| 22 | SCHÄFER MARTIN | 1024 | | | GER | M ELITE | 01:07:45 | 01:13:44 | 01:54:19 |
| 23 | SABA ALESSANDRO | 1057 | | | ITA | M ELITE | 01:04:10 | 01:08:51 | 02:11:19 |
| 24 | OLKHOVSKII DMITRI | 1027 | | | RUS | M ELITE | 01:10:34 | 01:16:44 | 02:05:44 |
| 25 | CAPARROS NATHAN | 1021 | | | FRA | M ELITE | 01:10:35 | 01:17:07 | 02:03:33 |
| 26 | KOWALCZYK DAWID | 1032 | | | POL | M ELITE | 01:05:01 | 01:12:48 | 01:56:46 |
| 27 | KRIUKOV NIKITA | 1091 | | | RUS | M ELITE | 01:02:49 | 01:08:14 | 02:03:31 |
| 28 | JANSSON THOMAS | 1035 | | | SWE | M ELITE | 01:08:54 | 01:14:34 | 01:59:48 |
| 29 | BRØNDSSEL JONAS | 1084 | | | DEN | M ELITE | 01:05:01 | 01:10:53 | 02:13:22 |
| 30 | BENITEZ MANUEL JESÚS LUJÁN | 1073 | | | ESP | M ELITE | 01:05:34 | 01:11:03 | 01:53:43 |
| 31 | HAUSMANN FRANK | 1058 | | | GER | M ELITE | 01:12:07 | 01:17:13 | 02:39:25 |
| 32 | MILLAN DANIEL OSMA | 1053 | | | ESP | M ELITE | 01:12:51 | 01:19:12 | 02:05:29 |
| 33 | BELOV ARTUR | 1052 | | | RUS | M ELITE | 01:13:04 | 01:19:49 | 02:13:27 |
| 34 | GUDMUNDSSON ZEBASTIAN | 1034 | | | SWE | M ELITE | 01:13:53 | 01:19:56 | |
| 35 | REN EMIL FRIIS | 1039 | | | DEN | M ELITE | 01:13:43 | 01:19:56 | 02:07:06 |
| 36 | ARIBAUD BAPTISTE | 1056 | | | FRA | M ELITE | 01:13:07 | 01:19:58 | 02:44:39 |
| 37 | KRAUS CHRISTIAN | 1022 | | | GER | M ELITE | 01:19:36 | 01:25:33 | 02:45:35 |
| 38 | SANTANA ADAY LUIS GARCIA | 1026 | | | ESP | M ELITE | 01:19:15 | 01:25:44 | 03:52:44 |
| 39 | BROEZE TOM | 1071 | | | NED | M ELITE | 01:09:38 | 01:15:44 | 02:02:57 |
| 40 | DRAGSTED ANDREAS | 1038 | | | DEN | M ELITE | 01:14:59 | 01:21:31 | 02:09:01 |
| 41 | KAREL ŠTĚPÁN | 1072 | | | CZE | M ELITE | 01:10:21 | 01:16:44 | 02:52:47 |
| 42 | HANDLER CHRISTIAN | 1043 | | | AUT | M ELITE | 01:16:06 | 01:21:51 | 02:38:38 |
| 43 | ЕВГЕНИЙ ПРОСКУРЯКОВ | 1055 | | | RUS | M ELITE | 01:15:14 | 01:22:00 | 02:12:03 |
| 44 | PEDRIANES SAMUEL HERNÁNDEZ | 1048 | | | ESP | M ELITE | 01:17:42 | 01:24:12 | 04:10:28 |
| 45 | KALININ JAROSŁAW | 1064 | | | POL | M ELITE | 01:14:34 | 01:20:48 | 02:33:35 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 46 | BERNHARDSSON KRISTOFER ABRAHAMSSON | 1082 | | | SWE | M ELITE | 01:15:16 | 01:21:27 | 02:09:12 |
| 47 | MICHEL JÉRÉMY | 1074 | | | FRA | M ELITE | 01:16:52 | 01:23:05 | 03:18:51 |
| 48 | DOMÍNGUEZ EDUARDO DÍAZ | 1083 | | | ESP | M ELITE | 01:17:53 | 01:23:50 | 02:18:04 |
| 49 | PRAT VICTOR SUAREZ | 1080 | | | ESP | M ELITE | 01:20:26 | 01:26:56 | 02:30:23 |
| 50 | LUCIDI GIULIANO | 1090 | | | ITA | M ELITE | 01:20:26 | 01:27:21 | 04:28:10 |
| 51 | GOLTERMANN ARNE | 1070 | | | GER | M ELITE | 01:21:28 | 01:27:41 | 02:39:44 |
| 52 | VORVIS CHRIS | 1067 | | | GRE | M ELITE | 01:21:25 | 01:28:02 | 02:22:09 |
| 53 | SCHUH MARTIN | 1077 | | | AUT | M ELITE | 01:21:17 | 01:28:10 | 02:26:19 |
| 54 | BOCHAROV GEORGII | 1061 | | | RUS | M ELITE | 01:27:41 | 01:33:45 | 03:08:33 |
| 55 | EVENSEN ULRIKKE | 1100 | | | DEN | W ELITE | 01:04:16 | 01:09:24 | 02:28:33 |
| 56 | RUYTER ROY DE | 1092 | | | NED | M ELITE | 01:22:29 | 01:29:29 | 02:25:27 |
| 57 | ГОВОРОВ АНДРЕЙ | 1045 | | | RUS | M ELITE | 01:29:09 | 01:36:36 | 02:48:15 |
| 58 | KARLSSON KARIN | 1135 | | | SWE | W ELITE | 01:08:55 | 01:15:16 | 02:11:08 |
| 59 | SIMLER JIŘÍ | 1042 | | | CZE | M ELITE | 01:34:29 | 01:40:52 | 03:01:17 |
| 60 | ЮРЬЕВИЧ ПЕТРОВ ВИКТОР | 1086 | | | RUS | M ELITE | 01:29:15 | 01:36:40 | 02:41:03 |
| 61 | CHRISTENSEN KATJA | 1101 | | | DEN | W ELITE | 01:13:20 | 01:20:50 | 02:08:48 |
| 62 | THUESEN MARGRETHE LANGHOFF | 1137 | | | DEN | W ELITE | 01:17:54 | 01:23:49 | 02:54:46 |
| 63 | HÄRKÖNEN ELIN | 1132 | | | SWE | W ELITE | 01:17:11 | 01:24:01 | 02:30:19 |
| 64 | JANSEN C.A. | 1103 | | | NED | W ELITE | 01:19:14 | 01:25:50 | 02:29:09 |
| 65 | MIRA LORENA GONZÁLEZ | 1125 | | | ESP | W ELITE | 01:19:25 | 01:26:10 | 02:17:30 |
| 66 | DASZKIEWICZ MAŁGORZATA | 1118 | | | POL | W ELITE | 01:21:08 | 01:27:49 | 02:32:19 |
| 67 | JOKSTAD ANETTE HEIMLI | 1124 | | | NOR | W ELITE | 01:21:30 | 01:28:09 | 05:02:11 |
| 68 | JOHANSSON ELIN | 1119 | | | SWE | W ELITE | 01:21:51 | 01:28:29 | 02:54:33 |
| 69 | MIKHINA ANASTASIA | 1108 | | | RUS | W ELITE | 01:22:01 | 01:28:50 | 03:29:54 |
| 70 | STENBECK FREDRIK | 1155 | | | SWE | M 18-24 | 00:59:26 | 01:04:36 | 01:52:25 |
| 71 | LOPE JESÚS PRIETO DE | 1085 | | | ESP | M ELITE | 01:48:59 | 01:54:56 | 03:56:02 |
| 72 | DRESCHER JONAS | 1159 | | | DEN | M 18-24 | 00:59:48 | 01:05:33 | 01:50:06 |
| 73 | EVGENII TRIVASHKEVICH | 1152 | | | BLR | M 18-24 | 01:03:09 | 01:09:16 | 01:51:47 |
| 74 | ALVES DUARTE | 1139 | | | POR | M 18-24 | 01:01:19 | 01:09:37 | 02:02:19 |
| 75 | SERAFIŃSKI MACIEJ | 1158 | | | POL | M 18-24 | 01:04:16 | 01:10:44 | 01:56:17 |
| 76 | RIJNEKER JESPER | 1149 | | | NED | M 18-24 | 01:05:27 | 01:11:08 | 01:54:14 |
| 77 | WILK SYLWESTER | 1189 | | | POL | M 18-24 | 01:04:42 | 01:10:18 | 02:08:16 |
| 78 | TITCOMB DANIEL | 1170 | | | M 18-24 | | 01:05:15 | 01:10:23 | 02:01:45 |
| 79 | GAŁDYN KAMIL | 1163 | | | POL | M 18-24 | 01:09:12 | 01:14:42 | 02:40:27 |
| 80 | PORTA SIMONA | 1114 | | | ITA | W ELITE | 01:38:12 | 01:45:10 | 02:52:43 |
| 81 | OŚLIZŁO MAREK | 1146 | | | POL | M 18-24 | 01:10:55 | 01:16:22 | 02:22:42 |
| 82 | MIKRUT JAKUB | 1181 | | | POL | M 18-24 | 01:07:49 | 01:13:41 | 02:01:19 |
| 83 | VASYA DUDNIKOV | 1144 | | | RUS | M 18-24 | 01:13:00 | 01:19:21 | 02:19:32 |
| 84 | BRZOSKWINIA WOJCIECH | 1239 | | | POL | M 25-29 | 00:59:57 | 01:05:14 | |
| 85 | LINTHORST JESSE | 1192 | | | NED | M 18-24 | 01:10:21 | 01:16:24 | 02:14:50 |
| 86 | NIJLEN ITSE VAN | 1154 | | | BEL | M 18-24 | 01:14:17 | 01:20:43 | 02:24:28 |
| 87 | HANSEN MADS VOSS | 1183 | | | DEN | M 18-24 | 01:11:01 | 01:17:19 | 02:38:30 |
| 88 | WIELECHOWSKA NATALIA | 1096 | | | POL | W ELITE | 01:44:48 | 01:52:13 | 03:29:21 |
| 89 | CLAESSON ALBIN | 1177 | | | SWE | M 18-24 | 01:11:40 | 01:18:15 | 02:02:43 |
| 90 | VANDEWALLE BILLY | 1227 | | | BEL | M 25-29 | 01:02:13 | 01:08:15 | 01:48:06 |
| 91 | BUCCARELLA LUCA | 1151 | | | DEN | M 18-24 | 01:16:44 | 01:23:25 | 02:22:12 |
| 92 | DEMONTY NICOLAS | 1161 | | | BEL | M 18-24 | 01:16:43 | 01:23:26 | 03:31:39 |
| 93 | MATUSEVICH ALEXSEY | 1234 | | | BLR | M 25-29 | 01:02:58 | 01:08:36 | 01:52:22 |
| 94 | VILA JOSE | 1169 | | | ESP | M 18-24 | 01:13:38 | 01:20:36 | 02:14:51 |
| 95 | KUIK THOMAS | 1140 | | | NED | M 18-24 | 01:18:02 | 01:25:00 | 02:18:17 |
| 96 | WISPELWEIJ SEM | 1142 | | | NED | M 18-24 | 01:18:09 | 01:25:00 | 02:32:05 |
| 97 | KUPIS ŁUKASZ | 1224 | | | POL | M 25-29 | 01:04:31 | 01:10:15 | 02:03:02 |
| 98 | CUENCA AITOR GARDE | 1248 | | | ESP | M 25-29 | 01:04:46 | 01:10:22 | 01:56:16 |
| 99 | DAVID GROGNET | 1185 | | | FRA | M 18-24 | 01:15:33 | 01:22:17 | 02:35:57 |
| 100 | DRÁBEK LUKÁŠ | 1147 | | | CZE | M 18-24 | 01:20:10 | 01:26:25 | 03:34:36 |
| 101 | CZERWIŃSKI MACIEJ | 1261 | | | POL | M 25-29 | | 01:12:21 | |
| 102 | JANUSZEWSKI BARTOSZ | 1263 | | | POL | M 25-29 | 01:06:10 | 01:12:27 | 01:57:19 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 103 | VLAM THIJS | 1275 | | | NED | M 25-29 | 01:04:36 | 01:10:21 | 01:51:26 |
| 104 | TOMASIK ALAN | 1268 | | | POL | M 25-29 | 01:05:06 | 01:11:03 | 01:55:35 |
| 105 | ZAKOŁODKIN ROMAN | 1230 | | | RUS | M 25-29 | 01:08:09 | 01:14:36 | 01:57:39 |
| 106 | DEMONTY LOIC | 1160 | | | BEL | M 18-24 | 01:22:03 | 01:29:42 | 02:50:23 |
| 107 | BEORLEGI IRATI | 1131 | | | ESP | W ELITE | 01:50:27 | 02:00:01 | 07:02:46 |
| 108 | RACZEK RADOŚLAW | 1260 | | | POL | M 25-29 | 01:08:44 | 01:15:06 | 02:05:15 |
| 109 | ALMERSKÅR VIKTOR | 1150 | | | SWE | M 18-24 | 01:23:22 | 01:30:36 | 02:25:32 |
| 110 | KERSTEN MAX | 1153 | | | NED | M 18-24 | 01:23:45 | 01:31:00 | 03:29:52 |
| 111 | MADSEN DITLEV | 1166 | | | DEN | M 18-24 | 01:21:54 | 01:27:02 | 03:47:34 |
| 112 | VIKTOROVICH GRUZDEV VLADIMIR | 1235 | | | RUS | M 25-29 | 01:10:09 | 01:16:43 | 02:07:57 |
| 113 | GORDILLO ISRAEL VARGAS | 1202 | | | ESP | M 18-24 | 01:17:28 | 01:23:50 | 02:17:23 |
| 114 | LORIS PINTARELLI | 1310 | | | ITA | M 25-29 | 01:05:40 | 01:11:09 | 01:56:14 |
| 115 | SCHINA LORIS | 1344 | | | ITA | M 25-29 | 01:05:42 | 01:11:33 | 02:05:35 |
| 116 | PIANO ANDREA DEL | 1254 | | | ITA | M 25-29 | 01:11:27 | 01:17:55 | 03:09:01 |
| 117 | HANYK LUKÁŠ | 1231 | | | CZE | M 25-29 | 01:11:39 | 01:18:21 | 02:01:11 |
| 118 | TRALDI DAVIDE | 1184 | | | ITA | M 18-24 | 01:22:58 | 01:29:48 | 04:17:45 |
| 119 | MUSSCHE FRANS | 1274 | | | NED | M 25-29 | 01:09:34 | 01:15:57 | 02:01:03 |
| 120 | PRYKOWSKI TOMASZ | 1256 | | | POL | M 25-29 | 01:12:40 | 01:19:39 | 02:04:48 |
| 121 | HORWARD ADRIEN | 1285 | | | BEL | M 25-29 | 01:10:49 | 01:17:06 | 02:15:58 |
| 122 | SEMENCHENKO VLADIMIR | 1252 | | | RUS | M 25-29 | 01:14:42 | 01:20:55 | 02:04:12 |
| 123 | GUIBERT ROMAIN | 1245 | | | FRA | M 25-29 | 01:15:17 | 01:21:52 | 02:21:03 |
| 124 | YAROSLAV SLAVUSHCHEV | 1236 | | | RUS | M 25-29 | 01:14:46 | 01:22:01 | 02:20:19 |
| 125 | KRAWIECKI MATEUSZ | 1424 | | | POL | M 30-34 | 01:02:20 | 01:07:27 | 01:48:57 |
| 126 | KRÓL PIOTR | 1421 | | | POL | M 30-34 | 01:02:38 | 01:08:06 | 01:56:09 |
| 127 | SITKEVICH ANTON | 1427 | | | BLR | M 30-34 | 01:02:52 | 01:08:11 | 01:50:39 |
| 128 | COLETTA ALESSANDRO | 1448 | | | ITA | M 30-34 | 01:01:09 | 01:06:16 | 01:49:21 |
| 129 | ARCE DOMINGO BUENDIA | 1173 | | | ESP | M 18-24 | 01:27:08 | 01:34:27 | |
| 130 | PRUSAŁ PIOTR | 1413 | | | POL | M 30-34 | 01:02:55 | 01:08:55 | 01:47:12 |
| 131 | HENNEKEN CLAUDIA MARIA | 1113 | | | GER | W ELITE | 02:04:10 | 02:09:06 | 06:34:05 |
| 132 | SENTEN SIMON VAN | 1298 | | | NED | M 25-29 | 01:14:36 | 01:21:09 | 02:17:33 |
| 133 | SHERETOV EUGENE | 1030 | | | UKR | M 30-34 | 01:03:42 | 01:09:20 | 01:47:38 |
| 134 | BLANKENBURGH DAVID | 1317 | | | NED | M 25-29 | 01:12:56 | 01:19:23 | 02:09:30 |
| 135 | OSHKIN EGOR | 1419 | | | RUS | M 30-34 | 01:06:56 | 01:10:59 | 01:59:22 |
| 136 | MAES MICHAËL | 1266 | | | BEL | M 25-29 | 01:16:40 | 01:23:01 | 02:26:19 |
| 137 | CARMIGNANI ALESSIO | 1401 | | | ITA | M 30-34 | 01:05:59 | 01:11:54 | |
| 138 | MARTYIN LÁSZLÓ | 1279 | | | HUN | M 25-29 | 01:17:50 | 01:24:02 | 02:38:58 |
| 139 | MARTIN DARREN | 1311 | | | M 25-29 | | 01:14:33 | 01:21:11 | 02:33:07 |
| 140 | MACÍAS DAVID DELGADO | 1335 | | | ESP | M 25-29 | 01:15:12 | 01:21:32 | 02:09:28 |
| 141 | SRNSKÝ DANIEL | 1190 | | | CZE | M 18-24 | 01:30:50 | 01:38:38 | 02:47:26 |
| 142 | DANIELKIEWICZ TOMASZ | 1422 | | | POL | M 30-34 | 01:06:03 | 01:12:42 | 02:13:10 |
| 143 | REZNIK ANTON | 1243 | | | RUS | M 25-29 | 01:21:06 | 01:28:35 | 02:17:37 |
| 144 | POCATERRA SIMONE | 1196 | | | ITA | M 18-24 | 01:21:40 | 01:28:44 | 04:23:04 |
| 145 | SZCZEPANIAK PAWEŁ | 1225 | | | POL | M 25-29 | 01:22:33 | 01:28:53 | 02:29:50 |
| 146 | SŁODOWNIK DOMINIK | 1212 | | | POL | M 18-24 | 01:26:43 | 01:35:56 | |
| 147 | MĘDYGRAŁ KRYSZTIAN | 1290 | | | POL | M 25-29 | 01:19:31 | 01:26:00 | |
| 148 | ASMUSSEN ANDREAS MUNK | 1398 | | | DEN | M 30-34 | 01:07:54 | 01:14:12 | |
| 149 | FRANCESCHI MARCO | 1313 | | | ITA | M 25-29 | 01:17:21 | 01:23:14 | 02:25:24 |
| 150 | ROBBRECHT CHRIS | 1156 | | | GER | M 18-24 | 01:36:55 | 01:44:39 | 05:39:19 |
| 151 | GRZONDKO MATEUSZ | 1272 | | | POL | M 25-29 | 01:19:44 | 01:26:44 | |
| 152 | BUYLE MICHIEL | 1273 | | | BEL | M 25-29 | 01:20:23 | 01:27:11 | 02:51:43 |
| 153 | NITTIS ANDREA DE | 1328 | | | ITA | M 25-29 | 01:18:32 | 01:24:30 | 02:17:54 |
| 154 | VEPŘEK MARTIN | 1249 | | | CZE | M 25-29 | 01:23:49 | 01:30:33 | 02:48:43 |
| 155 | JAGODZIŃSKI KAROL | 1293 | | | POL | M 25-29 | 01:21:29 | 01:27:57 | |
| 156 | VERHEUL PAUL PIETER CORNELIS | 1316 | | | NED | M 25-29 | 01:18:41 | 01:25:40 | |
| 157 | VOROBOK LUKÁŠ | 1241 | | | CZE | M 25-29 | 01:25:48 | 01:31:40 | 04:22:46 |
| 158 | NUTIL MICHAL | 1345 | | | CZE | M 25-29 | 01:19:52 | 01:25:58 | 02:54:14 |
| 159 | MARCO BISCHOF | 1338 | | | GER | M 25-29 | 01:19:39 | 01:26:23 | 02:45:54 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 160 | SETTELE STEFAN | 1429 | | | GER | M 30-34 | 01:11:53 | 01:17:38 | |
| 161 | WAGEMANS TOM | 1426 | | | NED | M 30-34 | 01:11:47 | 01:18:00 | 02:54:46 |
| 162 | CAUDELI JOSE MIGUEL PERICÁS | 1409 | | | ESP | M 30-34 | 01:09:41 | 01:18:48 | 02:41:32 |
| 163 | TOMAKA TOMASZ | 1284 | | | POL | M 25-29 | 01:23:49 | 01:30:54 | 02:26:11 |
| 164 | JOLEŠ ROĚL | 1452 | | | NED | M 30-34 | 01:10:37 | 01:16:58 | 02:03:03 |
| 165 | MÓWIŃSKI PATRYK | 1277 | | | POL | M 25-29 | 01:24:43 | 01:31:08 | 02:32:58 |
| 166 | PELISSIER BENOIT | 1423 | | | FRA | M 30-34 | 01:13:49 | 01:20:06 | 02:03:03 |
| 167 | KAŁUŻNY ADAM | 1466 | | | POL | M 30-34 | 01:12:50 | 01:18:39 | 02:08:54 |
| 168 | MENSINK NICK | 1455 | | | NED | M 30-34 | 01:12:32 | 01:18:47 | 02:03:18 |
| 169 | GUIJARRO VICTOR PEZONAGA | 1391 | | | ESP | M 25-29 | 01:20:30 | 01:26:54 | |
| 170 | KEANE JOSH | 1278 | | | | M 25-29 | 01:26:34 | 01:34:08 | 03:20:21 |
| 171 | KATOLIKAU RAMAN | 1400 | | | BLR | M 30-34 | 01:16:55 | 01:22:47 | 02:56:26 |
| 172 | KOŁODZIEJCZYK KAMIL | 1460 | | | POL | M 30-34 | 01:14:53 | 01:21:06 | 02:26:59 |
| 173 | FARKOWSKI KONRAD | 1475 | | | POL | M 30-34 | 01:12:56 | 01:19:07 | 02:11:06 |
| 174 | LEGANDER SIMON | 1324 | | | SWE | M 25-29 | 01:24:27 | 01:32:07 | 02:53:11 |
| 175 | SHIPLEY CHRIS | 1410 | | | | M 30-34 | 01:17:43 | 01:23:36 | 02:28:01 |
| 176 | TIMMERMANS GEERT | 1280 | | | BEL | M 25-29 | 01:28:53 | 01:35:40 | 02:34:12 |
| 177 | ROSECKÝ PATRIK | 1251 | | | CZE | M 25-29 | 01:31:27 | 01:39:05 | 03:04:16 |
| 178 | WÓJCIK ADAM | 1219 | | | POL | M 18-24 | 01:41:17 | 01:46:18 | 02:36:35 |
| 179 | LIUTKUS DAINIUS | 1397 | | | LTU | M 30-34 | 01:19:15 | 01:24:24 | 02:53:40 |
| 180 | LEMA DAMIÁN ESPASANDÍN | 1541 | | | ESP | M 30-34 | 01:12:48 | 01:18:36 | |
| 181 | JUSTESEN SIMON | 1384 | | | SWE | M 25-29 | 01:23:51 | 01:30:56 | 02:29:35 |
| 182 | LLAPASSET VICTOR | 1314 | | | FRA | M 25-29 | 01:26:59 | 01:34:30 | 02:47:58 |
| 183 | CAVICCHIOLO LUCA | 1355 | | | ITA | M 25-29 | 01:25:27 | 01:31:53 | 03:01:39 |
| 184 | MÉDARD OLIVIER | 1446 | | | FRA | M 30-34 | 01:18:44 | 01:24:26 | 02:18:53 |
| 185 | MEEL JIM VAN DER | 1399 | | | NED | M 30-34 | 01:20:40 | 01:26:40 | 02:29:56 |
| 186 | LEJK BENJAMIN | 1357 | | | POL | M 25-29 | 01:26:00 | 01:32:54 | 02:40:52 |
| 187 | LINDSTRÖM MATTIAS | 1242 | | | SWE | M 25-29 | 01:34:09 | 01:42:21 | 02:50:18 |
| 188 | VERLAAT KEES | 1388 | | | NED | M 25-29 | 01:26:21 | 01:33:34 | 04:40:48 |
| 189 | MYKOLA FOMISHKIN | 1411 | | | UKR | M 30-34 | 01:21:34 | 01:27:51 | 03:21:46 |
| 190 | LARSSON JOHANNES | 1327 | | | SWE | M 25-29 | 01:30:17 | 01:36:59 | 02:42:30 |
| 191 | SINIGAGLIA WILLIAM | 1505 | | | ITA | M 30-34 | 01:17:38 | 01:24:26 | 02:21:30 |
| 192 | JEVTIC SASA | 1518 | | | GER | M 30-34 | 01:17:15 | 01:23:11 | 02:19:18 |
| 193 | SCHWEIGERT MATTHIAS | 1377 | | | GER | M 25-29 | 01:28:48 | 01:35:40 | 03:38:37 |
| 194 | CRESPO ANTONIO RUBIO | 1303 | | | ESP | M 25-29 | 01:34:57 | 01:41:52 | 03:00:04 |
| 195 | PASTUSZKA PAWEŁ | 1449 | | | POL | M 30-34 | 01:22:25 | 01:28:13 | 02:23:18 |
| 196 | SHKURLOV ALEKSANDR | 1402 | | | RUS | M 30-34 | 01:25:11 | 01:30:57 | 02:22:29 |
| 197 | ATAZ DANIEL BLANCO | 1341 | | | ESP | M 25-29 | 01:33:30 | 01:40:01 | 03:11:19 |
| 198 | SJÖLIN JOHAN | 1487 | | | SWE | M 30-34 | 01:21:34 | 01:27:27 | 02:17:46 |
| 199 | MOSE KRISTIAN | 1513 | | | DEN | M 30-34 | 01:19:03 | 01:25:28 | 02:25:08 |
| 200 | PIOMBONI NICOLÒ | 1474 | | | ITA | M 30-34 | 01:21:52 | 01:27:43 | 03:20:28 |
| 201 | SAVIN ALEKSEI | 1408 | | | RUS | M 30-34 | 01:24:54 | 01:31:56 | 02:41:18 |
| 202 | BERTOLASI MARCO | 1535 | | | ITA | M 30-34 | 01:20:23 | 01:26:16 | 02:25:20 |
| 203 | VRIES FLORIAN DE | 1420 | | | NED | M 30-34 | 01:24:51 | 01:32:24 | 02:36:26 |
| 204 | SALAŁA MARCIN | 1478 | | | POL | M 30-34 | 01:22:53 | 01:28:46 | 02:18:32 |
| 205 | MADSEN TOMMY | 1631 | | | SWE | M 35-39 | 01:12:28 | 01:18:22 | 02:15:13 |
| 206 | BÄR MARCEL | 1430 | | | GER | M 30-34 | 01:27:02 | 01:33:33 | 02:32:32 |
| 207 | FLEISCHHAUER FELIX | 1312 | | | GER | M 25-29 | 01:35:36 | 01:42:55 | 03:27:31 |
| 208 | HANSEN JONAS | 1237 | | | DEN | M 25-29 | 01:41:08 | 01:49:01 | 04:15:36 |
| 209 | BURTON JAMES | 1630 | | | | M 35-39 | 01:13:14 | 01:19:04 | 02:39:50 |
| 210 | CAZZAVACCA ALESSANDRO | 1609 | | | ITA | M 30-34 | 01:18:46 | 01:24:05 | 02:10:04 |
| 211 | PROKOPENKO VADIM | 1416 | | | RUS | M 30-34 | 01:27:58 | 01:34:09 | 03:31:01 |
| 212 | MANTYCKI RAFAŁ | 1329 | | | POL | M 25-29 | 01:36:18 | 01:43:08 | 03:21:47 |
| 213 | MAKAROV ANDREI | 1246 | | | RUS | M 25-29 | 01:41:54 | 01:49:26 | 03:34:32 |
| 214 | LENOIR CYRIL | 1283 | | | BEL | M 25-29 | 01:38:47 | 01:46:40 | 02:51:14 |
| 215 | ORKE EINAR | 1425 | | | NOR | M 30-34 | 01:28:20 | 01:34:46 | 03:25:45 |
| 216 | REKUTIN IVAN | 1451 | | | RUS | M 30-34 | 01:26:14 | 01:33:00 | 02:50:34 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 217 | GÖÖMREI MATE | 1557 | | | HUN | M 30-34 | 01:19:24 | 01:25:35 | 02:12:00 |
| 218 | NIKONOV MAKSIM | 1640 | | | BLR | M 35-39 | 01:15:11 | 01:20:48 | 02:10:26 |
| 219 | JAROSZ DAWID | 1555 | | | POL | M 30-34 | 01:22:04 | 01:28:05 | 02:16:37 |
| 220 | JONSSON NILS | 1595 | | | SWE | M 30-34 | 01:20:41 | 01:26:04 | 03:24:23 |
| 221 | WAKTER JACOB | 1385 | | | SWE | M 25-29 | 01:34:04 | 01:42:10 | 03:28:16 |
| 222 | KRAUCHANKA ALIAKSANDR | 1649 | | | BLR | M 35-39 | 01:16:36 | 01:22:40 | 02:05:48 |
| 223 | PETERKA TOMÁŠ | 1368 | | | CZE | M 25-29 | 01:37:43 | 01:44:43 | 03:16:32 |
| 224 | BURÉN JOHAN | 1639 | | | SWE | M 35-39 | 01:17:52 | 01:23:44 | 02:18:31 |
| 225 | KOŁODZIEJ KRYSZTIAN | 1510 | | | POL | M 30-34 | 01:26:27 | 01:32:51 | 02:30:10 |
| 226 | LARSSON TONI | 1378 | | | SWE | M 25-29 | 01:37:35 | 01:45:08 | 02:55:07 |
| 227 | DIETRICH RAPHAËL | 1371 | | | SUI | M 25-29 | 01:38:24 | 01:45:15 | 04:37:29 |
| 228 | ZAWILIŃSKI MATEUSZ | 1351 | | | POL | M 25-29 | 01:38:45 | 01:45:19 | 02:55:27 |
| 229 | BANNISTER ALEX | 1564 | | | | M 30-34 | 01:25:10 | 01:31:25 | 02:35:37 |
| 230 | CAMBRIDGE LUKE | 1605 | | | NOR | M 30-34 | 01:23:22 | 01:29:25 | 02:19:56 |
| 231 | DIMITRY DOTRIMONT | 1367 | | | BEL | M 25-29 | 01:39:10 | 01:45:40 | 03:07:40 |
| 232 | WITEK PAWEŁ | 1373 | | | POL | M 25-29 | 01:38:29 | 01:45:54 | 03:09:57 |
| 233 | HANSEN STEFAN | 1650 | | | DEN | M 35-39 | 01:19:15 | 01:24:56 | 02:34:57 |
| 234 | OPIAŁ GRZEGORZ | 1615 | | | POL | M 30-34 | 01:26:05 | 01:30:56 | 03:31:51 |
| 235 | ELSGART NIKLAS | 1352 | | | DEN | M 25-29 | 01:40:01 | 01:47:03 | 03:33:16 |
| 236 | BLOEM MARTIJN | 1812 | | | NED | M 40-44 | 01:06:30 | 01:11:43 | 02:06:07 |
| 237 | GARCIA ADRIÁN RUIZ | 1405 | | | ESP | M 30-34 | 01:34:46 | 01:42:05 | 03:06:28 |
| 238 | BONAITA ALEX | 1668 | | | ITA | M 35-39 | 01:15:32 | 01:21:10 | 02:06:51 |
| 239 | BYRCZEK MICHAŁ | 1493 | | | POL | M 30-34 | 01:30:58 | 01:38:13 | 02:43:58 |
| 240 | LARSEN GLEN | 1562 | | | DEN | M 30-34 | 01:27:17 | 01:34:28 | 03:30:33 |
| 241 | POŚPIECH KRZYSZTOF PAWLAK | 1296 | | | POL | M 25-29 | 01:48:08 | 01:54:33 | 03:13:02 |
| 242 | GAWRYLUK MARCIN | 1587 | | | POL | M 30-34 | 01:26:06 | 01:32:41 | 02:59:23 |
| 243 | BRÄHMIG MATTES | 1458 | | | GER | M 30-34 | 01:34:30 | 01:41:17 | 04:36:37 |
| 244 | COMMANDEUR TJEERD | 1522 | | | NED | M 30-34 | 01:30:06 | 01:37:28 | 02:45:56 |
| 245 | WALTILLA MARCUS | 1578 | | | SWE | M 30-34 | 01:28:41 | 01:35:37 | 02:39:09 |
| 246 | CATELLANI MIRCO | 1581 | | | ITA | M 30-34 | 01:30:20 | 01:35:51 | 02:34:35 |
| 247 | DOUBEK MILAN | 1431 | | | CZE | M 30-34 | 03:06:39 | 03:14:18 | 04:33:47 |
| 248 | JAKOBSSON NIKLAS | 1559 | | | SWE | M 30-34 | 01:30:10 | 01:36:29 | 02:59:15 |
| 249 | NIELSEN SØREN | 1543 | | | DEN | M 30-34 | 01:31:39 | 01:38:33 | 03:02:52 |
| 250 | ANANIN ARTEM | 1406 | | | RUS | M 30-34 | 01:38:42 | 01:45:42 | 02:57:21 |
| 251 | MARUSZEWSKI MARCIN | 1624 | | | POL | M 35-39 | 01:24:50 | 01:31:00 | 02:23:59 |
| 252 | OLSEN MADIS-CHRISTIAN BRILL | 1516 | | | DEN | M 30-34 | 01:32:54 | 01:40:21 | 03:16:18 |
| 253 | SILVA ANDRÉ | 1572 | | | POR | M 30-34 | 01:30:27 | 01:38:23 | 02:37:52 |
| 254 | FABRÉGUE RÉMI | 1395 | | | FRA | M 30-34 | 01:39:30 | 01:46:27 | 03:11:44 |
| 255 | PLÓCIENNIK PIOTR | 1461 | | | POL | M 30-34 | 01:37:46 | 01:44:28 | 02:40:14 |
| 256 | CRUZ SEBASTIEN | 1702 | | | FRA | M 35-39 | 01:20:09 | 01:25:27 | 02:54:47 |
| 257 | PROKUDIN NIKOLAY | 1804 | | | RUS | M 40-44 | 01:11:36 | 01:17:09 | 02:04:59 |
| 258 | JAKUBCZAK MARCIN | 1670 | | | POL | M 35-39 | 01:23:32 | 01:29:49 | 02:21:36 |
| 259 | HRABÁK PETR | 1561 | | | CZE | M 30-34 | 01:34:03 | 01:40:04 | 03:30:25 |
| 260 | ÖBERG ROBIN | 1515 | | | SWE | M 30-34 | 01:35:33 | 01:42:27 | 02:49:14 |
| 261 | TRABIŃSKI GRZEGORZ | 1638 | | | POL | M 35-39 | 01:27:14 | 01:33:55 | 02:31:32 |
| 262 | JOHNSTON KEITH | 1594 | | | | M 30-34 | 01:28:06 | 01:34:10 | 03:06:12 |
| 263 | MATUSIK ADAM | 1534 | | | POL | M 30-34 | 01:36:16 | 01:43:16 | 02:57:01 |
| 264 | FILIPOVICH ALIAKSEI | 1675 | | | BLR | M 35-39 | 01:25:18 | 01:31:35 | 02:41:43 |
| 265 | GESSLER SERGEJ | 1447 | | | GER | M 30-34 | 01:40:08 | 01:47:42 | 02:56:37 |
| 266 | ŁUKASZ LORENC | 1830 | | | POL | M 40-44 | 01:13:21 | 01:19:44 | 02:13:47 |
| 267 | HORÁK JAROMÍR | 1362 | | | CZE | M 25-29 | 01:47:39 | 01:55:51 | 03:56:34 |
| 268 | HELGERS NIELS | 1733 | | | NED | M 35-39 | 01:19:41 | 01:26:27 | 02:36:29 |
| 269 | DUBROVIN VALENTIN | 1436 | | | RUS | M 30-34 | 01:41:04 | 01:48:32 | 03:32:30 |
| 270 | REMMER THOMAS | 1545 | | | DEN | M 30-34 | 01:39:29 | 01:44:39 | 03:57:58 |
| 271 | DICKSON MARK | 1807 | | | | M 40-44 | 01:14:39 | 01:20:42 | 02:12:35 |
| 272 | BUDZISZ KRZYSZTOF | 1836 | | | POL | M 40-44 | 01:15:03 | 01:20:58 | |
| 273 | SPRAWKA MARTA | 1138 | | | POL | W ELITE | 02:43:35 | 02:51:19 | 04:36:34 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 274 | NIELSEN DANIEL BIRK | 1548 | | | DEN | M 30-34 | 01:40:56 | 01:48:32 | 03:42:27 |
| 275 | ONISZCZUK BARTOSZ | 1687 | | | POL | M 35-39 | 01:28:58 | 01:35:13 | 02:36:32 |
| 276 | IBBOTSON RYAN | 1658 | | | | M 35-39 | 01:28:57 | 01:35:15 | 03:19:12 |
| 277 | BELLODI ANDREA | 1547 | | | ITA | M 30-34 | 01:41:38 | 01:47:30 | 03:34:31 |
| 278 | CANACCINI DENIS | 1819 | | | ITA | M 40-44 | 01:17:37 | 01:23:30 | 02:19:16 |
| 279 | JACIÓW PAWEŁ | 1389 | | | BEL | M 25-29 | 01:51:56 | 01:59:40 | 05:25:41 |
| 280 | YANN CHAMBERT | 1526 | | | FRA | M 30-34 | 01:40:57 | 01:47:58 | |
| 281 | BERKES MARTON | 1442 | | | HUN | M 30-34 | 01:45:31 | 01:52:45 | 03:03:29 |
| 282 | BURANI CRISTIAN | 1369 | | | ITA | M 25-29 | 01:52:46 | 02:00:57 | 04:19:53 |
| 283 | TARKA ANDRZEJ | 1821 | | | POL | M 40-44 | 01:18:34 | 01:24:58 | 02:11:28 |
| 284 | HERNANDEZ ERIC SERES | 1527 | | | ESP | M 30-34 | 01:43:42 | 01:49:51 | 03:28:16 |
| 285 | WINTERS ARJAN | 1619 | | | NED | M 35-39 | 01:35:30 | 01:40:56 | 03:32:27 |
| 286 | SAVANOVICH VITALI | 1816 | | | BLR | M 40-44 | 01:20:42 | 01:26:11 | 02:07:25 |
| 287 | BRITO MATEO FERNANDES | 1644 | | | ESP | M 35-39 | 01:35:21 | 01:41:12 | 03:42:02 |
| 288 | PELUSI JACOPO | 1381 | | | ITA | M 25-29 | 01:56:16 | 02:04:17 | 04:15:06 |
| 289 | PODGORSKI MAREK | 1679 | | | POL | M 35-39 | 01:33:11 | 01:40:45 | 04:05:58 |
| 290 | SCHUTTEN RUTGER | 1599 | | | SWE | M 30-34 | 01:43:05 | 01:49:04 | 03:23:06 |
| 291 | VALERII KALDIN | 1536 | | | RUS | M 30-34 | 01:45:36 | 01:53:42 | 03:32:10 |
| 292 | KUBER ANDRZEJ | 1569 | | | POL | M 30-34 | 01:45:39 | 01:52:11 | 03:35:54 |
| 293 | TRUJILLO FERNANDO PAJUELO | 1287 | | | ESP | M 25-29 | 02:04:00 | 02:12:28 | 04:04:34 |
| 294 | BERTA PAOLO | 1827 | | | ITA | M 40-44 | 01:25:50 | 01:31:25 | 02:34:28 |
| 295 | FIGUEIREDO RUI PEDRO CRUZ | 1302 | | | POR | M 25-29 | 02:04:43 | 02:13:27 | 03:40:45 |
| 296 | REGNELL FREDRICK | 1579 | | | SWE | M 30-34 | 01:46:26 | 01:53:30 | 03:01:27 |
| 297 | ZIELIŃSKI BARTOSZ | 1350 | | | POL | M 25-29 | 01:59:19 | 02:07:40 | 04:49:34 |
| 298 | MIKLÓS FÁBIÁN | 1623 | | | HUN | M 35-39 | 01:39:21 | 01:46:57 | 03:28:05 |
| 299 | BOMBA PIOTR | 1528 | | | POL | M 30-34 | 01:48:33 | 01:56:28 | 03:08:09 |
| 300 | STEC JAKUB | 1582 | | | POL | M 30-34 | 01:44:51 | 01:52:46 | 04:57:20 |
| 301 | SÉBASTIEN GALDEANO | 1502 | | | FRA | M 30-34 | 01:50:50 | 01:58:56 | 04:46:22 |
| 302 | WISSING ARJAN | 1659 | | | NED | M 35-39 | 01:37:23 | 01:44:56 | 03:02:12 |
| 303 | DOLATA KRZYSZTOF | 1695 | | | POL | M 35-39 | 01:35:03 | 01:42:23 | 02:47:12 |
| 304 | TROMBELLI MARCO | 1759 | | | ITA | M 35-39 | 01:32:34 | 01:39:47 | 02:43:25 |
| 305 | BUGAJ MARIUSZ | 1552 | | | POL | M 30-34 | 01:48:39 | 01:55:51 | 03:19:21 |
| 306 | HENDZEL MIŁOSZ | 1667 | | | POL | M 35-39 | 01:39:42 | 01:46:16 | 03:04:00 |
| 307 | OVECHKIN TARAS | 1686 | | | RUS | M 35-39 | 01:39:15 | 01:46:19 | 02:54:16 |
| 308 | BOARDER ROBERT | 1805 | | | | M 40-44 | 01:28:22 | 01:34:33 | 02:30:24 |
| 309 | CAPPELEN DAN | 1799 | | | DEN | M 35-39 | 01:31:01 | 01:37:48 | 03:07:40 |
| 310 | ZHVIKOV OLEG | 1321 | | | RUS | M 25-29 | 02:06:28 | 02:14:16 | 03:25:06 |
| 311 | URBANO DAVID QUINTANA | 1533 | | | ESP | M 30-34 | 01:52:45 | 02:00:13 | 04:00:14 |
| 312 | SCHYBERG OSCAR | 1788 | | | SWE | M 35-39 | 01:33:20 | 01:39:13 | 02:33:33 |
| 313 | MIODEK ADRIAN | 1665 | | | | M 35-39 | 01:41:13 | 01:48:57 | 04:36:24 |
| 314 | ZIMMER MARKUS | 1540 | | | GER | M 30-34 | 01:53:00 | 02:01:06 | 03:19:27 |
| 315 | LAGRAND STIJN | 1962 | | | NED | M 13-17 | 01:16:34 | 01:22:08 | 02:11:24 |
| 316 | SAVITSKI ANDREI | 1766 | | | BLR | M 35-39 | 01:35:17 | 01:41:12 | 02:54:47 |
| 317 | TOLAK MICHAŁ | 1689 | | | IRL | M 35-39 | 01:42:28 | 01:50:12 | 03:46:58 |
| 318 | VERBEERST TOMMY | 1470 | | | BEL | M 30-34 | 01:58:40 | 02:06:15 | 03:33:08 |
| 319 | ALEKSEI GIATCINTOV | 1770 | | | RUS | M 35-39 | 01:34:37 | 01:41:18 | 02:33:44 |
| 320 | YANIN DENIS | 1651 | | | RUS | M 35-39 | 01:46:36 | 01:53:17 | 04:14:40 |
| 321 | DZMITRY GIDLEVSKI | 1476 | | | BLR | M 30-34 | 01:57:47 | 02:04:23 | 05:08:07 |
| 322 | ANATOLI KAMYSHKAILO | 1751 | | | BLR | M 35-39 | 01:38:01 | 01:44:29 | 03:23:41 |
| 323 | ULDYNOWICZ BARTOSZ | 1584 | | | POL | M 30-34 | 01:50:50 | 01:58:32 | 04:25:09 |
| 324 | ZIMON NORBERT | 1604 | | | POL | M 30-34 | 01:50:39 | 01:58:34 | 03:30:35 |
| 325 | SUCHNA DAVID | 1563 | | | CZE | M 30-34 | 01:53:49 | 02:01:25 | 04:46:42 |
| 326 | BUENK PETER | 1815 | | | NED | M 40-44 | 01:33:38 | 01:39:25 | 02:37:48 |
| 327 | BELT RICO VAN DEN | 1748 | | | NED | M 35-39 | 01:38:23 | 01:46:03 | 04:42:29 |
| 328 | MOLLOY PAUL | 1728 | | | IRL | M 35-39 | 01:40:13 | 01:46:37 | 03:19:47 |
| 329 | ŁUCZAK ŁUKASZ | 1525 | | | POL | M 30-34 | 01:57:45 | 02:05:09 | 03:37:14 |
| 330 | PAPPERMANN JENS | 1672 | | | GER | M 35-39 | 01:45:34 | 01:53:23 | 03:43:25 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 331 | NICOLAS JEAN-PHILIPPE | 1801 | | | BEL | M 35-39 | 01:37:26 | 01:45:06 | 05:07:18 |
| 332 | DEDIEU SEMI | 1600 | | | BEL | M 30-34 | 01:54:27 | 02:02:10 | 03:26:46 |
| 333 | SLUIS RICHARD | 1637 | | | NED | M 35-39 | 01:49:43 | 01:57:27 | 03:19:36 |
| 334 | RYDSTRÖM JOHAN | 1674 | | | SWE | M 35-39 | 01:46:46 | 01:54:36 | 03:06:30 |
| 335 | БЕЗЛЕПКИН АНДРЕЙ | 1880 | | | BLR | M 40-44 | 01:30:51 | 01:36:54 | 02:40:42 |
| 336 | ALONSO JOSE BRUNO | 1607 | | | ESP | M 30-34 | 01:54:58 | 02:02:55 | 04:58:38 |
| 337 | SÜHLER KIM | 1886 | | | DEN | M 40-44 | 01:31:41 | 01:37:47 | 02:45:01 |
| 338 | ЗАХАРКИН СЕРГЕЙ | 1929 | | | RUS | M 40-44 | 01:29:36 | 01:35:00 | 02:30:43 |
| 339 | NOVIN THOMAS | 1747 | | | SWE | M 35-39 | 01:43:42 | 01:50:21 | 02:59:05 |
| 340 | KONARSKI TOMASZ | 1716 | | | POL | M 35-39 | 01:46:44 | 01:53:43 | 03:24:32 |
| 341 | BENTO TONI | 1845 | | | | M 40-44 | 01:36:11 | 01:41:46 | 03:50:44 |
| 342 | CIARDELLI DARIO | 1785 | | | ITA | M 35-39 | 01:42:06 | 01:48:10 | 05:00:46 |
| 343 | VILKOV GRIGORY | 1802 | | | GER | M 40-44 | 01:38:18 | 01:45:12 | 02:57:08 |
| 344 | LOPES PAULO ALEXANDRE COSTA | 1823 | | | POR | M 40-44 | 01:39:06 | 01:45:21 | 03:26:58 |
| 345 | MARCHAND MANUEL | 1855 | | | FRA | M 40-44 | 01:36:07 | 01:42:27 | 02:54:14 |
| 346 | KRUS VIKTOR | 1620 | | | BLR | M 35-39 | 01:53:10 | 02:00:30 | 03:07:17 |
| 347 | GOMEZ MANUEL VALERO | 1837 | | | ESP | M 40-44 | 01:39:20 | 01:45:36 | 02:53:18 |
| 348 | "CHAPLIN" JOSE | 1944 | | | ESP | M 40-44 | 01:30:19 | 01:36:37 | 02:37:59 |
| 349 | CARRASCO MANUEL | 1677 | | | ESP | M 35-39 | 01:51:04 | 01:57:45 | 04:13:30 |
| 350 | ENDERBY RICH | 1729 | | | | M 35-39 | 01:44:31 | 01:51:53 | |
| 351 | RÖNNBERG MIKAEL | 1870 | | | SWE | M 40-44 | 01:36:43 | 01:43:09 | 02:59:20 |
| 352 | HORVAT ZSOLT | 1977 | | | HUN | M 13-17 | 01:24:40 | 01:31:16 | 02:33:29 |
| 353 | KRÁSA DAVID | 1811 | | | CZE | M 40-44 | 01:40:02 | 01:47:01 | 03:00:37 |
| 354 | GERICH JAN VON | 1904 | | | FIN | M 40-44 | 01:35:32 | 01:41:10 | 02:44:02 |
| 355 | SOBIERAJSKI KRZYSZTOF | 1966 | | | POL | M 13-17 | 01:25:13 | 01:32:11 | 02:29:42 |
| 356 | ZAPPA STEFANO | 1539 | | | ITA | M 30-34 | 02:04:32 | 02:11:27 | 04:01:37 |
| 357 | BONESI SAMUEL | 1787 | | | ITA | M 35-39 | 01:43:13 | 01:50:29 | 03:59:32 |
| 358 | CASTILLO AYTHAMI CASTILLA DEL | 1598 | | | ESP | M 30-34 | 01:59:10 | 02:07:57 | 03:34:53 |
| 359 | ZANONI MATTEO | 1580 | | | ITA | M 30-34 | 02:02:15 | 02:10:51 | 03:51:42 |
| 360 | TAYLOR ADAM | 1765 | | | | M 35-39 | 01:44:58 | 01:52:04 | 03:10:42 |
| 361 | LINDBERG NICKLAS | 1905 | | | SWE | M 40-44 | 01:37:00 | 01:43:32 | 02:56:44 |
| 362 | CAJBERT JOHAN | 1636 | | | SWE | M 35-39 | 01:55:47 | 02:04:56 | 03:44:20 |
| 363 | WALNESTEDT MALIN | 2443 | | | SWE | W 18-24 | 01:35:01 | 01:41:02 | 04:45:35 |
| 364 | MANNO MARCO | 1521 | | | ITA | M 30-34 | 02:07:10 | 02:14:06 | 06:09:01 |
| 365 | LILJENBERG JOHAN | 1842 | | | SWE | M 40-44 | 01:40:12 | 01:47:12 | 02:55:55 |
| 366 | FAGERSTRÖM PO | 1940 | | | SWE | M 40-44 | 01:35:57 | 01:41:15 | 02:34:27 |
| 367 | GREPPI NICLAS | 1833 | | | SWE | M 40-44 | 01:42:38 | 01:50:26 | 04:34:11 |
| 368 | KAMIESHKOV DENYS | 1806 | | | UKR | M 40-44 | 01:44:43 | 01:51:06 | 02:56:13 |
| 369 | ALBERTOS JAVIER | 1933 | | | ESP | M 40-44 | 01:36:49 | 01:44:02 | 02:58:04 |
| 370 | RUMMEL RUNE | 1781 | | | DEN | M 35-39 | 01:50:05 | 01:56:27 | 03:18:48 |
| 371 | TOMASZ TOLAK | 1739 | | | POL | M 35-39 | 01:49:23 | 01:59:50 | 03:23:58 |
| 372 | SAENZ JUANCRI | 1952 | | | ESP | M 40-44 | 01:38:20 | 01:45:13 | 02:53:03 |
| 373 | DELSÓ MARKUS | 1596 | | | SWE | M 30-34 | 02:05:56 | 02:14:49 | 05:30:33 |
| 374 | POWELL ALF | 1971 | | | | M 13-17 | 01:33:42 | 01:40:31 | 02:35:26 |
| 375 | TOPIĆ KAREL | 1834 | | | CZE | M 40-44 | 01:48:16 | 01:56:46 | 03:04:09 |
| 376 | CHŁAD ALEKSANDER | 1798 | | | POL | M 35-39 | 01:52:37 | 02:00:40 | 04:02:26 |
| 377 | GERTSEN CARSTEN | 1803 | | | DEN | M 40-44 | 01:51:35 | 01:58:01 | 03:59:28 |
| 378 | BANDURKA VIKTOR | 1866 | | | POL | M 40-44 | 01:48:55 | 01:55:28 | 03:53:08 |
| 379 | FERRIS VÍCTOR PARRA | 1900 | | | ESP | M 40-44 | 01:45:38 | 01:52:43 | 02:56:40 |
| 380 | SEBASTIEN FAGE | 1941 | | | FRA | M 40-44 | 01:42:52 | 01:49:57 | 02:55:54 |
| 381 | D'ODÉMONT GRÉGOIRE | 1757 | | | BEL | M 35-39 | 01:56:24 | 02:05:27 | 03:41:58 |
| 382 | GUZ GRZEGORZ | 1916 | | | POL | M 40-44 | 01:47:24 | 01:53:44 | 03:15:12 |
| 383 | LUND MARIA | 1989 | | | DEN | W 18-24 | 01:22:49 | 01:29:48 | 04:16:43 |
| 384 | MEIDENBAUER JOACHIM | 1741 | | | GER | M 35-39 | 01:58:48 | 02:06:04 | 05:10:05 |
| 385 | THONON SIMON | 1479 | | | BEL | M 30-34 | 02:16:46 | 02:26:06 | 05:32:35 |
| 386 | ŚWIĄDER ANDRZEJ | 1813 | | | POL | M 40-44 | 01:53:04 | 02:00:27 | 03:13:50 |
| 387 | SOUSA BRUNO | 1817 | | | POR | M 40-44 | 01:55:14 | 02:01:44 | 02:58:05 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 388 | DYSZKIEWICZ GRZEGORZ | 1553 | | | POL | M 30-34 | 02:15:23 | 02:23:48 | 04:21:53 |
| 389 | SOBIERAJSKI BOLESŁAW | 1967 | | | POL | M 13-17 | 01:38:59 | 01:47:33 | 02:43:04 |
| 390 | KUMOROWSKI RAFAŁ | 1754 | | | POL | M 35-39 | 02:00:33 | 02:08:32 | 03:33:53 |
| 391 | SOTO HUGO AMPUDIA | 1773 | | | ESP | M 35-39 | 01:57:39 | 02:05:45 | 04:36:08 |
| 392 | GARCIA MANUEL CAAMAÑO | 1643 | | | ESP | M 35-39 | 02:09:40 | 02:17:47 | 04:51:43 |
| 393 | MARTÍNEZ FERNANDO GIMÉNEZ | 1790 | | | ESP | M 35-39 | 01:57:26 | 02:05:48 | 04:39:29 |
| 394 | ALFREDSSON TOBIAS | 1942 | | | SWE | M 40-44 | 01:47:15 | 01:54:05 | 03:12:25 |
| 395 | ALEKSANDR ANOKHIN | 1614 | | | RUS | M 30-34 | 02:18:47 | 02:25:47 | 04:52:55 |
| 396 | HÖGSTRÖM ANDREAS | 1746 | | | SWE | M 35-39 | 02:03:41 | 02:11:54 | 04:00:55 |
| 397 | ONOFRIENKO KARINA | 1988 | | | RUS | W 18-24 | 01:28:47 | 01:36:01 | 03:27:33 |
| 398 | PORTON DAVID | 1736 | | | | M 35-39 | 02:08:44 | 02:15:22 | 03:28:18 |
| 399 | LOVÉN JONATHAN | 1793 | | | SWE | M 35-39 | 02:05:30 | 02:12:35 | 05:11:48 |
| 400 | GROOT BO DE | 2002 | | | NED | W 18-24 | 01:33:53 | 01:41:41 | 02:50:49 |
| 401 | TURJANYI JÁNOS | 1889 | | | HUN | M 40-44 | 01:59:36 | 02:07:07 | 04:03:31 |
| 402 | LEERBAEK MADS | 1965 | | | DEN | M 13-17 | 01:50:52 | 01:58:15 | 04:03:03 |
| 403 | DAELEWYN KOEN | 1885 | | | BEL | M 40-44 | 02:00:13 | 02:07:16 | 03:46:37 |
| 404 | PROKUDIN YURY | 1972 | | | RUS | M 13-17 | 01:49:34 | 01:58:20 | 02:54:13 |
| 405 | VOSSLER MARTIN | 1688 | | | GER | M 35-39 | 02:18:31 | 02:25:39 | 03:46:57 |
| 406 | LORENZO ALBERTO LOPEZ | 1913 | | | ESP | M 40-44 | 02:00:54 | 02:08:06 | 04:13:21 |
| 407 | GRABARCZYK WOJCIECH | 1930 | | | POL | M 40-44 | 01:59:14 | 02:05:26 | 04:28:20 |
| 408 | PIRNER CHRISTIAN | 1935 | | | GER | M 40-44 | 01:59:27 | 02:05:51 | 03:51:54 |
| 409 | JANUS LESZEK | 1758 | | | POL | M 35-39 | 02:14:17 | 02:20:54 | 04:42:56 |
| 410 | PARYGINA SVETLANA | 2026 | | | RUS | W 25-29 | 01:24:21 | 01:30:49 | 02:22:44 |
| 411 | RODRIGUES ALEXANDRE | 1366 | | | FRA | M 25-29 | 02:42:34 | 02:52:13 | |
| 412 | WIŚNIEWSKI NORBERT | 1914 | | | POL | M 40-44 | 02:04:03 | 02:12:59 | 04:29:39 |
| 413 | KAUFMANN NIKOLAJ | 1920 | | | DEN | M 40-44 | 02:02:47 | 02:10:12 | 03:48:18 |
| 414 | PYDZINSKI TOMASZ | 1922 | | | POL | M 40-44 | 02:03:09 | 02:10:14 | 04:38:48 |
| 415 | HANSSON RICKARD | 1947 | | | SWE | M 40-44 | 02:03:37 | 02:11:47 | 03:18:13 |
| 416 | D'ANDREA GIOVANNI | 1857 | | | ITA | M 40-44 | | 02:18:06 | |
| 417 | ROETS ELIO | 1778 | | | BEL | M 35-39 | 02:18:24 | 02:26:14 | 03:43:49 |
| 418 | TAKÁČ VLADIMÍR | 1848 | | | SVK | M 40-44 | 02:14:21 | 02:20:20 | 03:59:10 |
| 419 | TULLOCH JON 'ABS' | 1861 | | | | M 40-44 | 02:13:42 | 02:21:14 | 06:07:46 |
| 420 | GALLI DARIO | 1892 | | | | M 40-44 | 02:11:19 | 02:18:58 | 03:37:47 |
| 421 | JESKA TOMASZ | 1948 | | | POL | M 40-44 | 02:11:20 | 02:18:48 | 04:06:56 |
| 422 | BERGSTRÖM ROBERT | 1915 | | | SWE | M 40-44 | 02:15:03 | 02:22:18 | 04:12:59 |
| 423 | LEVERAAS KATRINE HAALAND | 2043 | | | NOR | W 25-29 | 01:31:45 | 01:38:25 | 03:03:53 |
| 424 | JESSING IBEN | 2014 | | | DEN | W 25-29 | 01:36:22 | 01:43:55 | 05:36:55 |
| 425 | PARKHOMCHUK SVITLANA | 2016 | | | UKR | W 25-29 | 01:38:09 | 01:46:52 | 03:25:10 |
| 426 | PEHTSERAVA TATSIANA | 2077 | | | BLR | W 30-34 | 01:27:49 | 01:34:51 | 03:54:54 |
| 427 | LOMNICKÁ TEREZA | 2009 | | | CZE | W 18-24 | 02:03:33 | 02:14:11 | 03:27:27 |
| 428 | RASSKAZOV DMITRIY | 1926 | | | RUS | M 40-44 | 02:28:24 | 02:36:37 | 04:00:46 |
| 429 | ПАЛАНЦЕВИЧ ЯНА | 2055 | | | RUS | W 25-29 | 01:47:39 | 01:56:24 | 04:02:21 |
| 430 | LARSSON MADELEINE | 2123 | | | SWE | W 35-39 | 01:25:40 | 01:32:50 | 04:15:35 |
| 431 | KRZYSTYNIAK ROBERT | 2195 | | | POL | M 45-49 | 01:06:21 | 01:12:58 | 01:58:43 |
| 432 | BABUŠKOVÁ STANISLAVA | 2171 | | | CZE | W 40-44 | 01:20:58 | 01:28:23 | 03:47:25 |
| 433 | WALNESTEDT MALIN | 1995 | | | SWE | W 18-24 | 02:25:08 | 02:32:33 | 04:15:20 |
| 434 | MARINA LOPATINA | 2047 | | | RUS | W 25-29 | 02:06:56 | 02:15:08 | 03:36:37 |
| 435 | SAS MEREL | 1983 | | | NED | W 18-24 | 02:26:48 | 02:35:17 | 06:11:06 |
| 436 | LUNDBERG SARA | 2106 | | | SWE | W 30-34 | 01:52:22 | 02:00:41 | 03:19:33 |
| 437 | HEIJLIGER DAAN | 2192 | | | NED | M 45-49 | 01:14:54 | 01:21:05 | 02:25:23 |
| 438 | BOANDER CAMILLA | 2021 | | | SWE | W 25-29 | 02:13:38 | 02:22:00 | 05:37:48 |
| 439 | ZGUTKA TOMASZ | 2212 | | | POL | M 45-49 | 01:18:22 | 01:24:28 | 02:24:53 |
| 440 | HELLSTRAND RICKARD | 2211 | | | SWE | M 45-49 | 01:17:52 | 01:24:50 | 03:07:56 |
| 441 | DERMER JOHANNA | 2125 | | | SWE | W 35-39 | 01:47:16 | 01:54:55 | 04:55:51 |
| 442 | JOULIN LISA | 2170 | | | SWE | W 40-44 | 01:33:02 | 01:40:01 | 03:01:25 |
| 443 | PARAMONOVA IRINA | 2133 | | | RUS | W 35-39 | 01:47:40 | 01:55:47 | 04:41:03 |
| 444 | FIŠER ROSTISLAV | 2270 | | | CZE | M 45-49 | 01:13:57 | 01:20:17 | 02:33:52 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|------------|----------|----------|----------|
| 445 | PETELCZYC PIOTR | 2201 | | | POL | M 45-49 | 01:21:48 | 01:28:57 | 02:26:33 |
| 446 | YANINA ELENA | 2130 | | | RUS | W 35-39 | 01:51:34 | 01:59:03 | 04:59:17 |
| 447 | LINDSGREN CHRISTINA | 2165 | | | DEN | W 40-44 | 01:36:33 | 01:44:31 | 03:00:53 |
| 448 | CHRISTENSEN BRIAN VIBORG | 2242 | | | DEN | M 45-49 | 01:15:41 | 01:21:54 | 02:11:31 |
| 449 | DEERY CRAIG | 2219 | | | IRL | M 45-49 | 01:19:38 | 01:25:55 | 03:12:30 |
| 450 | ELENA LADNAYA | 2152 | | | RUS | W 35-39 | 01:53:03 | 02:01:12 | 03:24:39 |
| 451 | JERÁBKOVÁ PETRA | 2080 | | | CZE | W 30-34 | 02:08:29 | 02:17:14 | |
| 452 | SKRATAAS HELLE | 2110 | | | NOR | W 30-34 | 02:05:32 | 02:13:13 | 04:40:09 |
| 453 | PEDERSEN CHRISTIAN | 2190 | | | DEN | M 45-49 | 01:26:57 | 01:34:12 | 02:39:14 |
| 454 | MACHTYL ZYGMUNT | 2235 | | | POL | M 45-49 | 01:23:45 | 01:30:50 | 02:40:44 |
| 455 | PERSSON ROBERT | 2221 | | | SWE | M 45-49 | 01:26:42 | 01:34:14 | 03:34:02 |
| 456 | RAMOS SÉRGIO | 2196 | | | POR | M 45-49 | 01:30:49 | 01:38:19 | 02:36:30 |
| 457 | TEUNISSEN DONAR | 2198 | | | NED | M 45-49 | 01:32:27 | 01:39:25 | 04:15:58 |
| 458 | PELLEREI LUCA | 2267 | | | ITA | M 45-49 | 01:26:00 | 01:32:29 | 02:50:03 |
| 459 | ROBBEMOND ROBIN | 2203 | | | NED | M 45-49 | 01:32:21 | 01:40:43 | 02:51:21 |
| 460 | KIND PIA | 2173 | | | SWE | W 40-44 | 01:49:18 | 01:56:41 | 03:55:59 |
| 461 | HEER ERIK DE | 2285 | | | NED | M 50-54 | 01:22:13 | 01:28:44 | 02:50:48 |
| 462 | SLITS PETER | 2273 | | | NED | M 50-54 | 01:24:44 | 01:31:21 | 02:40:31 |
| 463 | PIANGIAMORE IVANO | 1959 | | | ITA | M 40-44 | 01:32:38 | 01:39:40 | 04:55:02 |
| 464 | LEARY TONY | 2295 | | | | M 50-54 | 01:27:02 | 01:33:54 | 03:22:39 |
| 465 | LOZANO MIGUEL ÁNGEL CHARRO | 2205 | | | ESP | M 45-49 | 01:41:40 | 01:48:55 | 04:01:58 |
| 466 | BERGLIND THOBIAŠ OLSSON | 2228 | | | SWE | M 45-49 | 01:38:16 | 01:45:45 | 03:52:28 |
| 467 | PARET ARNAULT | 2238 | | | FRA | M 45-49 | 01:44:52 | 01:52:26 | 03:47:13 |
| 468 | MILHANO CARLOS | 2299 | | | POR | M 50-54 | 01:35:16 | 01:41:40 | 02:49:26 |
| 469 | KURACH STANISLAW | 2288 | | | POL | M 50-54 | 01:36:33 | 01:44:17 | 02:58:53 |
| 470 | SALOMÁKI VILLE | 2398 | | | SWE | M | 01:22:56 | 01:29:39 | 02:34:45 |
| | | | | | | JOURNEYMAN | | | |
| 471 | ANDRESEN PETTER | 2294 | | | NOR | M 50-54 | 01:42:59 | 01:51:02 | |
| 472 | GIESBERTS VALÉRIE | 2320 | | | NED | W 13-17 | 01:39:19 | 01:48:22 | 02:55:09 |
| 473 | YVES PUGLIARI | 2199 | | | BEL | M 45-49 | 02:01:23 | 02:09:35 | 04:53:49 |
| 474 | BRUNO MANCA | 2302 | | | ITA | M 50-54 | 01:46:33 | 01:55:02 | 04:30:30 |
| 475 | MAKARSKI SIARHEI | 2409 | | | BLR | M | 01:30:20 | 01:37:02 | 02:33:40 |
| | | | | | | JOURNEYMAN | | | |
| 476 | JOHANSSON IRMA | 2329 | | | SWE | W 13-17 | 01:46:53 | 01:53:43 | 04:11:09 |
| 477 | LIND MAGNUS | 2315 | | | SWE | M 55+ | 01:50:15 | 01:58:56 | 04:06:22 |
| 478 | KÖNIG ALEXANDER | 2412 | | | GER | M | 01:34:24 | 01:39:16 | 02:57:58 |
| | | | | | | JOURNEYMAN | | | |
| 479 | MALUENDA JUAN | 2281 | | | SWE | M 50-54 | 01:50:24 | 02:01:35 | 03:26:47 |
| 480 | JANISZEWSKI GRZEGORZ | 2284 | | | POL | M 50-54 | 01:53:14 | 02:01:40 | 04:16:06 |
| 481 | SLIEPKA IVAN | 2410 | | | SVK | M | 01:35:17 | 01:41:59 | 02:34:13 |
| | | | | | | JOURNEYMAN | | | |
| 482 | BLEYS PASCAL | 2274 | | | BEL | M 50-54 | 01:58:09 | 02:05:58 | |
| 483 | KOCZOROWSKI PAWEL | 2363 | | | POL | M | 01:44:36 | 01:52:22 | 04:02:25 |
| | | | | | | JOURNEYMAN | | | |
| 484 | CHRISTIANSEN ALLAN | 2366 | | | DEN | M | 01:46:44 | 01:54:06 | |
| | | | | | | JOURNEYMAN | | | |
| 485 | MASŁOWSKI WOJCIECH | 2416 | | | POL | M | 01:44:47 | 01:50:55 | 03:06:27 |
| | | | | | | JOURNEYMAN | | | |
| 486 | DEVILLIER GÉRARD | 2282 | | | FRA | M 50-54 | 02:04:58 | 02:12:09 | 04:16:44 |
| 487 | ADAMSON IAN | 2445 | | | USA | M | 01:44:47 | 01:53:53 | 03:06:01 |
| | | | | | | JOURNEYMAN | | | |
| 488 | EMMANUEL ROSZAK | 2292 | | | FRA | M 50-54 | 02:08:29 | 02:16:01 | 05:07:38 |
| 489 | NOVOSEL MARIO | 2419 | | | AUT | M | 01:49:04 | 01:57:54 | 02:54:20 |
| | | | | | | JOURNEYMAN | | | |
| 490 | TREZISE THOMAS | 2388 | | | DEN | M | 01:51:38 | 01:58:55 | 04:09:16 |
| | | | | | | JOURNEYMAN | | | |
| 491 | WOJAS JAKUB | 2378 | | | POL | M | 02:00:16 | 02:08:51 | 03:13:38 |
| | | | | | | JOURNEYMAN | | | |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 492 | BLAZQUEZ IVAN HERNANDEZ | 2380 | | | ESP | M JOURNEYMAN | 01:59:34 | 02:09:07 | 03:27:12 |
| 493 | REDDAWAY MILO | 2367 | | | | M JOURNEYMAN | 02:01:45 | 02:12:35 | 03:19:52 |
| 494 | EMMERUD KAI ROGER | 2405 | | | NOR | M JOURNEYMAN | 01:59:56 | 02:08:32 | 04:05:27 |
| 495 | ANDERSEN STEEN | 2355 | | | DEN | M JOURNEYMAN | 02:05:52 | 02:14:06 | |
| 496 | LINDSTRÖM ALGOT | 2374 | | | SWE | M JOURNEYMAN | 02:06:37 | 02:14:37 | 03:41:51 |
| 497 | LUDVIGSSON ANTONIO | 2371 | | | SWE | M JOURNEYMAN | 02:06:41 | 02:15:11 | 03:41:50 |
| 498 | NORDH STEFAN | 2383 | | | SWE | M JOURNEYMAN | 02:06:39 | 02:15:11 | 03:41:49 |
| 499 | SHTYPULIAK SERGII | 2375 | | | UKR | M JOURNEYMAN | 02:08:30 | 02:15:22 | 03:32:00 |
| 500 | WAWRZYNIAK SLAWO | 2401 | | | POL | M JOURNEYMAN | 02:01:32 | 02:10:27 | 03:41:58 |
| 501 | TROKHYMETS OLEKSANDR | 2403 | | | UKR | M JOURNEYMAN | 02:03:32 | 02:11:12 | 03:22:48 |
| 502 | SAAL PATRICK | 2364 | | | GER | M JOURNEYMAN | 02:07:01 | 02:16:26 | 03:31:37 |
| 503 | KREBS MARCEL | 2360 | | | GER | M JOURNEYMAN | 02:07:01 | 02:16:26 | 03:31:37 |
| 504 | LYNG RASMUS | 2353 | | | DEN | M JOURNEYMAN | 02:12:14 | 02:18:24 | |
| 505 | JØRGENSEN MICHAEL | 2358 | | | DEN | M JOURNEYMAN | 02:12:15 | 02:20:20 | 03:34:19 |
| 506 | CARDINALI REBECCA | 2321 | | | ITA | W 13-17 | 02:23:33 | 02:30:41 | 05:53:13 |
| 507 | NAJDEREK MICHAŁ | 2395 | | | POL | M JOURNEYMAN | 02:14:22 | 02:20:24 | 03:41:24 |
| 508 | KORBAL EWELINA | 2427 | | | GER | W JOURNEYMAN | 02:01:28 | 02:12:14 | 03:21:29 |
| 509 | MORIES ARTURO SAEZ | 2381 | | | ESP | M JOURNEYMAN | 02:21:49 | 02:29:06 | 04:00:15 |
| 510 | BENITEZ ESTEFANIA DEL PINO RAMOS | 2430 | | | ESP | W JOURNEYMAN | 02:06:50 | 02:14:28 | 03:45:16 |
| 511 | SANZ PABLO LÓPEZ | 2385 | | | ESP | M JOURNEYMAN | 02:21:50 | 02:29:33 | 04:00:16 |
| 512 | JOHN MINAKAKIS | 2376 | | | GRE | M JOURNEYMAN | 02:22:10 | 02:29:51 | 03:52:30 |
| 513 | RAMOS KEVIN DO COITO | 2372 | | | POR | M JOURNEYMAN | 02:22:53 | 02:30:02 | 04:59:34 |
| 514 | HOŁOWACZ KAMIL | 2396 | | | POL | M JOURNEYMAN | 02:16:33 | 02:25:47 | 03:42:35 |
| 515 | CHRZĄSTEK MACIEK | 2397 | | | POL | M JOURNEYMAN | 02:17:57 | 02:25:54 | 03:43:07 |
| 516 | SMOROŃ MARCIN | 2370 | | | POL | M JOURNEYMAN | 02:22:53 | 02:31:12 | 03:43:40 |
| 517 | AMBROSE PAUL | 2359 | | | | M JOURNEYMAN | 02:22:23 | 02:32:07 | 04:03:00 |
| 518 | BROOKSON MERVYN | 2415 | | | NED | M JOURNEYMAN | 02:21:15 | 02:28:13 | 03:40:57 |
| 519 | RANDRUP-THOMSEN RUNE | 2373 | | | DEN | M JOURNEYMAN | 02:27:09 | 02:34:50 | 04:53:25 |
| 520 | GALLE RUBEN | 2392 | | | BEL | M JOURNEYMAN | 02:22:23 | 02:31:07 | 03:59:49 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 521 | ALEXEEV ALEXEY | 2400 | | | BLR | M JOURNEYMAN | 02:25:04 | 02:31:29 | 03:45:31 |
| 522 | RENIRIE INGMAR | 2393 | | | NED | M JOURNEYMAN | 02:22:25 | 02:31:31 | 03:39:06 |
| 523 | FOLGADO JOÃO | 2369 | | | POR | M JOURNEYMAN | 02:27:21 | 02:36:42 | 04:59:38 |
| 524 | VARAKSA SIARHEI | 2362 | | | BLR | M JOURNEYMAN | 02:27:54 | 02:36:49 | 04:50:28 |
| 525 | ANTSI SIARHEI | 2361 | | | BLR | M JOURNEYMAN | 02:30:07 | 02:37:36 | 03:50:31 |
| 526 | RODRIGUEZ YESSICA IZQUIERDO | 2434 | | | ESP | W JOURNEYMAN | 02:15:15 | 02:25:40 | 05:06:26 |
| 527 | GOLUBEVA SVETLANA | 2138 | | | RUS | W 35-39 | 03:36:20 | 03:45:29 | 04:58:37 |
| 528 | ANASTASIA PAPADOGIANNI | 2431 | | | GRE | W JOURNEYMAN | 02:23:35 | 02:30:42 | 03:48:52 |
| 529 | POWAŻNY MAREK | 2444 | | | POL | M JOURNEYMAN | 02:36:35 | 02:42:51 | 04:16:01 |
| 530 | VAVŘIČKA STANISLAV | 2411 | | | CZE | M JOURNEYMAN | 02:36:05 | 02:43:08 | |
| 531 | NILSSON OSCAR | 2357 | | | SWE | M JOURNEYMAN | 02:39:32 | 02:50:00 | 05:13:49 |
| 532 | STRANDBERG PETRA | 2440 | | | SWE | W JOURNEYMAN | 02:25:46 | 02:35:02 | 03:47:17 |
| 533 | ZIOBRO CHRIS | 2402 | | | POL | M JOURNEYMAN | 02:43:20 | 02:50:02 | 04:23:16 |
| 534 | KARLSSON LINE | 2425 | | | DEN | W JOURNEYMAN | 02:33:29 | 02:40:12 | 04:14:08 |
| 535 | AINSWORTH CARA | 2437 | | | | W JOURNEYMAN | 02:28:32 | 02:40:26 | 04:10:36 |
| 536 | GODFREY STANLEY | 2394 | | | | M JOURNEYMAN | 02:38:47 | 02:50:25 | 04:33:30 |
| 537 | DITLEV DITTE BRUUN | 2429 | | | DEN | W JOURNEYMAN | 02:33:28 | 02:40:50 | 04:14:07 |
| 538 | MANGANO VALENTINA | 2432 | | | ITA | W JOURNEYMAN | 02:33:46 | 02:42:11 | 05:02:15 |
| 539 | RIMONDI ALAN | 2377 | | | ITA | M JOURNEYMAN | 02:48:45 | 02:57:12 | 05:17:15 |
| 540 | VANBERSY MORGANE | 2439 | | | BEL | W JOURNEYMAN | 02:34:58 | 02:43:47 | 05:04:36 |
| 541 | GULLAUD AUDRIC | 2365 | | | BEL | M JOURNEYMAN | 02:49:58 | 02:58:48 | 05:20:11 |
| 542 | ALEXEY DAVYDOV | 2389 | | | RUS | M JOURNEYMAN | 02:47:04 | 02:54:04 | 04:18:37 |
| 543 | PIZZO SEBASTIANO ANTONIO | 2421 | | | ITA | M JOURNEYMAN | 02:47:56 | 02:55:23 | 04:19:34 |
| 544 | SMITH LORRAINE | 2426 | | | | W JOURNEYMAN | 02:35:07 | 02:46:44 | 04:22:45 |
| 545 | NORDAHL TOBIAS | 2407 | | | SWE | M JOURNEYMAN | 02:56:25 | 03:03:36 | 04:57:04 |
| 546 | KACPERSKI JACEK | 2408 | | | POL | M JOURNEYMAN | 02:59:33 | 03:06:36 | 04:24:40 |
| 547 | LIBERADZKI MARCIN | 2417 | | | POL | M JOURNEYMAN | 03:07:27 | 03:14:22 | 04:20:58 |
| 548 | KOLAŘIK LUKÁŠ | 2414 | | | CZE | M JOURNEYMAN | 03:11:05 | 03:18:24 | 04:38:40 |
| 549 | SHELLHAAS SVEN | 2413 | | | GER | M JOURNEYMAN | 03:10:22 | 03:20:11 | 05:00:53 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------------|------|------|-----------|------|-----------------|----------------|----------------|----------------|
| 550 | GUMPRECHT HANNES | 2420 | | | GER | M JOURNEYMAN | 03:10:22 | 03:20:12 | 05:00:53 |
| 551 | MILBRANT MICHAŁ | 2399 | | | POL | M JOURNEYMAN | 03:09:53 | 03:20:33 | 04:31:02 |
| 552 | VELDE JULIE VAN DE | 2436 | | | BEL | W JOURNEYMAN | 03:06:03 | 03:14:59 | 04:34:01 |
| 553 | BROCK KELLY | 2435 | | | BEL | W JOURNEYMAN | 03:04:58 | 03:17:05 | 05:01:06 |
| 554 | BRUINING KIRSTEN | 2438 | | | NED | W JOURNEYMAN | 03:14:12 | 03:23:46 | 05:16:45 |
| 555 | RAMAS ANDREA MARTÍNEZ | 2433 | | | ESP | W JOURNEYMAN | 03:42:36 | 03:49:32 | 05:21:53 |
| 556 | CUESTA ALBERTO SANZ | 2384 | | | ESP | M JOURNEYMAN | | | 03:04:00 |
| 557 | PONTICELLI LUIGI | 1380 | | | ITA | M 25-29 | | | 02:47:31 |
| 558 | SEBASTIAN JUAN PEDRO MURGA SAN | 2379 | | | ESP | M JOURNEYMAN | | | 04:00:16 |
| 559 | DENTALE ARMANDO | 1379 | | | ITA | M 25-29 | | | 03:13:28 |
| 560 | SPATARO ORAZIO | 2390 | | | ITA | M JOURNEYMAN | | | 01:52:29 |
| 561 | GANE MR JAMIE | 2368 | | | | M JOURNEYMAN | | | 02:00:57 |
| 562 | LINDBERG MADS | 2352 | | | DEN | M JOURNEYMAN | | | 01:45:19 |
| 563 | FARINELLA RICCARDO | 2391 | | | ITA | M JOURNEYMAN | | | 03:44:41 |
| DQ | RADAMM FILIP | 1462 | | | GER | M 30-34 | 01:48:37 DQ | 01:57:22 DQ | 03:16:06 DQ |
| DQ | VEDERSØ MIK | 1828 | | | DEN | M 40-44 | 01:44:16 DQ | 01:51:32 DQ | 03:08:00 DQ |
| DQ | MIERZICKI MARCEL | 2404 | | | POL | M JOURNEYMAN | 02:22:29 DQ | 02:31:11 DQ | 03:47:05 DQ |
| DNC | BARBE LLUIS | 1002 | | | ESP | M ELITE | 01:00:28 | 01:05:52 | 01:49:28 |
| DNC | OLSEN ANDREAS STAHL | 1016 | | | DEN | M ELITE | 01:02:00 | 01:07:11 | 02:08:42 |
| DNC | KRAWCZYK TOMASZ | 1009 | | | POL | M ELITE | 01:02:13 | 01:08:18 | 01:47:01 |
| DNC | KJELL JIMMY | 1025 | | | SWE | M ELITE | | 01:13:34 | 02:14:15 |
| DNC | DAVID SEBASTIEN | 1068 | | | FRA | M ELITE | 01:13:54 | 01:19:31 | 02:42:12 |
| DNC | DALNICENCO IURI | 1066 | | | BLR | M ELITE | 01:14:48 | 01:21:14 | 02:12:18 |
| DNC | ADOLFSEN KRISTOFFER | 1037 | | | NOR | M ELITE | 01:27:46 | 01:33:53 | 03:16:22 |
| DNC | BOCCON ALEXANDRE | 1046 | | | FRA | M ELITE | 01:30:47 | 01:36:29 | 03:14:02 |
| DNC | CRUZ EDU | 1078 | | | ESP | M ELITE | 01:25:44 | 01:31:57 | 04:33:46 |
| DNC | LOPES MARCO | 1093 | | | POR | M ELITE | 01:25:55 | 01:33:10 | 03:33:38 |
| DNC | STEENSGAARD IDA MATHILDE | 1115 | | | DEN | W ELITE | | 01:14:26 | |
| DNC | PESEK PETR | 1087 | | | CZE | M ELITE | 01:29:41 | 01:35:31 | 03:06:29 |
| DNC | TABARÉS DANI PULGA RODRÍGUEZ | 1089 | | | ESP | M ELITE | | 01:35:37 | 04:19:38 |
| DNC | THOMSEN ANNIKA HØJRUP RUNEGAARD | 1120 | | | DEN | W ELITE | 01:13:30 | 01:19:18 | 03:20:50 |
| DNC | MARTIN LUIS | 1079 | | | ESP | M ELITE | 01:33:00 | 01:39:44 | 04:36:55 |
| DNC | GRENET DAVID | 1069 | | | FRA | M ELITE | 01:33:33 | 01:39:47 | 03:48:32 |
| DNC | HAPEOF MATHIAS | 1075 | | | GER | M ELITE | 01:38:49 | 01:45:51 | 03:08:14 |
| DNC | WAHR-HANSEN JULIE ALEXANDRA | 1136 | | | NOR | W ELITE | 01:24:40 | 01:30:25 | 02:41:05 |
| DNC | BARANOWSKA KATARZYNA | 1129 | | | POL | W ELITE | 01:29:56 | 01:36:38 | 03:35:32 |
| DNC | RENDELL REBECCA | 1109 | | | | W ELITE | 01:31:30 | 01:38:37 | 04:17:20 |
| DNC | EDBERG JENS | 1049 | | | SWE | M ELITE | 01:56:03 | 02:04:45 | 03:05:40 |
| DNC | MARIA SMYSHLYAEVA | 1107 | | | RUS | W ELITE | 01:37:06 | 01:44:41 | 03:17:17 |
| DNC | GARNIER ANOUK | 1133 | | | FRA | W ELITE | 01:37:42 | 01:45:23 | 02:49:05 |
| DNC | PELIZZA MATTEO | 1145 | | | ITA | M 18-24 | 01:10:30 | 01:15:57 | 02:49:34 |
| DNC | VERSTUYFT KWINTEN | 1054 | | | BEL | M ELITE | 02:12:14 | 02:18:13 | 02:58:06 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | ADAMEC JAKUB | 1172 | | | SVK | M 18-24 | 01:13:41 | 01:19:28 | 02:56:54 |
| DNC | ZIMMERMANN TILL | 1240 | | | GER | M 25-29 | 01:08:59 | 01:15:06 | 02:21:06 |
| DNC | GONZALEZ IRENE B. | 1105 | | | ESP | W ELITE | 01:52:13 | 02:01:04 | 05:03:11 |
| DNC | PIOTROWSKI GRZEGORZ | 1187 | | | POL | M 18-24 | 01:20:16 | 01:27:10 | |
| DNC | BRUUN EMIL HVIDENLUND | 1195 | | | DEN | M 18-24 | 01:18:07 | 01:24:44 | 03:12:55 |
| DNC | KIRCHHÖFER NILS | 1204 | | | GER | M 18-24 | 01:20:50 | 01:27:06 | 04:22:10 |
| DNC | EBERT DAMIAN | 1213 | | | POL | M 18-24 | 01:21:15 | 01:28:02 | 03:23:01 |
| DNC | GEOFFREY BRÉDA | 1180 | | | BEL | M 18-24 | 01:25:44 | 01:32:30 | 03:36:37 |
| DNC | SALUSTE CARRY | 1050 | | | EST | M ELITE | 02:24:24 | 02:31:33 | 03:43:49 |
| DNC | KNOPF PHILIPP | 1028 | | | AUT | M ELITE | 02:31:02 | 02:36:42 | 03:46:42 |
| DNC | GALTIER MURIEL | 1123 | | | FRA | W ELITE | 01:59:05 | 02:07:06 | 03:21:06 |
| DNC | ARNESEN STIAN | 1088 | | | NOR | M ELITE | 02:22:28 | 02:27:12 | 03:24:23 |
| DNC | GÓMEZ-ESCALONILLA ELISA DE LA CRUZ | 1104 | | | POR | W ELITE | 01:55:55 | 02:07:21 | 04:25:39 |
| DNC | FOIS ALESSANDRO | 1205 | | | ITA | M 18-24 | 01:22:28 | 01:29:29 | 04:11:17 |
| DNC | WĄGAN ANDRÉ | 1255 | | | NOR | M 25-29 | 01:16:10 | 01:22:50 | 02:27:34 |
| DNC | STEPHAN THOMAS | 1186 | | | FRA | M 18-24 | 01:28:27 | 01:34:55 | 04:08:55 |
| DNC | MARTÍNEZ RAFAEL | 1253 | | | ESP | M 25-29 | 01:19:40 | 01:24:20 | 03:54:55 |
| DNC | VEKLYCH OKSANA | 1117 | | | UKR | W ELITE | 02:05:41 | 02:12:01 | 03:26:17 |
| DNC | GUTIERREZ JONATHAN SANCHEZ | 1081 | | | M | ELITE | 02:25:42 | 02:32:06 | 03:46:18 |
| DNC | STEJSKALOVÁ BARBORA | 1121 | | | CZE | W ELITE | 02:04:34 | 02:12:41 | 03:22:37 |
| DNC | GABELGAARD TANJA | 1127 | | | DEN | W ELITE | 02:04:32 | 02:13:12 | 04:38:01 |
| DNC | LEDO ADRIÁN | 1364 | | | ESP | M 25-29 | 01:12:51 | 01:19:28 | |
| DNC | NELSON-DALEY RIANNA | 1112 | | | ESP | W ELITE | 02:04:36 | 02:13:43 | 04:49:18 |
| DNC | CHATFIELD CONNOR | 1167 | | | M | 18-24 | 01:33:29 | 01:40:48 | 04:48:20 |
| DNC | CHRISTOPHER BAILLY | 1286 | | | FRA | M 25-29 | 01:21:55 | 01:27:32 | 02:39:07 |
| DNC | OCHERETIUK ANDRII | 1271 | | | UKR | M 25-29 | 01:22:00 | 01:28:13 | 03:01:47 |
| DNC | MAXIMOV ANDREY | 1262 | | | RUS | M 25-29 | 01:26:10 | 01:33:01 | 03:32:42 |
| DNC | GIANNETTONI LORENZO | 1339 | | | ITA | M 25-29 | 01:20:25 | 01:27:31 | 03:54:44 |
| DNC | PÉREZ SERGIO GÓMEZ | 1382 | | | ESP | M 25-29 | 01:18:32 | 01:24:46 | 02:36:43 |
| DNC | TARANTINOVA OLGA | 1099 | | | RUS | W ELITE | 02:14:07 | 02:19:28 | 04:35:24 |
| DNC | CASTRO CHRISTIAN DANIS | 1201 | | | ESP | M 18-24 | 01:35:54 | 01:43:01 | 03:29:10 |
| DNC | BRONS SONNY | 1244 | | | NED | M 25-29 | 01:31:05 | 01:37:57 | 03:37:24 |
| DNC | MAWLAM JASON | 1459 | | | M | 30-34 | 01:14:45 | 01:21:15 | 02:22:30 |
| DNC | KAMIONKA MATEUSZ | 1269 | | | POL | M 25-29 | 01:29:01 | 01:35:54 | 03:53:33 |
| DNC | UMLAUFT TIM | 1141 | | | GER | M 18-24 | 01:46:58 | 01:53:55 | 08:31:36 |
| DNC | DMUCH JAKUB | 1267 | | | POL | M 25-29 | 01:29:24 | 01:36:11 | 03:45:12 |
| DNC | BUGYS RENALDAS | 1434 | | | DEN | M 30-34 | 01:16:30 | 01:22:24 | 01:58:44 |
| DNC | GLEUT ALEXANDRE LE | 1210 | | | FRA | M 18-24 | 01:41:27 | 01:48:04 | 03:55:29 |
| DNC | PROCHASSON BAPTISTE | 1265 | | | FRA | M 25-29 | 01:34:26 | 01:41:24 | 03:19:48 |
| DNC | FISCHER OLIVER | 1259 | | | GER | M 25-29 | 01:35:35 | 01:41:30 | |
| DNC | TAMBURLANI FILIPPO | 1333 | | | ITA | M 25-29 | 01:30:58 | 01:37:45 | 05:28:22 |
| DNC | ČERNÝ VACLAV | 1403 | | | CZE | M 30-34 | 01:23:52 | 01:30:03 | 03:13:52 |
| DNC | STENGER MORTEN | 1358 | | | DEN | M 25-29 | 01:29:27 | 01:36:37 | 05:04:12 |
| DNC | JOHANSSON TOM | 1238 | | | SWE | M 25-29 | 01:39:16 | 01:46:26 | 03:35:55 |
| DNC | THORKILDSEN EVY MARIE | 1116 | | | NOR | W ELITE | 02:23:40 | 02:32:55 | 03:58:08 |
| DNC | KAUKOLA HENRI | 1232 | | | FIN | M 25-29 | 01:38:35 | 01:45:17 | 04:58:30 |
| DNC | TERETA IVAN | 1257 | | | UKR | M 25-29 | 01:41:17 | 01:48:18 | 03:47:43 |
| DNC | OLSSON LUCAS | 1157 | | | SWE | M 18-24 | 01:55:45 | 02:03:22 | 03:00:58 |
| DNC | SANTOS LUIS | 1292 | | | POR | M 25-29 | 01:39:51 | 01:47:07 | 03:04:10 |
| DNC | VAZQUEZ JESUS MONTOTO | 1612 | | | ESP | M 30-34 | 01:19:34 | 01:26:08 | |
| DNC | MARONGIU ANDREA | 1322 | | | ITA | M 25-29 | 01:37:28 | 01:45:08 | 03:33:17 |
| DNC | NIELSEN DENNIS | 1480 | | | DEN | M 30-34 | 01:26:09 | 01:32:15 | 04:00:02 |
| DNC | RAEYMAEKERS SIEBE | 1415 | | | BEL | M 30-34 | 01:30:16 | 01:36:17 | 03:08:27 |
| DNC | RAYNAUD JIMMY | 1331 | | | FRA | M 25-29 | 01:39:00 | 01:46:02 | 06:01:18 |
| DNC | PETERSEN THOMAS | 1454 | | | DEN | M 30-34 | 01:28:12 | 01:35:30 | 03:35:18 |
| DNC | TYL LUKÁŠ | 1500 | | | CZE | M 30-34 | 01:27:36 | 01:33:57 | 02:59:52 |
| DNC | KOČVARA LUBOŠ | 1560 | | | CZE | M 30-34 | 01:24:24 | 01:30:18 | 02:38:19 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | WRÓBEL JACEK | 1215 | | | POL | M 18-24 | 01:52:36 | 02:00:27 | 03:22:49 |
| DNC | AVRAMIOTIS KONSTANTINOS | 1468 | | | GRE | M 30-34 | 01:31:09 | 01:37:22 | 02:56:03 |
| DNC | DESCHAMPS EMMANUEL | 1363 | | | FRA | M 25-29 | 01:39:07 | 01:45:22 | 03:41:18 |
| DNC | BRACCAIOLI LORENZO | 1374 | | | ITA | M 25-29 | 01:38:38 | 01:45:32 | 06:47:18 |
| DNC | HOGARTH GAVIN | 1737 | | | | M 35-39 | 01:10:38 | 01:15:54 | 02:53:33 |
| DNC | ZALEWSKI MICHAŁ | 1372 | | | POL | M 25-29 | 01:39:28 | 01:46:11 | 03:43:42 |
| DNC | DUUREN RUBEN VAN | 1294 | | | NED | M 25-29 | 01:45:24 | 01:52:16 | 03:38:49 |
| DNC | JOHANSEN PHILIP HUST | 1229 | | | DEN | M 25-29 | 01:49:27 | 01:56:03 | 03:45:34 |
| DNC | LACOUR RENAUD | 1443 | | | FRA | M 30-34 | 01:32:40 | 01:39:17 | 04:09:37 |
| DNC | DENIS TIMAKOV | 1228 | | | RUS | M 25-29 | 01:47:12 | 01:53:42 | 04:57:03 |
| DNC | TRIBAN MATTEO | 1531 | | | ITA | M 30-34 | 01:29:48 | 01:35:47 | |
| DNC | TRÜMMEL MARIO | 1044 | | | AUT | M ELITE | 03:02:51 | 03:07:23 | 04:38:03 |
| DNC | MØNSTAD BRAGE MALM | 1182 | | | NOR | M 18-24 | 02:04:26 | 02:08:37 | 03:18:48 |
| DNC | PANITZ ERICH | 1490 | | | CZE | M 30-34 | 01:32:15 | 01:39:06 | 02:46:12 |
| DNC | ZETTEL ROLAND | 1076 | | | AUT | M ELITE | 02:57:50 | 03:03:23 | 04:33:02 |
| DNC | BIEDERMANN STEFAN | 1618 | | | GER | M 35-39 | 01:22:09 | 01:28:59 | 04:41:07 |
| DNC | DIJKSTRA DOOITZE | 1647 | | | NED | M 35-39 | 01:23:12 | 01:29:28 | 03:14:00 |
| DNC | SCHEFER ERIK | 1319 | | | GER | M 25-29 | 01:46:46 | 01:53:35 | 03:17:06 |
| DNC | KORTHOUT BRUCE | 1315 | | | NED | M 25-29 | 01:47:44 | 01:54:18 | 03:17:02 |
| DNC | GÓMEZ SERGIO MORALES | 1602 | | | ESP | M 30-34 | 01:29:56 | 01:36:27 | 03:03:44 |
| DNC | ILNICKI DAREK | 1418 | | | POL | M 30-34 | 01:39:55 | 01:46:31 | 03:28:55 |
| DNC | MOLGORA GABRIELE | 1577 | | | ITA | M 30-34 | 01:32:28 | 01:38:32 | 03:43:50 |
| DNC | KILIMNIK TOMASZ | 1484 | | | POL | M 30-34 | 01:35:53 | 01:42:50 | 03:00:14 |
| DNC | KRÜGER TIM | 1412 | | | GER | M 30-34 | 01:41:58 | 01:47:13 | 02:52:08 |
| DNC | GREINER DANIEL | 1666 | | | GER | M 35-39 | 01:24:59 | 01:30:09 | 03:42:05 |
| DNC | BENICEWICZ KACPER | 1299 | | | | M 25-29 | 01:53:20 | 02:00:46 | 03:03:00 |
| DNC | DOUHAN DYLAN | 1179 | | | SWE | M 18-24 | 02:04:20 | 02:15:03 | 03:36:43 |
| DNC | KIRCHHOFF ANDRE | 1168 | | | GER | M 18-24 | 02:07:54 | 02:15:04 | 03:18:06 |
| DNC | DĄBROWSKI RADEK | 1221 | | | POL | M 18-24 | 02:03:12 | 02:11:04 | 07:08:18 |
| DNC | LARNEMARK DAVID | 1523 | | | SWE | M 30-34 | 01:36:16 | 01:43:20 | 02:47:15 |
| DNC | OSTERMEIER GABRIEL | 1264 | | | GER | M 25-29 | 01:56:43 | 02:04:52 | 04:15:43 |
| DNC | ŻOŁNIEREK WOJCIECH | 1291 | | | POL | M 25-29 | 01:55:33 | 02:03:18 | 04:42:54 |
| DNC | PEDERSEN PEDER EJSING | 1359 | | | DEN | M 25-29 | 01:51:28 | 01:57:20 | 05:31:54 |
| DNC | JACOBSEN PETER | 1276 | | | DEN | M 25-29 | 01:55:22 | 02:03:36 | 04:48:34 |
| DNC | MELIS GIACOMO | 1370 | | | ITA | M 25-29 | 01:51:30 | 01:57:44 | 03:30:03 |
| DNC | CHOŁUJ ŁUKASZ | 1472 | | | POL | M 30-34 | 01:41:22 | 01:48:04 | 03:12:57 |
| DNC | PEÑA MIGUEL | 1306 | | | ESP | M 25-29 | 01:58:02 | 02:04:03 | 04:17:46 |
| DNC | PALAIKIENE INGA | 1128 | | | LTU | W ELITE | 02:45:30 | 02:52:48 | 04:04:47 |
| DNC | PALERMO MATHIAS | 1143 | | | ESP | M 18-24 | 02:13:31 | 02:23:40 | 05:09:21 |
| DNC | WOODS JASON RYAN | 1635 | | | DEN | M 35-39 | 01:32:51 | 01:39:28 | 03:50:00 |
| DNC | HOWARD JOHN | 1435 | | | | M 30-34 | 01:45:23 | 01:52:33 | 03:21:50 |
| DNC | BONDARENKO ANDRIY | 1323 | | | UKR | M 25-29 | 01:57:05 | 02:04:36 | 04:01:41 |
| DNC | FELDIN MARKUS | 1387 | | | SWE | M 25-29 | 01:54:49 | 02:01:37 | 03:06:35 |
| DNC | BEELLEN TIMOTHY VAN | 1445 | | | NED | M 30-34 | 01:46:32 | 01:53:41 | 03:19:48 |
| DNC | ČERVENÁK RADIM | 1295 | | | CZE | M 25-29 | 02:02:17 | 02:08:36 | 04:07:24 |
| DNC | LUTA HALIL | 1717 | | | NOR | M 35-39 | 01:29:31 | 01:35:38 | 02:25:47 |
| DNC | KOMOSIŃSKI ŁUKASZ | 1611 | | | POL | M 30-34 | 01:42:02 | 01:47:39 | 04:05:09 |
| DNC | OSTE MAARTEN | 1353 | | | BEL | M 25-29 | 01:56:49 | 02:03:45 | 05:26:31 |
| DNC | MOROZOV STEPAN | 1657 | | | RUS | M 35-39 | 01:33:30 | 01:39:56 | 03:01:00 |
| DNC | ROEFAERS SANDER | 1376 | | | BEL | M 25-29 | 01:55:52 | 02:04:56 | 03:23:29 |
| DNC | OOSTERS GIOVANI | 1808 | | | BEL | M 40-44 | 01:22:26 | 01:29:02 | 03:00:29 |
| DNC | ŠÍŠKA PATRIK | 1211 | | | CZE | M 18-24 | 02:12:10 | 02:21:02 | 04:13:13 |
| DNC | THOMAYER JAN | 1199 | | | CZE | M 18-24 | 02:12:11 | 02:21:02 | 04:13:13 |
| DNC | LOKAJÍČKOVÁ KLÁRA | 1134 | | | CZE | W ELITE | 02:50:39 | 02:59:05 | 04:02:37 |
| DNC | BALASHOV ROMAN | 1477 | | | RUS | M 30-34 | 01:47:54 | 01:55:06 | 03:18:40 |
| DNC | LARSEN ØYSTEIN HØINES | 1483 | | | NOR | M 30-34 | 01:48:45 | 01:55:16 | 03:26:54 |
| DNC | NOWAK LUKASZ | 1354 | | | POL | M 25-29 | 01:58:07 | 02:05:34 | 03:11:37 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | CHRISTENSEN MICHAEL | 1396 | | | DEN | M 30-34 | 01:52:09 | 01:59:39 | 03:05:39 |
| DNC | HEATH DANIEL | 1332 | | | | M 25-29 | 02:02:38 | 02:08:51 | 05:06:06 |
| DNC | SZUMLAŃSKI MARCIN | 1520 | | | POL | M 30-34 | 01:46:39 | 01:54:17 | 02:46:52 |
| DNC | TAUBE DANIEL | 1829 | | | SWE | M 40-44 | 01:25:55 | 01:31:24 | 02:42:54 |
| DNC | SCHLAG YANNIC | 1220 | | | GER | M 18-24 | 02:15:36 | 02:23:31 | 04:03:07 |
| DNC | SVENSSON NICKLAS | 1347 | | | SWE | M 25-29 | 02:04:05 | 02:10:34 | 03:41:07 |
| DNC | PRZYSTAW MAXIM | 1574 | | | GER | M 30-34 | 01:45:26 | 01:53:38 | 02:54:25 |
| DNC | BEASTS JAKUB STEC BEST | 1556 | | | | M 30-34 | 01:46:59 | 01:53:42 | 05:02:04 |
| DNC | HARTLEY ROBERT JAMES | 1532 | | | | M 30-34 | 01:49:53 | 01:58:11 | 03:01:37 |
| DNC | JURNÍK LUKÁŠ | 1207 | | | CZE | M 18-24 | 02:16:37 | 02:26:19 | 04:03:04 |
| DNC | JANOUŠEK PETR | 1197 | | | CZE | M 18-24 | 02:16:37 | 02:26:20 | 04:02:39 |
| DNC | PALMA PEDRO | 1433 | | | POR | M 30-34 | 01:55:48 | 02:02:41 | 05:42:42 |
| DNC | ALEXANDRE RENATO | 1305 | | | POR | M 25-29 | 02:07:52 | 02:16:58 | 03:50:14 |
| DNC | HOLUBAR MARTIN | 1622 | | | CZE | M 35-39 | 01:44:48 | 01:51:11 | 03:22:39 |
| DNC | PULSA ARTUR | 1752 | | | LTU | M 35-39 | 01:35:20 | 01:42:19 | 04:32:49 |
| DNC | DAY NICK | 1777 | | | | M 35-39 | 01:34:35 | 01:39:37 | 03:04:47 |
| DNC | RATEL VINCENT | 1394 | | | FRA | M 30-34 | 01:58:55 | 02:07:30 | 03:18:41 |
| DNC | TIMSIT ROMAIN | 1300 | | | FRA | M 25-29 | 02:12:53 | 02:20:50 | 06:46:14 |
| DNC | SCHOUTEN WIM | 1512 | | | NED | M 30-34 | 01:55:43 | 02:02:55 | |
| DNC | ENDEJANN RAPHAEL | 1360 | | | GER | M 25-29 | 02:07:06 | 02:14:55 | 03:39:54 |
| DNC | KRITIKOS ILIAS | 1233 | | | GRE | M 25-29 | 02:15:56 | 02:23:57 | 03:27:04 |
| DNC | DĄBROWSKI RADEK | 1794 | | | POL | M 35-39 | 01:35:42 | 01:42:53 | 05:36:42 |
| DNC | PETERSEN ULF | 1789 | | | SWE | M 35-39 | 01:37:10 | 01:42:57 | 03:38:39 |
| DNC | SJÖGREN NIKLAS | 1621 | | | SWE | M 35-39 | 01:49:09 | 01:54:58 | 05:21:02 |
| DNC | MACIEJEWSKI KRYSZTOF | 1334 | | | POL | M 25-29 | 02:12:58 | 02:18:59 | 03:17:26 |
| DNC | HAAN JOHN DE | 1575 | | | NED | M 30-34 | 01:54:23 | 02:02:16 | |
| DNC | IGNATJEVS IMANTS | 1710 | | | IRL | M 35-39 | 01:43:13 | 01:49:43 | 03:05:55 |
| DNC | ROTH ZDENĚK | 1393 | | | CZE | M 30-34 | 02:04:52 | 02:11:16 | 03:15:51 |
| DNC | PABLO | 1498 | | | ESP | M 30-34 | 01:59:26 | 02:07:46 | 07:25:51 |
| DNC | CHILDS JAKE | 1320 | | | | M 25-29 | 02:11:30 | 02:20:46 | 03:40:02 |
| DNC | GUILLAUMIN THOMAS | 1497 | | | FRA | M 30-34 | 02:01:04 | 02:08:43 | 05:45:11 |
| DNC | ARONSSON ALEXANDER | 1301 | | | SWE | M 25-29 | 02:17:32 | 02:24:56 | 04:09:34 |
| DNC | REINHOLD JOSEF | 1551 | | | SWE | M 30-34 | 01:57:57 | 02:04:59 | 03:49:36 |
| DNC | MEIER ROLF | 1701 | | | DEN | M 35-39 | 01:45:09 | 01:52:14 | 04:15:33 |
| DNC | RAVENZWAAIJ JEROEN VAN | 1529 | | | NED | M 30-34 | 02:00:53 | 02:07:20 | 04:28:49 |
| DNC | EASTWOOD GRAHAM | 1601 | | | | M 30-34 | 01:52:39 | 01:58:55 | 03:02:31 |
| DNC | GIACONE MASSIMO | 1568 | | | ITA | M 30-34 | 01:59:06 | 02:06:18 | 03:14:27 |
| DNC | HORVÁTH RÓBERT | 1963 | | | HUN | M 13-17 | 01:23:06 | 01:29:33 | 02:51:17 |
| DNC | HELGERS MIKE | 1809 | | | NED | M 40-44 | 01:37:41 | 01:44:51 | 03:04:31 |
| DNC | KHOSCHNUD RAMIN | 1691 | | | GER | M 35-39 | 01:48:12 | 01:54:15 | 03:14:34 |
| DNC | SCHERBA KAMIL | 1573 | | | GER | M 30-34 | 01:59:12 | 02:05:15 | 03:31:13 |
| DNC | SHIROKOV IGOR | 1720 | | | RUS | M 35-39 | 01:48:42 | 01:54:57 | 03:02:03 |
| DNC | SIMMONS JOHN | 1203 | | | | M 18-24 | 02:26:41 | 02:38:22 | 03:57:26 |
| DNC | POMBO VALENTIN AMIGO | 1414 | | | ESP | M 30-34 | 02:06:25 | 02:17:05 | 06:02:17 |
| DNC | TEJERO JAVIER CASADO | 1375 | | | ESP | M 25-29 | 02:13:27 | 02:23:04 | 04:05:12 |
| DNC | RIHA ZDENEK | 1538 | | | CZE | M 30-34 | 02:04:41 | 02:11:21 | 04:26:13 |
| DNC | KONÍČEK FILIP | 1491 | | | CZE | M 30-34 | 02:05:33 | 02:13:22 | 03:25:23 |
| DNC | COLIZZI RENATO | 1530 | | | ITA | M 30-34 | 02:04:33 | 02:12:06 | 05:13:24 |
| DNC | MATVIEVSKI DMITRY | 1629 | | | RUS | M 35-39 | 01:54:44 | 02:03:27 | 05:10:31 |
| DNC | PUCHACZ MICHAEL | 1481 | | | POL | M 30-34 | 02:05:18 | 02:14:56 | 03:23:54 |
| DNC | KOPŘIVA MARTIN | 1642 | | | CZE | M 35-39 | 01:59:13 | 02:03:59 | 03:23:19 |
| DNC | MACIEJAK ANNA | 1126 | | | POL | W ELITE | 03:10:06 | 03:19:17 | 05:03:07 |
| DNC | TORESÅTER LUDVIG "LUDDET" | 1325 | | | SWE | M 25-29 | 02:20:28 | 02:28:57 | 03:55:10 |
| DNC | REINHOLD DAVID | 1714 | | | SWE | M 35-39 | 01:48:59 | 01:56:31 | 03:24:18 |
| DNC | ZEMAN DAVID | 1681 | | | CZE | M 35-39 | 01:51:40 | 01:59:34 | 04:02:02 |
| DNC | ŁASKOWSKI PIOTR | 1588 | | | POL | M 30-34 | 02:00:21 | 02:06:00 | 03:38:19 |
| DNC | NUYTS RIK | 1826 | | | BEL | M 40-44 | 01:38:09 | 01:45:16 | 03:41:42 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | BRØDLØS KRISTIAN | 1663 | | | DEN | M 35-39 | 01:53:16 | 02:00:29 | 03:16:58 |
| DNC | PEÑARANDA IVAN CERVERA | 1499 | | | ESP | M 30-34 | 02:09:47 | 02:17:39 | 05:04:31 |
| DNC | BEATTY MARK | 1591 | | | | M 30-34 | 02:04:15 | 02:12:02 | |
| DNC | VANÉK ALEŠ | 1938 | | | CZE | M 40-44 | 01:36:21 | 01:43:46 | 02:44:47 |
| DNC | BONFANTI ANDREA | 1774 | | | ITA | | 01:50:04 | 01:56:53 | 05:33:16 |
| DNC | RECHENBACH TIM | 1356 | | | GER | M 25-29 | 02:22:05 | 02:30:06 | 04:52:21 |
| DNC | BARKSKOG FREDRIK | 1627 | | | SWE | M 35-39 | 02:00:39 | 02:06:11 | 03:28:09 |
| DNC | HORBACH LARS | 1501 | | | NED | M 30-34 | 02:14:41 | 02:20:18 | 03:43:36 |
| DNC | HUTCHISON CHRISTOPHER | 1464 | | | | M 30-34 | 02:12:48 | 02:22:28 | 03:59:38 |
| DNC | DOMORÁD VOJTĚCH | 1592 | | | CZE | M 30-34 | 02:07:50 | 02:14:42 | 03:28:39 |
| DNC | JAGER ROBIN DE | 1297 | | | NED | M 25-29 | 02:29:26 | 02:37:16 | 06:16:19 |
| DNC | CADDICK JAMES | 1467 | | | | M 30-34 | 02:13:39 | 02:23:18 | 03:43:29 |
| DNC | JANUSZEWSKI ANDRZEJ | 1473 | | | POL | M 30-34 | 02:15:05 | 02:21:56 | 03:33:57 |
| DNC | GRIFFITHS JAMES | 1593 | | | | M 30-34 | 02:08:04 | 02:16:07 | 03:31:23 |
| DNC | BAKER STEPHEN | 1634 | | | | M 35-39 | 02:03:04 | 02:11:39 | 03:26:23 |
| DNC | HANBURY DANIEL | 1506 | | | | M 30-34 | 02:15:43 | 02:23:03 | 05:20:30 |
| DNC | QVIST TOBIAS | 1936 | | | SWE | M 40-44 | 01:42:36 | 01:48:21 | 02:44:05 |
| DNC | RICHTER LUKÁŠ | 1719 | | | CZE | M 35-39 | 02:00:11 | 02:06:50 | 03:52:36 |
| DNC | ERIKSEN KJETIL | 1645 | | | NOR | M 35-39 | 02:06:15 | 02:12:54 | |
| DNC | LOEVE MARC | 1895 | | | NED | M 40-44 | 01:46:09 | 01:53:08 | 03:20:16 |
| DNC | ARTZ CLAUS | 1440 | | | GER | M 30-34 | 02:20:50 | 02:27:52 | 03:39:08 |
| DNC | SZEPANSKI MICHAEL | 1178 | | | GER | M 18-24 | 02:48:48 | 02:55:51 | |
| DNC | KRASOŃ JAKUB | 1216 | | | POL | M 18-24 | 02:35:58 | 02:51:57 | 04:44:56 |
| DNC | KASCHE DENNY | 1542 | | | GER | M 30-34 | 02:12:33 | 02:24:01 | 03:38:45 |
| DNC | CHRISTOPHER MICHEL | 1537 | | | BEL | M 30-34 | 02:14:46 | 02:24:05 | 04:20:59 |
| DNC | GANOTAKIS EMMANOUIL | 1250 | | | GRE | M 25-29 | 02:39:17 | 02:45:05 | 04:31:08 |
| DNC | STEFAN VAN DE CLOOT | 1954 | | | BEL | M 40-44 | 01:44:38 | 01:51:24 | 05:21:20 |
| DNC | HELCL VOJTĚCH | 1831 | | | CZE | M 40-44 | 01:53:17 | 02:00:30 | 03:47:00 |
| DNC | ЧИРКИН АЛЕКСЕЙ | 1247 | | | RUS | M 25-29 | 02:38:51 | 02:46:29 | 05:41:50 |
| DNC | BARCIKOWSKI LUKASZ | 1703 | | | POL | M 35-39 | 02:02:21 | 02:10:46 | 04:34:25 |
| DNC | GILBERT NICOLAS | 1742 | | | BEL | M 35-39 | 02:00:58 | 02:08:07 | 03:35:02 |
| DNC | DESOUTER MAUD | 2003 | | | BEL | W 18-24 | 01:26:32 | 01:33:24 | 06:53:31 |
| DNC | GASTEL RUUD VAN | 1700 | | | NED | M 35-39 | 02:05:08 | 02:12:33 | 04:53:37 |
| DNC | JANSEN THEO | 1697 | | | NED | M 35-39 | 02:05:10 | 02:12:33 | 04:53:35 |
| DNC | BECKS JOSE | 1456 | | | ESP | M 30-34 | 02:25:40 | 02:32:20 | 03:49:53 |
| DNC | VERSTEGEN JURGEN | 1847 | | | NED | M 40-44 | 01:54:46 | 02:01:50 | 03:57:05 |
| DNC | DAŃBROWSKI PRZEMYSŁAW | 1685 | | | POL | M 35-39 | 02:10:20 | 02:17:33 | 03:54:47 |
| DNC | ARUSZTOWICZ BARTOSZ | 1683 | | | POL | M 35-39 | 02:10:19 | 02:17:35 | 03:55:35 |
| DNC | HEDENVALL PIERRE | 1699 | | | DEN | M 35-39 | 02:07:01 | 02:14:44 | 05:55:32 |
| DNC | WACKER LUKAS | 1494 | | | CZE | M 30-34 | 02:24:15 | 02:31:54 | 03:48:46 |
| DNC | RÓŻAŃSKI RAFAŁ | 1832 | | | POL | M 40-44 | 01:58:15 | 02:05:59 | 04:31:25 |
| DNC | HEISS ROMAN | 1709 | | | AUT | M 35-39 | 02:07:56 | 02:15:02 | 04:20:01 |
| DNC | BRUECKER CHRISTOPH | 1786 | | | GER | M 35-39 | 02:01:05 | 02:09:20 | 03:06:55 |
| DNC | DERRICK ROBERT | 1712 | | | | M 35-39 | 02:07:13 | 02:15:23 | 04:24:54 |
| DNC | GLACNER JIŘÍ | 1519 | | | CZE | M 30-34 | 02:23:48 | 02:30:29 | 04:28:09 |
| DNC | MOBERG LINUS | 1441 | | | SWE | M 30-34 | 02:27:51 | 02:34:36 | 04:39:33 |
| DNC | SJØÅSEN STEFAN | 1718 | | | SWE | M 35-39 | 02:09:05 | 02:15:39 | 04:22:22 |
| DNC | JOLY ANTOINE | 1707 | | | FRA | M 35-39 | 02:07:23 | 02:15:39 | 03:30:24 |
| DNC | CZAPRAN MAREK | 1756 | | | POL | M 35-39 | 02:06:04 | 02:12:42 | 03:26:26 |
| DNC | SZUBA-LATA KLAUDIA | 1984 | | | POL | W 18-24 | 01:29:11 | 01:36:55 | 04:00:57 |
| DNC | LIESHOUT FRANK VAN | 1258 | | | NED | M 25-29 | 02:46:35 | 02:52:05 | 04:04:28 |
| DNC | MIKEL MAREK | 1386 | | | CZE | M 25-29 | 02:35:47 | 02:43:08 | 04:17:41 |
| DNC | MIODEK ADRIAN | 1664 | | | POL | M 35-39 | 02:09:44 | 02:19:23 | 03:45:25 |
| DNC | JANOWSKI JANO | 1731 | | | POL | M 35-39 | 02:05:58 | 02:13:49 | 03:36:06 |
| DNC | GARBERG ARON | 1825 | | | SWE | M 40-44 | 02:02:18 | 02:08:06 | 04:13:18 |
| DNC | WAHLUND JESPER | 1884 | | | SWE | M 40-44 | 01:55:33 | 02:02:45 | 04:20:12 |
| DNC | TAHIROVIC ADNA | 1981 | | | NOR | W 18-24 | 01:32:25 | 01:39:17 | 05:00:38 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | CLARKE KEITH | 1906 | | | | M 40-44 | 01:56:15 | 02:03:31 | 04:58:56 |
| DNC | PALUCH EDDY | 1558 | | | FRA | M 30-34 | 02:23:42 | 02:31:35 | 03:43:43 |
| DNC | RUDY RYCHLINSKI | 1465 | | | FRA | M 30-34 | 02:29:42 | 02:37:35 | 03:48:16 |
| DNC | DAMKOT TOM | 1970 | | | NED | M 13-17 | 01:46:40 | 01:54:35 | 04:11:15 |
| DNC | DELOGE ALEXANDRE | 1931 | | | FRA | M 40-44 | 01:52:39 | 02:00:33 | 03:01:29 |
| DNC | GRILOT FABIEN | 1437 | | | FRA | M 30-34 | 02:29:42 | 02:37:37 | 03:49:44 |
| DNC | REPO ARTO | 1769 | | | SWE | M 35-39 | 02:05:30 | 02:12:36 | 04:14:30 |
| DNC | АКИМОВ ЕВГЕНИЙ | 1951 | | | RUS | M 40-44 | 01:53:56 | 02:00:43 | 03:30:10 |
| DNC | JUSZCZYK JAROSLAW | 1661 | | | POL | M 35-39 | 02:15:13 | 02:22:02 | 03:31:55 |
| DNC | JACKIEWICZ LUKASZ | 1589 | | | POL | M 30-34 | 02:19:55 | 02:30:03 | 03:52:12 |
| DNC | POULTER MARK | 1511 | | | | M 30-34 | 02:23:58 | 02:34:07 | 03:56:15 |
| DNC | HINTON MIKE | 1662 | | | | M 35-39 | 02:11:41 | 02:19:21 | 03:31:20 |
| DNC | APPLETON-SMITH MARTYN | 1771 | | | | M 35-39 | 02:05:41 | 02:13:35 | 03:29:10 |
| DNC | SWART MAARTEN | 1673 | | | NED | M 35-39 | 02:14:58 | 02:22:49 | 04:12:04 |
| DNC | STEEN ARIE VAN DER | 1899 | | | NED | M 40-44 | 01:57:00 | 02:04:50 | 03:54:05 |
| DNC | SLAMENIK BEDRICH | 1835 | | | CZE | M 40-44 | 02:03:45 | 02:10:50 | 03:23:21 |
| DNC | CARAFFINI ATOS | 1949 | | | ITA | M 40-44 | 01:55:18 | 02:02:07 | 06:19:18 |
| DNC | BRORSSON SEBASTIAN | 1390 | | | SWE | M 25-29 | 02:40:33 | 02:47:12 | 04:10:45 |
| DNC | MAND CHRISTIAN | 1735 | | | GER | M 35-39 | 02:10:21 | 02:18:16 | 05:15:38 |
| DNC | BERGE KJETIL | 1628 | | | NOR | M 35-39 | 02:20:32 | 02:27:17 | 04:01:35 |
| DNC | LÚPKE SEBASTIAN | 1304 | | | GER | M 25-29 | 02:49:38 | 02:54:25 | 04:05:40 |
| DNC | TYKAL PETR | 1175 | | | CZE | M 18-24 | 03:00:00 | 03:08:38 | 06:20:36 |
| DNC | PHILLIPS ALASTAIR | 1326 | | | | M 25-29 | 02:43:43 | 02:51:59 | 04:15:15 |
| DNC | MIKUŚ MICHAL | 1680 | | | CZE | M 35-39 | 02:19:08 | 02:25:22 | 03:39:30 |
| DNC | HEIDER FLORIAN | 1488 | | | GER | M 30-34 | 02:32:32 | 02:39:32 | 04:05:53 |
| DNC | BELLINI GIULIO | 1782 | | | ITA | M 35-39 | 02:08:54 | 02:16:36 | 04:50:38 |
| DNC | LOUCA SEBASTIAN | 1800 | | | GER | M 35-39 | 02:09:30 | 02:16:49 | 04:35:48 |
| DNC | SCHIPPER HENK-JAN | 1871 | | | NED | M 40-44 | 02:03:56 | 02:11:03 | |
| DNC | JIRKU MILAN | 1608 | | | CZE | M 30-34 | 02:28:10 | 02:34:05 | 03:47:30 |
| DNC | ŠEDA RADEK | 1820 | | | CZE | M 40-44 | 02:08:09 | 02:14:06 | 03:27:30 |
| DNC | GROBELNA ALEKSANDRA | 2001 | | | POL | W 18-24 | 01:37:10 | 01:44:51 | 05:25:34 |
| DNC | FERRIS MIGUEL | 1887 | | | ESP | M 40-44 | 02:01:15 | 02:08:56 | 04:36:10 |
| DNC | MONTAN JOHAN | 1797 | | | SWE | M 35-39 | 02:13:28 | 02:18:51 | 04:04:12 |
| DNC | BÜHRING SVEN | 1879 | | | GER | M 40-44 | 02:02:28 | 02:09:55 | 03:24:38 |
| DNC | VOIGT STEPHAN | 1844 | | | GER | M 40-44 | 02:05:28 | 02:12:59 | 03:27:38 |
| DNC | ARROYO ÁNGEL RIVAS | 1911 | | | ESP | M 40-44 | 02:02:58 | 02:10:03 | 05:51:20 |
| DNC | CREVEAU ANTHONY | 1846 | | | FRA | M 40-44 | 02:00:33 | 02:10:06 | 05:58:13 |
| DNC | FAVA ALAN | 1743 | | | MLT | M 35-39 | 02:13:57 | 02:22:13 | 03:38:21 |
| DNC | VTYURINA ANASTASIA | 1986 | | | RUS | W 18-24 | 01:39:12 | 01:46:21 | 04:14:00 |
| DNC | SEGARRA JOSSUAN | 1217 | | | FRA | M 18-24 | 03:02:22 | 03:08:28 | 04:12:04 |
| DNC | NIELSEN NIKLAS | 1517 | | | SWE | M 30-34 | 02:32:48 | 02:41:05 | 07:52:25 |
| DNC | WĘGLARZ WALDEMAR | 1910 | | | POL | M 40-44 | 02:03:52 | 02:11:24 | 04:17:23 |
| DNC | UHLIG RONNY | 1570 | | | GER | M 30-34 | 02:34:24 | 02:39:33 | 03:56:33 |
| DNC | SUBBOTINAS VITALIJUS | 1648 | | | LTU | M 35-39 | 02:26:58 | 02:32:43 | 04:41:49 |
| DNC | GINON LOÏC | 1270 | | | FRA | M 25-29 | 02:52:22 | 02:59:49 | 05:35:21 |
| DNC | ESTIVAL JULIEN | 1745 | | | FRA | M 35-39 | 02:16:20 | 02:23:48 | 04:30:47 |
| DNC | GALLE WOUTER | 1903 | | | BEL | M 40-44 | 02:06:01 | 02:11:58 | 04:55:40 |
| DNC | HAWKINS NATHAN | 1514 | | | | M 30-34 | 02:30:22 | 02:42:01 | 04:00:50 |
| DNC | GRAY SCOTT | 1610 | | | | M 30-34 | 02:26:20 | 02:38:00 | 03:56:49 |
| DNC | MATTSSON CHRISTIAN | 1486 | | | SWE | M 30-34 | 02:38:00 | 02:44:14 | 04:17:16 |
| DNC | DELBERGHE AURÉLIEN | 1734 | | | FRA | M 35-39 | 02:17:52 | 02:24:52 | 04:11:37 |
| DNC | AUBRIOT PIERRE CHARLES | 1571 | | | BEL | M 30-34 | 02:30:31 | 02:40:55 | |
| DNC | VERANNEMAN PAWEŁ | 1704 | | | POL | M 35-39 | 02:20:54 | 02:27:54 | 04:14:38 |
| DNC | COULY CHRISTOPHE - AKIRA | 1921 | | | BEL | M 40-44 | 01:59:28 | 02:09:53 | 05:33:32 |
| DNC | MORAWSKI GRZEGORZ | 1715 | | | POL | M 35-39 | 02:21:17 | 02:29:17 | 05:23:14 |
| DNC | MAGALHÃES JOSÉ PEDRO | 1867 | | | POR | M 40-44 | 02:10:16 | 02:17:56 | 03:39:33 |
| DNC | JOBANPUTRA MAYOOR | 1309 | | | | M 25-29 | 02:53:42 | 03:00:05 | 06:03:04 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | SWACZYNSKI KRZYSZTOF | 1761 | | | POL | M 35-39 | 02:20:25 | 02:27:59 | 05:13:33 |
| DNC | NEAIL STUART | 1818 | | | | M 40-44 | 02:15:27 | 02:22:16 | 04:27:06 |
| DNC | GEYBELS STEF | 1174 | | | BEL | M 18-24 | 03:12:21 | 03:19:07 | 06:28:34 |
| DNC | LAZZAROTTI HUGUES | 1932 | | | FRA | M 40-44 | 02:07:33 | 02:14:41 | 04:44:44 |
| DNC | JUNIOR RADEK VOSTŘEL | 1969 | | | | M 13-17 | 02:00:41 | 02:08:59 | 05:38:11 |
| DNC | KURAS BEATA | 1122 | | | POL | W ELITE | 03:44:44 | 03:54:36 | 05:09:52 |
| DNC | PEDERSEN BRIAN | 1863 | | | DEN | M 40-44 | 02:14:36 | 02:22:21 | 04:08:22 |
| DNC | PLATA ARKADIUSZ | 1554 | | | POL | M 30-34 | 02:41:59 | 02:47:30 | 04:00:23 |
| DNC | STRÖM TOMAS | 1678 | | | SWE | M 35-39 | 02:31:41 | 02:37:37 | 03:49:38 |
| DNC | VINCK MARK | 1890 | | | NED | M 40-44 | 02:11:50 | 02:19:44 | 04:26:05 |
| DNC | SKAU ANDERS | 1694 | | | SWE | M 35-39 | 02:28:41 | 02:34:53 | 04:18:50 |
| DNC | STARZYK SEBASTIAN | 1724 | | | POL | M 35-39 | 02:28:02 | 02:34:54 | 04:20:34 |
| DNC | MILLS LEROY | 1682 | | | | M 35-39 | 02:28:41 | 02:39:00 | 04:39:01 |
| DNC | GODEC THOMAS | 1767 | | | | M 35-39 | 02:25:50 | 02:31:55 | 03:25:19 |
| DNC | VERDIJK FERRIE | 1792 | | | NED | M 35-39 | 02:25:38 | 02:31:57 | 03:45:12 |
| DNC | GUNN PAUL | 1850 | | | | M 40-44 | 02:16:45 | 02:26:16 | 03:26:33 |
| DNC | SONDA MARTIN | 1876 | | | CZE | M 40-44 | 02:19:40 | 02:27:55 | 03:44:01 |
| DNC | TATIANA SAMOROKOVA | 2034 | | | RUS | W 25-29 | 01:40:02 | 01:47:13 | 03:54:41 |
| DNC | BURDZY DANIEL | 1200 | | | POL | M 18-24 | 03:17:27 | 03:25:03 | 04:52:20 |
| DNC | VIDAL RUBÉN PÉREZ | 1939 | | | ESP | M 40-44 | 02:17:36 | 02:24:34 | 05:06:56 |
| DNC | WEJKNIS KRZYSZTOF | 1684 | | | POL | M 35-39 | 02:37:21 | 02:45:40 | 05:35:53 |
| DNC | SOBRINO DAVID RUEDAS | 1676 | | | ESP | M 35-39 | 02:37:13 | 02:45:48 | 04:53:40 |
| DNC | NAP FRANK | 1943 | | | NED | M 40-44 | 02:17:17 | 02:25:51 | 03:51:03 |
| DNC | BAUMANN SEBASTIAN | 1780 | | | GER | M 35-39 | 02:32:57 | 02:38:04 | 07:34:14 |
| DNC | ESTELLÉ OLGA | 2054 | | | ESP | W 25-29 | 01:38:57 | 01:46:09 | 03:02:22 |
| DNC | JENSEN JAKOB LUND | 1698 | | | DEN | M 35-39 | 02:37:24 | 02:45:50 | 04:20:24 |
| DNC | GEREIN BENJAMIN | 1503 | | | BEL | M 30-34 | 02:53:15 | 03:04:16 | 04:33:45 |
| DNC | GHINZELLI DARIO | 1772 | | | ITA | M 35-39 | 02:34:17 | 02:41:40 | 04:06:28 |
| DNC | WRIGHT PETE | 1919 | | | | M 40-44 | 02:22:10 | 02:29:39 | 03:48:24 |
| DNC | KERR STEVEN | 1775 | | | | M 35-39 | 02:32:02 | 02:41:50 | 04:02:02 |
| DNC | CANO IGNACIO PALOMO | 1779 | | | ESP | M 35-39 | 02:34:09 | 02:42:06 | 04:41:39 |
| DNC | NEUHAUS PASCAL | 1859 | | | GER | M 40-44 | 02:28:56 | 02:36:19 | 06:29:08 |
| DNC | SINNING FABIAN | 1407 | | | GER | M 30-34 | 03:01:58 | 03:09:20 | 05:27:37 |
| DNC | GONZALEZ EUDELIO BENITEZ | 1708 | | | ESP | M 35-39 | 02:42:26 | 02:48:29 | 04:27:51 |
| DNC | O'MALLEY KEVIN | 1822 | | | IRL | M 40-44 | 02:32:31 | 02:39:53 | 04:01:44 |
| DNC | MCENHILL AARON | 1762 | | | IRL | M 35-39 | 02:38:08 | 02:47:41 | 04:33:41 |
| DNC | DAVEY JEREMY | 1738 | | | | M 35-39 | 02:44:00 | 02:48:58 | 04:06:27 |
| DNC | STRNAD SEBASTIAN | 1463 | | | GER | M 30-34 | 03:05:01 | 03:11:59 | 04:53:32 |
| DNC | WUNDERLICH TOBIAS | 1361 | | | GER | M 25-29 | 03:12:59 | 03:20:08 | 05:01:30 |
| DNC | WONNEBERGER LARS | 1696 | | | GER | M 35-39 | 02:45:59 | 02:53:15 | 04:35:23 |
| DNC | LAGREZE SVEN | 1654 | | | GER | M 35-39 | 02:48:58 | 02:56:16 | 04:32:52 |
| DNC | HEIMBURG STEFAN VON | 1912 | | | GER | M 40-44 | 02:30:58 | 02:38:16 | 03:28:21 |
| DNC | BÖKMAN VANJA | 1978 | | | SWE | W 18-24 | 02:06:29 | 02:14:25 | 04:41:13 |
| DNC | DRABORG HELENE | 2013 | | | DEN | W 18-24 | 02:08:04 | 02:14:48 | 03:26:59 |
| DNC | PIDGEON KIERAN | 1753 | | | | M 35-39 | 02:44:00 | 02:51:03 | 04:06:27 |
| DNC | GROOTERS LEO | 1810 | | | NED | M 40-44 | 02:37:20 | 02:45:18 | 04:26:14 |
| DNC | CAMPBELL COLIN | 1891 | | | | M 40-44 | 02:32:28 | 02:39:20 | 04:00:52 |
| DNC | POLSTRA BERRY | 1606 | | | NED | M 30-34 | 02:58:07 | 03:06:02 | 04:30:37 |
| DNC | ANDERSSON HENRIK | 1693 | | | SWE | M 35-39 | 02:46:25 | 02:55:58 | 04:10:55 |
| DNC | NIELSEN RENE | 1894 | | | DEN | M 40-44 | 02:31:25 | 02:40:58 | 04:46:19 |
| DNC | EVALDSSON DANIEL | 1907 | | | SWE | M 40-44 | 02:33:30 | 02:41:42 | 04:04:54 |
| DNC | KOLLBERG LOUISE | 1992 | | | SWE | W 18-24 | 02:09:29 | 02:17:44 | 03:40:53 |
| DNC | PETTERA STEV | 1953 | | | GER | M 40-44 | 02:30:35 | 02:38:53 | 04:59:29 |
| DNC | SAMTLEBE THOMAS HEBBE | 1873 | | | GER | M 40-44 | 02:36:36 | 02:44:54 | 04:05:55 |
| DNC | TROUSIL HONZA | 1725 | | | CZE | M 35-39 | 02:49:06 | 02:57:09 | 04:34:14 |
| DNC | BERLIN NANNA | 2017 | | | DEN | W 25-29 | 01:56:05 | 02:03:31 | 04:45:31 |
| DNC | CARUSO DARIO | 1495 | | | ITA | M 30-34 | 03:08:27 | 03:14:37 | 05:25:31 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | CAGLIOTI VINCENZO | 1875 | | | ITA | M 40-44 | 02:39:14 | 02:45:38 | 06:24:57 |
| DNC | MICHAŁOWSKI JACEK | 1868 | | | POL | M 40-44 | 02:38:46 | 02:46:12 | 06:29:34 |
| DNC | VICO JENNY | 2160 | | | GER | W 35-39 | 01:29:12 | 01:34:20 | 02:27:25 |
| DNC | DENNIS | 1945 | | | NED | M 40-44 | 02:33:31 | 02:40:21 | 03:52:55 |
| DNC | LAENEN RENÉ | 1946 | | | NED | M 40-44 | 02:32:51 | 02:41:44 | 03:58:45 |
| DNC | BERGGREEN SØREN | 1862 | | | DEN | M 40-44 | 02:41:09 | 02:48:10 | 04:24:48 |
| DNC | RAMOS PAULA ESTEIRO | 2143 | | | ESP | W 35-39 | 01:29:55 | 01:37:15 | 04:17:15 |
| DNC | BRZEZIŃSKI BARTOSZ | 1206 | | | POL | M 18-24 | 03:39:30 | 03:45:41 | 05:05:33 |
| DNC | GIRAUDO FEDERICO | 1917 | | | ITA | M 40-44 | 02:39:41 | 02:48:17 | 05:09:17 |
| DNC | JEZIORSKI PAWEŁ | 1191 | | | POL | M 18-24 | 03:43:44 | 03:50:20 | 05:09:32 |
| DNC | EKLUND MALIN | 2008 | | | SWE | W 18-24 | 02:16:58 | 02:24:23 | 05:13:28 |
| DNC | BOĆKO KRZYSZTOF | 1713 | | | POL | M 35-39 | 02:52:52 | 03:00:23 | 05:15:47 |
| DNC | DAVIDSON RICHARD | 1383 | | | SWE | M 25-29 | 03:22:54 | 03:30:24 | 05:21:20 |
| DNC | MELISSA BEARZATTO | 2023 | | | BEL | W 25-29 | 02:03:10 | 02:10:24 | 04:16:55 |
| DNC | DIFONSO RICCARDO | 1214 | | | ITA | M 18-24 | 03:39:38 | 03:47:26 | 05:45:52 |
| DNC | VLIEGEN ASTRID | 2074 | | | BEL | W 30-34 | 01:48:09 | 01:56:15 | 03:23:32 |
| DNC | MOTA CARLOS | 1760 | | | POR | M 35-39 | 02:54:38 | 03:02:16 | 05:12:32 |
| DNC | NÄRVÄ ANDREAS | 1901 | | | FIN | M 40-44 | 02:43:40 | 02:50:37 | 04:18:08 |
| DNC | GREIBIG MICHAELA | 2108 | | | GER | W 30-34 | 01:43:46 | 01:51:40 | 02:45:42 |
| DNC | BOBBY SELIMIR SASKIN | 1909 | | | NOR | M 40-44 | 02:43:22 | 02:51:30 | 04:00:26 |
| DNC | FRICK EMMA | 2058 | | | SWE | W 25-29 | 01:59:13 | 02:07:35 | 03:51:18 |
| DNC | LEICHT STEFFEN | 1924 | | | GER | M 40-44 | 02:39:09 | 02:48:38 | 04:11:52 |
| DNC | EISSMANN JÖRG | 2193 | | | GER | M 45-49 | 01:06:19 | 01:12:58 | 02:45:42 |
| DNC | IHECHERENOMA UCHE | 1496 | | | | M 30-34 | 03:16:49 | 03:24:40 | 05:03:41 |
| DNC | GUSTAVSSON JAKOB | 1489 | | | SWE | M 30-34 | 03:18:18 | 03:24:43 | 04:41:30 |
| DNC | BROOKS JEREMY | 1882 | | | | M 40-44 | 02:46:20 | 02:53:16 | 04:12:20 |
| DNC | GRZEGORZYCA DAMIAN | 1865 | | | POL | M 40-44 | 02:49:26 | 02:56:32 | 05:02:50 |
| DNC | FRISARI CECILIA | 2022 | | | | W 25-29 | 02:06:04 | 02:14:32 | 04:04:56 |
| DNC | GRABNY JAROSLAW | 1925 | | | POL | M 40-44 | 02:43:25 | 02:50:38 | 03:59:38 |
| DNC | TARANTINO SELENE | 1990 | | | ITA | W 18-24 | 02:20:56 | 02:29:56 | 05:27:17 |
| DNC | НИКУЛИНА ЕКАТЕРИНА | 2020 | | | RUS | W 25-29 | 02:06:36 | 02:16:12 | 03:34:11 |
| DNC | GRABAUSKAS TAUTVYDAS | 1958 | | | LTU | M 40-44 | 02:43:55 | 02:52:13 | 04:06:16 |
| DNC | KÖNIGOVÁ LUCIE | 2082 | | | CZE | W 30-34 | 01:53:41 | 02:01:24 | 04:52:10 |
| DNC | PETTERSSON UFFE E | 1956 | | | SWE | M 40-44 | 02:46:07 | 02:53:32 | 04:25:07 |
| DNC | LANTZ ANDERS | 1874 | | | SWE | M 40-44 | 02:52:16 | 02:59:40 | 04:24:19 |
| DNC | SAND ANDREAS | 1897 | | | SWE | M 40-44 | 02:49:16 | 02:56:39 | 04:21:18 |
| DNC | HARRIBEY LÉA | 2030 | | | FRA | W 25-29 | 02:12:29 | 02:18:08 | 03:39:49 |
| DNC | SANDBERG AMANDA | 1982 | | | SWE | W 18-24 | 02:26:49 | 02:34:09 | 04:14:45 |
| DNC | VERDIESEN MARLOES | 1999 | | | NED | W 18-24 | 02:26:49 | 02:35:12 | 06:11:07 |
| DNC | CASTELEIJN SELMA | 1998 | | | NED | W 18-24 | 02:26:49 | 02:35:14 | 07:03:03 |
| DNC | STENBÄCK AMANDA | 1997 | | | SWE | W 18-24 | 02:29:09 | 02:35:40 | 03:56:52 |
| DNC | ARVIDSSON SARA | 2062 | | | SWE | W 25-29 | 02:07:11 | 02:15:41 | 03:36:51 |
| DNC | CAULA GIULIA | 2004 | | | ITA | W 18-24 | 02:27:47 | 02:35:47 | 04:07:26 |
| DNC | ALJA FLORIANA | 2156 | | | NOR | W 35-39 | 01:44:44 | 01:51:43 | 04:12:41 |
| DNC | MARTIN LUCIE | 2072 | | | BEL | W 30-34 | 01:59:55 | 02:06:56 | 04:42:33 |
| DNC | VRIES LISAN DE | 2175 | | | NED | W 40-44 | 01:29:54 | 01:37:00 | 04:07:32 |
| DNC | FELLDIN JENNY | 2064 | | | SWE | W 25-29 | 02:09:07 | 02:17:04 | 03:37:35 |
| DNC | WAKE ADAM | 1928 | | | | M 40-44 | 02:52:19 | 02:58:28 | 04:39:43 |
| DNC | KOZIOŁ KAMIL | 1330 | | | POL | M 25-29 | 03:40:50 | 03:46:42 | 07:25:36 |
| DNC | KIELY RICHIE | 1860 | | | | M 40-44 | 02:52:17 | 02:58:45 | 04:39:41 |
| DNC | HERMANSEN SACHA | 2131 | | | | W 35-39 | 01:45:17 | 01:52:51 | 05:14:17 |
| DNC | PÁDER ZSÓFIA | 2100 | | | HUN | W 30-34 | 01:55:47 | 02:03:14 | 04:15:34 |
| DNC | RAZINKINA ANASTASIYA | 2075 | | | RUS | W 30-34 | 02:01:00 | 02:08:26 | 04:32:20 |
| DNC | ROLIN ERIKA | 2036 | | | SWE | W 25-29 | 02:14:08 | 02:23:55 | 03:42:35 |
| DNC | HAMMARBÄCK MOA | 1996 | | | SWE | W 18-24 | 02:29:07 | 02:38:55 | 03:57:35 |
| DNC | SCHUTTRUPS MARGREET | 2099 | | | NED | W 30-34 | 01:55:46 | 02:04:02 | 06:27:39 |
| DNC | RIPOLLÉS LLUNA SANZ | 1110 | | | ESP | W ELITE | 04:32:45 | 04:39:19 | 06:26:20 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | ROSTOV'TSEVA ANASTASIA | 2177 | | | RUS | W 40-44 | 01:32:36 | 01:39:17 | 04:14:34 |
| DNC | DUHARTE RAUL | 1671 | | | GER | M 35-39 | 03:14:44 | 03:21:27 | 04:50:12 |
| DNC | RICHARDS DAVID | 1849 | | | | M 40-44 | 02:52:19 | 03:00:40 | 04:39:43 |
| DNC | NORRMAN SANDRA | 2051 | | | SWE | W 25-29 | 02:11:07 | 02:19:47 | 03:35:02 |
| DNC | HERNES ELISABETH | 2027 | | | NOR | W 25-29 | 02:16:31 | 02:25:33 | 04:44:04 |
| DNC | KUŽELÍKOVÁ ZUZANA | 2050 | | | CZE | W 25-29 | 02:09:50 | 02:20:39 | 04:07:13 |
| DNC | DIJK SANDRA VAN | 2174 | | | NED | W 40-44 | 01:33:32 | 01:40:47 | 02:49:07 |
| DNC | STØRKSEN LOTTE | 2086 | | | NOR | W 30-34 | 02:03:26 | 02:10:48 | 03:31:05 |
| DNC | LACALLE JUAN MANUEL GONZÁLEZ | 1597 | | | ESP | M 30-34 | 03:22:42 | 03:30:53 | 05:24:54 |
| DNC | JOHANSSON CAROLINE | 2041 | | | SWE | W 25-29 | 02:12:19 | 02:20:56 | 04:52:34 |
| DNC | KRAMER ELIN | 2049 | | | SWE | W 25-29 | 02:12:21 | 02:20:58 | 04:52:35 |
| DNC | KUBIESA JAKUB | 1796 | | | POL | M 35-39 | 03:06:50 | 03:14:14 | 07:17:46 |
| DNC | LUNDIN ALEXANDRA | 2089 | | | SWE | W 30-34 | 02:03:23 | 02:11:27 | 03:29:13 |
| DNC | ROGERS DAVE | 2237 | | | | M 45-49 | 01:17:02 | 01:23:16 | 02:24:26 |
| DNC | HNETILA TOMAS | 1960 | | | CZE | M 40-44 | 03:05:07 | 03:12:41 | 05:22:38 |
| DNC | KORMESETH-RØDAL CELINE | 2033 | | | NOR | W 25-29 | 02:22:05 | 02:28:35 | 04:06:35 |
| DNC | GUILLOUX JEAN PHILIPPE | 1934 | | | FRA | M 40-44 | 02:57:54 | 03:05:02 | 04:49:09 |
| DNC | SŁONIEWSKI RAFAŁ | 1755 | | | POL | M 35-39 | 03:12:08 | 03:20:07 | 05:54:15 |
| DNC | BJERRE SECILIE VICKTORIA | 2183 | | | DEN | W 40-44 | 01:38:11 | 01:44:36 | 05:04:35 |
| DNC | BLADIN EMELIE | 2105 | | | SWE | W 30-34 | 02:03:18 | 02:11:16 | 04:37:35 |
| DNC | LEKISHVILI SOFIYA | 2076 | | | RUS | W 30-34 | 02:08:49 | 02:16:26 | 04:35:51 |
| DNC | SANTANA JOSÉ LUIS CABALLERO | 1814 | | | ESP | M 40-44 | 03:08:55 | 03:16:29 | 05:16:10 |
| DNC | STØLEN GUNHILD | 2007 | | | NOR | W 18-24 | 02:40:32 | 02:46:38 | 04:21:08 |
| DNC | VAKHRAMEEVA VALENTINA | 2015 | | | RUS | W 25-29 | 02:22:36 | 02:31:56 | 04:53:22 |
| DNC | RYLKOVA KATERINA | 2109 | | | CZE | W 30-34 | 02:03:35 | 02:12:15 | 03:34:51 |
| DNC | BOZIC SARAH | 2129 | | | GER | W 35-39 | 01:56:11 | 02:02:32 | 03:18:30 |
| DNC | ANASTASIA BONDARENKO | 2059 | | | UKR | W 25-29 | 02:19:20 | 02:28:09 | 04:04:18 |
| DNC | GEORGIOU VLANTISLAV | 1851 | | | GRE | M 40-44 | 03:05:56 | 03:12:23 | 04:35:08 |
| DNC | BALOGH ZSOLT | 2251 | | | HUN | M 45-49 | 01:18:33 | 01:26:10 | 02:36:21 |
| DNC | AUGUSTYNIAK MARIUSZ | 1878 | | | POL | M 40-44 | 03:11:51 | 03:19:05 | 05:47:23 |
| DNC | SCHREUDER MYRTE | 2101 | | | NED | W 30-34 | 02:08:40 | 02:17:23 | 03:50:40 |
| DNC | JONSSON DANIEL | 2202 | | | SWE | M 45-49 | 01:31:22 | 01:38:03 | 03:10:10 |
| DNC | SÖDERSTRÖM ANDREAS | 2223 | | | SWE | M 45-49 | 01:27:50 | 01:34:03 | 03:37:55 |
| DNC | CRISCI MARCO | 1340 | | | ITA | M 25-29 | 03:53:10 | 04:02:11 | 05:37:10 |
| DNC | BARTOLI SARA | 2029 | | | ITA | W 25-29 | 02:29:09 | 02:38:13 | 06:44:56 |
| DNC | AFANASJEV GENNADIJ | 1783 | | | IRL | M 35-39 | 03:17:42 | 03:26:25 | 05:01:34 |
| DNC | PRA JACOPO DE | 1669 | | | ITA | M 35-39 | 03:24:08 | 03:33:22 | 05:07:47 |
| DNC | GUSTAVSSON BENNY | 1883 | | | SWE | M 40-44 | 03:12:35 | 03:18:23 | 04:38:25 |
| DNC | WEMHÖNER IDA | 2146 | | | SWE | W 35-39 | 02:02:08 | 02:09:33 | 04:16:48 |
| DNC | SELSTØ TONJE | 2112 | | | NOR | W 30-34 | 02:10:36 | 02:19:44 | 04:40:09 |
| DNC | CATHRINEMS | 2087 | | | NOR | W 30-34 | 02:15:50 | 02:24:49 | 03:50:11 |
| DNC | KIDSTON DOUGLAS | 1613 | | | | M 30-34 | 03:36:01 | 03:44:52 | 05:19:17 |
| DNC | NAVARRO CRISTIAN MANUEL MADRID | 1337 | | | ESP | M 25-29 | 03:56:24 | 04:04:21 | 08:15:28 |
| DNC | MARTOS EDUARDO | 1346 | | | ESP | M 25-29 | 03:56:25 | 04:04:24 | 06:21:07 |
| DNC | BELLIDO DAVID FERNÁNDEZ | 1336 | | | ESP | M 25-29 | 03:56:24 | 04:04:25 | 06:53:15 |
| DNC | OROLOGIO NOEMI | 2056 | | | ITA | W 25-29 | 02:26:49 | 02:35:37 | 07:08:29 |
| DNC | NOVÁ PETRA | 2006 | | | CZE | W 18-24 | 02:48:08 | 02:55:48 | 04:21:33 |
| DNC | SANNA LUCA | 1864 | | | ITA | M 40-44 | 03:15:35 | 03:23:16 | 04:45:13 |
| DNC | KRIUCHKOVA IRINA | 2024 | | | RUS | W 25-29 | 02:33:17 | 02:41:55 | 04:49:55 |
| DNC | HIRST LAYLA | 2063 | | | | W 25-29 | 02:30:21 | 02:37:01 | 04:04:28 |
| DNC | TRAJKOVSKA MARTA KRUSZCZYNSKA | 2128 | | | SWE | W 35-39 | 02:04:45 | 02:12:12 | 03:24:57 |
| DNC | HARDY ALICE | 2048 | | | | W 25-29 | 02:30:21 | 02:37:29 | |
| DNC | KLIUCHENIA VITALI | 1705 | | | BLR | M 35-39 | 03:26:38 | 03:36:32 | 05:36:05 |
| DNC | JANSEN ROEL | 2213 | | | NED | M 45-49 | 01:34:26 | 01:42:36 | 02:41:52 |
| DNC | KVIKSTAD RUNE | 2191 | | | NOR | M 45-49 | 01:37:45 | 01:43:26 | 02:36:26 |
| DNC | ORASIO MARTA RELAÑO | 2032 | | | ESP | W 25-29 | 02:35:28 | 02:44:16 | 04:20:02 |
| DNC | KORYTOVA KATERINA | 2178 | | | CZE | W 40-44 | 01:52:47 | 02:00:01 | 03:06:30 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | MARTIN ASTRID | 2031 | | | DEN | W 25-29 | 02:38:48 | 02:45:40 | 04:05:17 |
| DNC | STEPHANE TCHIKNAVORIAN | 2224 | | | FRA | M 45-49 | 01:36:02 | 01:42:01 | 05:45:49 |
| DNC | BATES DANIEL | 2208 | | | SWE | M 45-49 | 01:39:44 | 01:46:12 | 03:10:10 |
| DNC | GAROFALO CLAUDIA | 2018 | | | ITA | W 25-29 | 02:35:54 | 02:46:21 | 04:21:19 |
| DNC | VERBESSEM BART | 1438 | | | BEL | M 30-34 | 03:52:47 | 04:01:04 | 06:00:35 |
| DNC | IJZENDOORN CHARISSA | 2111 | | | NED | W 30-34 | 02:19:46 | 02:28:08 | 04:03:57 |
| DNC | BERGKULLA ROBERT PETER | 2298 | | | FIN | M 50-54 | 01:29:16 | 01:33:49 | 02:23:29 |
| DNC | SØRENSEN METTE | 1980 | | | DEN | W 18-24 | 02:54:11 | 03:04:37 | 05:51:57 |
| DNC | GARDABOU IBTISAM | 1985 | | | BEL | W 18-24 | 02:54:47 | 03:04:39 | 05:18:20 |
| DNC | JUNIOR RADEK VOSTŘEL | 1974 | | | CZE | M 13-17 | 03:15:36 | 03:19:42 | 04:46:48 |
| DNC | ŠÁSKOVÁ ZUZANA | 2142 | | | CZE | W 35-39 | 02:13:02 | 02:19:49 | |
| DNC | CHOUVARDAS EFSTRATIOS | 2266 | | | GRE | M 45-49 | 01:36:19 | 01:42:18 | 02:38:56 |
| DNC | LOVELOCK CHRISTIAN | 1853 | | | | M 40-44 | 03:24:22 | 03:32:22 | 04:42:13 |
| DNC | LINDSKOG CECILIA | 2155 | | | SWE | W 35-39 | 02:14:14 | 02:20:32 | 03:54:23 |
| DNC | KRŠMARU BARBORA | 2120 | | | CZE | W 30-34 | 02:23:14 | 02:30:57 | 03:46:56 |
| DNC | BORG CHIARA | 2098 | | | | W 30-34 | 02:26:00 | 02:31:03 | 03:49:27 |
| DNC | LOVATO DANIELA | 2092 | | | ITA | W 30-34 | 02:26:25 | 02:37:01 | 06:58:29 |
| DNC | RASMUSSEN BJARNE | 2276 | | | DEN | M 50-54 | 01:30:51 | 01:37:26 | 03:49:49 |
| DNC | WRIGHT JASON | 2233 | | | | M 45-49 | 01:40:19 | 01:48:35 | 03:20:08 |
| DNC | WILKINSON BECCA | 2096 | | | | W 30-34 | 02:25:58 | 02:32:38 | 03:49:28 |
| DNC | SVENSSON LINDA | 2181 | | | SWE | W 40-44 | 01:59:48 | 02:07:37 | 03:39:45 |
| DNC | ÖLUND EMMA | 2070 | | | FIN | W 30-34 | 02:28:40 | 02:38:03 | 04:00:23 |
| DNC | DONALD LEE | 2126 | | | | W 35-39 | 02:15:56 | 02:23:34 | 03:39:26 |
| DNC | KIRKWOOD EMMA | 2081 | | | | W 30-34 | 02:28:09 | 02:38:36 | 03:54:26 |
| DNC | ALESSANDRO PILOTTA | 2226 | | | ITA | M 45-49 | 01:41:54 | 01:49:58 | 03:40:55 |
| DNC | MARTIN FLORE | 2071 | | | BEL | W 30-34 | 02:31:11 | 02:39:04 | 04:42:33 |
| DNC | VACKOVÁ TERKA | 2061 | | | CZE | W 25-29 | 02:43:08 | 02:49:14 | 04:10:05 |
| DNC | POLYAKOVA ALEXANDRA | 2084 | | | RUS | W 30-34 | 02:32:42 | 02:39:36 | 03:47:57 |
| DNC | POZO JUAN CARLOS CONTADOR | 1492 | | | ESP | M 30-34 | 03:58:10 | 04:05:46 | 07:19:15 |
| DNC | KYRYCH MICHAELA | 2157 | | | CZE | W 35-39 | 02:17:17 | 02:25:06 | 03:43:37 |
| DNC | NICO DUCOUROY | 2256 | | | FRA | M 45-49 | 01:40:52 | 01:47:15 | 04:36:23 |
| DNC | PAPLICKA KATARZYNA | 2158 | | | POL | W 35-39 | 02:17:52 | 02:25:51 | 04:24:31 |
| DNC | GOFFIN ANNELEEN | 2119 | | | BEL | W 30-34 | 02:33:57 | 02:40:17 | 05:07:50 |
| DNC | LONKOVÁ MAGDALENA | 1991 | | | CZE | W 18-24 | 03:06:00 | 03:15:21 | 04:52:26 |
| DNC | STEVENSON ALAN | 1646 | | | | M 35-39 | 03:52:21 | 04:00:29 | 05:15:24 |
| DNC | HOCHSTEIN DIRK | 1858 | | | GER | M 40-44 | 03:34:21 | 03:42:30 | 04:54:48 |
| DNC | DOODY KELVIN | 1485 | | | | M 30-34 | 04:03:22 | 04:11:34 | 05:26:20 |
| DNC | ŠÁRKA HOUŠKOVÁ | 2028 | | | CZE | W 25-29 | 02:54:52 | 03:01:29 | 04:28:15 |
| DNC | VLASTIMIL KREJČÍ | 1641 | | | CZE | M 35-39 | 03:54:50 | 04:01:28 | 05:28:14 |
| DNC | ROSA DOMENICO DE | 2225 | | | ITA | M 45-49 | 01:49:28 | 01:58:11 | 04:39:41 |
| DNC | GRESZTA WALDEMAR | 2268 | | | POL | M 45-49 | 01:47:05 | 01:54:30 | 04:05:42 |
| DNC | ENDEJANN SINA | 2010 | | | GER | W 18-24 | 03:08:58 | 03:19:41 | 04:56:09 |
| DNC | KAMMINGA RUBEN | 1957 | | | GER | M 40-44 | 03:34:56 | 03:40:43 | 06:35:39 |
| DNC | KIRILL BELKIN | 1507 | | | RUS | M 30-34 | 04:07:37 | 04:16:49 | 05:45:27 |
| DNC | ERIKKSON STEFAN | 2209 | | | SWE | M 45-49 | 01:59:17 | 02:06:38 | |
| DNC | BARDELLINI PAOLA | 2121 | | | ITA | W 30-34 | 02:40:14 | 02:48:02 | 06:53:30 |
| DNC | CEDERHOLM JONNY | 2316 | | | SWE | M 55+ | 01:45:40 | 01:53:48 | 04:05:25 |
| DNC | DRÁBKOVÁ VERONIKA | 1987 | | | CZE | W 18-24 | 03:17:48 | 03:24:03 | |
| DNC | KOBZOVÁ KRISTÝNA | 2005 | | | CZE | W 18-24 | 03:17:48 | 03:24:08 | 05:08:10 |
| DNC | JANSSON VICTORIA | 2169 | | | SWE | W 40-44 | 02:17:03 | 02:24:09 | 03:41:44 |
| DNC | HANNABUSS CALLUM | 1964 | | | | M 13-17 | 03:29:22 | 03:39:39 | 05:42:01 |
| DNC | HAHN HENRIK | 1585 | | | DEN | M 30-34 | 04:06:45 | 04:15:35 | 07:04:09 |
| DNC | RENGREN LINN | 2102 | | | SWE | W 30-34 | 02:42:39 | 02:50:37 | 04:37:35 |
| DNC | GRIMM SOPHIA | 1976 | | | GER | W 18-24 | 03:18:57 | 03:27:30 | 04:46:01 |
| DNC | RANGNAU OLGA | 2037 | | | GER | W 25-29 | 03:03:57 | 03:12:30 | 04:31:01 |
| DNC | HEJJKENSKJÖLD FENJA | 2117 | | | SWE | W 30-34 | 02:45:32 | 02:52:41 | 05:06:15 |
| DNC | RODKINA ANNA | 2052 | | | RUS | W 25-29 | 02:59:47 | 03:08:10 | 04:16:57 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | PINHAL GISELA | 2144 | | | POR | W 35-39 | 02:35:23 | 02:43:28 | 04:02:13 |
| DNC | SERRÃO TÁNIA | 2154 | | | POR | W 35-39 | 02:35:16 | 02:43:29 | 04:02:13 |
| DNC | MUL ELISA | 2327 | | | NED | W 13-17 | 01:45:42 | 01:53:34 | 04:51:38 |
| DNC | HEIBØ GUNN ELIN | 2337 | | | NOR | W 45-49 | | 01:49:49 | 02:49:21 |
| DNC | WARDA JUSTYNA | 2045 | | | POL | W 25-29 | 03:01:11 | 03:10:30 | 04:18:28 |
| DNC | JOFRE EDUARDO | 1750 | | | ESP | M 35-39 | 04:02:03 | 04:07:10 | 06:07:33 |
| DNC | PENNISI DARIO | 2260 | | | ITA | M 45-49 | 02:00:34 | 02:08:30 | 03:37:24 |
| DNC | SPÅNG MALIN | 2184 | | | SWE | W 40-44 | 02:20:22 | 02:31:32 | 04:03:41 |
| DNC | RANNIKKO EMMY | 2132 | | | SWE | W 35-39 | 02:38:36 | 02:46:33 | 05:02:09 |
| DNC | BROUWER ROBERT | 2306 | | | NED | M 50-54 | 01:52:15 | 02:01:41 | |
| DNC | SOCARRADES BIBIANA | 2078 | | | ESP | W 30-34 | 02:51:21 | 03:01:51 | 04:25:52 |
| DNC | ACQUADRO ELENA | 2139 | | | ITA | W 35-39 | 02:38:23 | 02:46:54 | 06:43:30 |
| DNC | RUFETE MARIBEL CABANES | 2145 | | | ESP | W 35-39 | 02:40:51 | 02:47:05 | 04:46:33 |
| DNC | TAUER TOMÁŠ | 2259 | | | CZE | M 45-49 | 01:54:09 | 02:02:11 | 03:05:03 |
| DNC | LINDBERG KIM | 2257 | | | SWE | M 45-49 | 02:01:00 | 02:09:36 | 04:53:13 |
| DNC | MACH MARTIN | 2254 | | | CZE | M 45-49 | 02:04:09 | 02:11:25 | 03:45:09 |
| DNC | BIGLANDS STEVE | 2275 | | | | M 50-54 | 01:57:10 | 02:04:28 | 03:57:01 |
| DNC | NATALI MONICA | 2347 | | | ITA | W 55+ | 01:46:56 | 01:54:34 | 03:20:16 |
| DNC | JASTRZĘBSKI SŁAWOMIR | 1843 | | | POL | M 40-44 | 03:49:09 | 03:58:50 | 05:17:23 |
| DNC | FERRARI SABRINA | 2176 | | | ITA | W 40-44 | 02:26:53 | 02:35:24 | 05:04:54 |
| DNC | GODANI FRANCESCA | 2000 | | | ITA | W 18-24 | 03:26:55 | 03:35:25 | 06:59:56 |
| DNC | GIATSINTOVA IRINA | 2159 | | | RUS | W 35-39 | 02:42:41 | 02:53:26 | 04:20:38 |
| DNC | JOHANSSON BILLY | 2283 | | | SWE | M 50-54 | 02:00:35 | 02:08:27 | 03:33:09 |
| DNC | WILLIS RICHARD | 2248 | | | | M 45-49 | 02:10:59 | 02:16:53 | 03:28:43 |
| DNC | JÜRGENS FRIEDRICH | 2264 | | | GER | M 45-49 | 02:09:20 | 02:17:39 | 03:44:51 |
| DNC | PAL MARIO | 2252 | | | GER | M 45-49 | 02:09:19 | 02:17:39 | |
| DNC | MÜLLERS KAI | 1923 | | | GER | M 40-44 | 03:53:05 | 04:01:42 | 06:43:28 |
| DNC | GATZ DETLEF | 2297 | | | GER | M 50-54 | 02:02:33 | 02:10:47 | 03:37:50 |
| DNC | SCHIRMER THORSTEN | 2194 | | | GER | M 45-49 | 02:17:20 | 02:25:51 | |
| DNC | VOS MICHEL DE | 2305 | | | NED | M 50-54 | 02:03:26 | 02:11:22 | 05:32:38 |
| DNC | RUKATUKL ALEXANDER | 1342 | | | GER | M 25-29 | 04:46:03 | 04:51:54 | 07:25:01 |
| DNC | SCHMIDT HOLGER | 2210 | | | GER | M 45-49 | 02:21:48 | 02:28:02 | 04:05:04 |
| DNC | RAVIZZA MARCO ALFREDO | 2230 | | | ITA | M 45-49 | 02:16:32 | 02:24:23 | 03:42:00 |
| DNC | RESTUCCIA NICOLO | 1586 | | | ITA | M 30-34 | 04:24:53 | 04:33:37 | 08:17:21 |
| DNC | GLETTÉ SUSANNE | 2182 | | | GER | W 40-44 | 02:36:47 | 02:43:49 | 04:15:53 |
| DNC | MAŁEK HANNA | 2044 | | | POL | W 25-29 | 03:14:52 | 03:24:12 | 04:34:59 |
| DNC | JASIŃSKA ALICJA | 2324 | | | POL | W 13-17 | 02:03:34 | 02:11:32 | 03:50:35 |
| DNC | MISSALA MAGDA | 2325 | | | POL | W 13-17 | 02:03:34 | 02:11:32 | 03:52:26 |
| DNC | REMØ HILDE THERESE | 2083 | | | NOR | W 30-34 | 03:08:31 | 03:16:33 | 04:27:44 |
| DNC | PEIRO JAVIER SIGNÉS | 2313 | | | ESP | M 55+ | 02:07:37 | 02:16:49 | 05:14:42 |
| DNC | KOVÁČIK BRANISLAV | 1504 | | | SVK | M 30-34 | 04:36:27 | 04:43:34 | 06:56:20 |
| DNC | SERNBØ JENS | 2296 | | | SWE | M 50-54 | 02:10:38 | 02:18:09 | 03:25:36 |
| DNC | DALKIEWICZ DAREK | 2246 | | | POL | M 45-49 | 02:18:33 | 02:25:56 | 03:57:22 |
| DNC | SANZ JOSE ROYO | 1839 | | | ESP | M 40-44 | 04:06:53 | 04:19:11 | 06:15:16 |
| DNC | LIND ULRIKA | 2066 | | | SWE | W 25-29 | 03:21:42 | 03:29:11 | 04:52:35 |
| DNC | DAVIS HELEN | 2187 | | | GBR | W 40-44 | 02:42:03 | 02:50:38 | 04:26:04 |
| DNC | FEIGH MAYA | 2091 | | | DEN | W 30-34 | 03:11:26 | 03:20:43 | 04:31:15 |
| DNC | FREDRIKSSON ELIN | 2090 | | | SWE | W 30-34 | 03:14:14 | 03:21:42 | 04:58:36 |
| DNC | PUTMAN DAVID | 2269 | | | NED | M 45-49 | 02:21:31 | 02:29:29 | 03:50:24 |
| DNC | KOERMENDI CSILLA | 2124 | | | HUN | W 35-39 | 02:59:52 | 03:07:50 | |
| DNC | FIORIO DAVIDE | 2301 | | | ITA | M 50-54 | 02:14:13 | 02:22:51 | 03:34:47 |
| DNC | DRUIJFF MEIKE | 2323 | | | NED | W 13-17 | 02:06:33 | 02:18:02 | 05:02:34 |
| DNC | ULVEGREN ALBINA | 2167 | | | SWE | W 40-44 | 02:49:42 | 02:55:05 | 04:35:53 |
| DNC | BIELEC KINGA | 2141 | | | POL | W 35-39 | 03:03:44 | 03:11:09 | 04:50:34 |
| DNC | KEPA JUSTYNA | 2162 | | | POL | W 35-39 | 03:03:32 | 03:11:10 | 04:19:25 |
| DNC | MATYASI GÁBOR | 2278 | | | HUN | M 50-54 | 02:20:42 | 02:27:33 | 05:17:12 |
| DNC | CRUICKSHANK PHIL | 2280 | | | | M 50-54 | 02:15:18 | 02:28:11 | 04:05:23 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|------|------------|----------|----------|----------|
| DNC | CRUICKSHANK XANDER DODD | 1961 | | | | M 13-17 | 04:00:19 | 04:13:13 | 05:50:25 |
| DNC | PÉTER GESZTI | 1590 | | | HUN | M 30-34 | 04:44:39 | 04:51:38 | 05:40:24 |
| DNC | FRANCK DELOMENIE | 2289 | | | FRA | M 50-54 | 02:25:50 | 02:32:16 | 04:40:08 |
| DNC | ZEBERG ALICIA | 2322 | | | SWE | W 13-17 | 02:15:58 | 02:27:58 | 04:03:05 |
| DNC | PARTNERS ARJAN HOEKSTRA - BI | 2218 | | | NED | M 45-49 | 02:36:51 | 02:43:59 | 04:12:42 |
| DNC | LEN VLAD | 1732 | | | IRL | M 35-39 | 04:30:23 | 04:39:18 | 05:57:40 |
| DNC | WELLS ROBERT | 2247 | | | | M 45-49 | 02:31:44 | 02:41:56 | 04:21:11 |
| DNC | OLDHAM JUSTIN | 2231 | | | | M 45-49 | 02:31:45 | 02:41:58 | 04:21:13 |
| DNC | HÄUSLER MARKUS | 1856 | | | GER | M 40-44 | 04:25:03 | 04:32:17 | 06:49:29 |
| DNC | HORSTEN JAN VON | 2286 | | | GER | M 50-54 | 02:26:35 | 02:35:56 | 04:26:38 |
| DNC | MÖTHRATH DIRK | 1655 | | | GER | M 35-39 | 04:42:24 | 04:49:09 | 05:52:52 |
| DNC | CARACCILO CONCETTINA | 2118 | | | ITA | W 30-34 | 03:23:51 | 03:32:24 | 05:14:34 |
| DNC | VYUGINA EKATERINA | 2107 | | | RUS | W 30-34 | 03:25:35 | 03:32:42 | |
| DNC | DUURSMA PAUL | 2239 | | | NED | M 45-49 | 02:44:42 | 02:51:02 | 04:11:57 |
| DNC | OSSOLA ELISA | 2053 | | | ITA | W 25-29 | 03:41:13 | 03:51:25 | 05:55:53 |
| DNC | KJELLIN TINI | 2343 | | | SWE | W 50-54 | 02:24:50 | 02:33:19 | 03:48:42 |
| DNC | HANNABUSS DANIEL | 2232 | | | | M 45-49 | 02:46:57 | 02:54:35 | |
| DNC | ANDYHOLMES7 | 2253 | | | | M 45-49 | 02:42:58 | 02:50:38 | 04:03:29 |
| DNC | DITTMANN KERSTIN | 2148 | | | GER | W 35-39 | 03:21:16 | 03:29:55 | 04:43:28 |
| DNC | KARLSSON GUNILLA | 2179 | | | SWE | W 40-44 | 03:06:24 | 03:16:29 | 04:59:46 |
| DNC | BENGTSSON PER | 2314 | | | SWE | M 55+ | 02:37:32 | 02:46:34 | 04:08:34 |
| DNC | NADIA AMRI | 2188 | | | FRA | W 40-44 | 03:08:35 | 03:17:25 | 05:22:32 |
| DNC | VERSEPUCH ADÉLIE | 2097 | | | FRA | W 30-34 | 03:33:37 | 03:42:24 | 05:47:31 |
| DNC | TARYBA MARYNA | 2079 | | | POR | W 30-34 | 03:38:21 | 03:48:24 | 06:10:21 |
| DNC | WENDT NADINE | 2035 | | | GER | W 25-29 | 03:57:47 | 04:03:38 | 05:54:44 |
| DNC | MAYRHOFFER JANA | 2060 | | | GER | W 25-29 | 03:52:47 | 03:59:00 | |
| DNC | KUTZ VANESSA | 2040 | | | GER | W 25-29 | 03:52:50 | 03:59:57 | 05:37:52 |
| DNC | OLESEN CHRISTINA | 2348 | | | SWE | W 55+ | 02:30:32 | 02:39:59 | 04:05:45 |
| DNC | JÜRGENS MARTINA | 2333 | | | GER | W 45-49 | 02:32:51 | 02:41:03 | 04:17:52 |
| DNC | UTTENDORFER JÜRGEN | 2310 | | | GER | M 55+ | 02:45:05 | 02:51:13 | 04:29:09 |
| DNC | UTTENDORFER ANDREA | 2341 | | | GER | W 50-54 | 02:35:05 | 02:41:17 | 04:19:09 |
| DNC | JACKSON TRACEY | 2338 | | | | W 45-49 | 02:34:02 | 02:41:32 | 04:11:12 |
| DNC | RITZLER ANNA | 2019 | | | GER | W 25-29 | 03:57:51 | 04:06:52 | 05:44:36 |
| DNC | KOLIC MONIKA | 2153 | | | GER | W 35-39 | 03:27:50 | 03:36:56 | 05:37:28 |
| DNC | YUCEL JEFFREY | 1209 | | | BEL | M | 02:24:41 | 02:32:49 | 03:39:20 |
| | | | | | | JOURNEYMAN | | | |
| DNC | VEČERNÍKOVÁ BARBORA | 2328 | | | CZE | W 13-17 | 02:37:54 | 02:48:25 | 04:05:18 |
| DNC | FAVINI BEATRICE FANTONI | 2147 | | | ITA | W 35-39 | 03:35:47 | 03:42:16 | 05:35:57 |
| DNC | LOBODA VADIM | 2279 | | | IRL | M 50-54 | 02:50:17 | 02:58:14 | 05:37:15 |
| DNC | WROBBEL MICHAEL | 2200 | | | GER | M 45-49 | 03:05:58 | 03:13:16 | 04:34:44 |
| DNC | ALEXANDER ALEXANDER | 2244 | | | | M 45-49 | 02:57:59 | 03:05:17 | 04:26:45 |
| DNC | FABIANI MARCO | 2312 | | | ITA | M 55+ | 02:50:49 | 02:58:25 | 04:17:05 |
| DNC | SPIJKER DAYEN | 2334 | | | NED | W 45-49 | 02:39:10 | 02:48:46 | 04:46:45 |
| DNC | MAGOMEDOVA LEYLA | 2136 | | | BEL | W 35-39 | 03:34:08 | 03:43:46 | 05:42:06 |
| DNC | NAZHA ALI | 2263 | | | ITA | M 45-49 | 02:58:33 | 03:06:05 | 05:15:33 |
| DNC | MASSOUF FRED | 2265 | | | FRA | M 45-49 | 02:58:29 | 03:06:12 | 05:37:58 |
| DNC | CARSTAIRS JOHN | 2291 | | | GER | M 50-54 | 02:53:49 | 03:03:39 | 04:52:29 |
| DNC | JONSSON HANNA | 2326 | | | SWE | W 13-17 | 02:50:25 | 03:00:01 | 04:12:20 |
| DNC | JONSSON SARA | 2336 | | | SWE | W 45-49 | 02:45:26 | 02:55:04 | 04:07:21 |
| DNC | DIEGO RAUL DE | 1524 | | | ESP | M 30-34 | 05:18:03 | 05:29:12 | 07:21:12 |
| DNC | LUCIANO CECCONI | 2262 | | | ITA | M 45-49 | 03:04:32 | 03:12:19 | 05:27:18 |
| DNC | MARINI ALESSANDRO | 2245 | | | ITA | M 45-49 | 03:05:43 | 03:13:12 | 04:46:33 |
| DNC | LIGORIO LUIGI | 2293 | | | ITA | M 50-54 | 02:58:43 | 03:06:14 | 04:39:25 |
| DNC | SPORTÍ DANIEL | 2261 | | | ESP | M 45-49 | 03:06:07 | 03:13:57 | 04:39:00 |
| DNC | CONVERS JEAN-LUC | 2317 | | | FRA | M 55+ | 03:02:04 | 03:10:04 | 04:45:40 |
| DNC | GODFREY MAGGIE | 2344 | | | | W 50-54 | 02:48:48 | 03:00:25 | 04:43:32 |
| DNC | FRANCZYSZYN-PORTKA MAGDALENA | 2149 | | | POL | W 35-39 | 03:48:14 | 03:56:06 | 06:07:31 |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|---------|-----------------|----------|----------|----------|
| DNC | MUSIL MAREK | 1898 | | | CZE | M 40-44 | 05:00:58 | 05:07:59 | 06:11:25 |
| DNC | BARRE ALINE | 1994 | | | GER | W 18-24 | 04:37:00 | 04:44:11 | 06:14:41 |
| DNC | MAURIZIO LAUDENZI | 1872 | | | ITA | M 40-44 | 05:05:20 | 05:11:21 | 06:55:44 |
| DNC | ANDERSSON DAN | 2303 | | | SWE | M 50-54 | 03:07:57 | 03:15:08 | 05:06:18 |
| DNC | BLICK TOMMY | 2300 | | | SWE | M 50-54 | 03:07:56 | 03:15:09 | 05:06:18 |
| DNC | CRUZ AZAHARA FERNANDEZ | 2441 | | | ESP | W JOURNEYMAN | 02:32:09 | 02:45:49 | 04:16:13 |
| DNC | CAMMAROTA FABIO | 2234 | | | ITA | M 45-49 | 03:20:55 | 03:29:38 | 05:01:39 |
| DNC | CAMPATELLI ROBERTO | 2304 | | | ITA | M 50-54 | 03:09:56 | 03:18:41 | 04:50:45 |
| DNC | OLEFELDT TERESA | 2335 | | | SWE | W 45-49 | 03:02:25 | 03:10:55 | 05:18:24 |
| DNC | BERGSTRÖM EWA | 2180 | | | SWE | W 40-44 | 03:42:46 | 03:52:37 | |
| DNC | WALWYN ANTHONY | 2287 | | | M 50-54 | | 03:16:14 | 03:25:45 | 05:07:18 |
| DNC | HAMANN MAREN | 2104 | | | GER | W 30-34 | 04:21:07 | 04:27:48 | 05:47:30 |
| DNC | DZIDT MAŁGORZATA | 2069 | | | POL | W 30-34 | | | 02:38:07 |
| DNC | VLADIMIR LARIONOV | 2207 | | | RUS | M 45-49 | | | 01:54:10 |
| DNC | SELYMES KINGA | 2135 | | | HUN | W 35-39 | | | 03:37:29 |
| DNC | MARRAS CINZIA | 2085 | | | ITA | W 30-34 | | | 02:38:58 |
| DNC | BELLOMI LAURA | 2140 | | | ITA | W 35-39 | | | 06:43:29 |
| DNC | KOENIG DIMITRI | 1888 | | | FRA | M 40-44 | | | 04:37:06 |
| DNC | KOLB LARS | 1457 | | | GER | M 30-34 | | | 02:00:01 |
| DNC | BARALDI DAVIDE | 1603 | | | ITA | M 30-34 | | | 04:17:24 |
| DNC | KRÓLAK MARGARITA | 2011 | | | POL | W 18-24 | | | 03:31:16 |
| DNC | HORSCH STEFAN | 1469 | | | GER | M 30-34 | | | 02:01:29 |
| DNC | KASTSIUCHENKA VOLHA | 2073 | | | BLR | W 30-34 | | | |
| DNC | BELOEIL JENNY DREANO | 2116 | | | FRA | W 30-34 | | | 03:38:13 |
| DNC | LEVY PHILIPPE | 2309 | | | BEL | M 55+ | | | 02:22:05 |
| DNC | KRITIKOS VASILIS | 2290 | | | GRE | M 50-54 | | | 01:39:08 |
| DNC | TORNQVIST OSCAR | 1877 | | | SWE | M 40-44 | | | 02:01:04 |
| DNC | WÓJCIK MICHAŁ | 1218 | | | POL | M 18-24 | | | |
| DNC | ÁLVAREZ RAFITA FERNÁNDEZ | 1937 | | | ESP | M 40-44 | | | |
| DNC | BAIA RAFAEL | 1768 | | | POR | M 35-39 | | | 01:36:38 |
| DNC | SCHLAEPFER TAMARA | 2095 | | | SUI | W 30-34 | | | 01:58:54 |
| DNC | CROESE CLAIRE | 2150 | | | NED | W 35-39 | | | 02:03:49 |
| DNC | PANIN EGOR | 1162 | | | RUS | M 18-24 | | | |
| DNC | CARBONI LETIZIA | 2114 | | | ITA | W 30-34 | | | 02:33:58 |
| DNC | KEREK BERNHARD | 1656 | | | GER | M 35-39 | | | 01:43:59 |
| DNC | ESPINOSA JOAQUÍN MALO | 1908 | | | ESP | M 40-44 | | | 01:29:40 |
| DNC | ESENIA | 1993 | | | RUS | W 18-24 | | | 03:15:14 |
| DNC | MANDAS EMANUELA | 2113 | | | ITA | W 30-34 | | | 02:33:59 |
| DNC | PROPERZI VALENTINA | 2151 | | | ITA | W 35-39 | | | 03:50:07 |
| | SILIN SERGEY | 1015 | | | RUS | M ELITE | 00:54:41 | 00:59:34 | DNF |
| | | | | | | | DNF | DNF | |
| | MONZON IMRE | 1065 | | | NED | M ELITE | 01:19:53 | 01:27:25 | DNF |
| | | | | | | | DNF | DNF | |
| | BUNGARD CARINA | 1102 | | | GER | W ELITE | 01:35:38 | 01:42:13 | DNF |
| | | | | | | | DNF | DNF | |
| | KAZUŁA JAKUB | 1176 | | | POL | M 18-24 | 01:27:33 | 01:35:37 | DNF |
| | | | | | | | DNF | DNF | |
| | PUPKOWSKI KAMIL | 1625 | | | POL | M 35-39 | 01:16:49 | 01:22:44 | DNF |
| | | | | | | | DNF | DNF | |
| | BURGESS JASON | 1896 | | | | M 40-44 | 01:18:27 | 01:23:56 | DNF |
| | | | | | | | DNF | DNF | |
| | GROENEVELD REMCO | 1749 | | | SWE | M 35-39 | 01:31:36 | 01:38:42 | DNF |
| | | | | | | | DNF | DNF | |
| | REDZIK MATEUSZ | 1188 | | | POL | M 18-24 | DNF | 03:05:46 | DNF |
| | | | | | | | | DNF | |
| | TORRES OSCAR BARRANQUERO | 1824 | | | ESP | M 40-44 | 02:04:21 | 02:11:40 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|--------|
| | CAROL ZENGA | 2012 | | | ITA | W 18-24 | 01:36:26 | 01:43:26 | DNF |
| | | | | | | | DNF | DNF | DNF |
| | JOHANSSON ELLEN | 2103 | | | SWE | W 30-34 | DNF | DNF | DNF |
| | WEETS MARC | 2311 | | | BEL | M 55+ | DNF | DNF | DNF |
| | BENTLEY ANDY | 1893 | | | | M 40-44 | DNF | DNF | DNF |
| | JENSEN MICHAEL DEGN | 1711 | | | DEN | M 35-39 | DNF | DNF | DNF |
| | WHETTON EDDIE | 1722 | | | | M 35-39 | DNF | DNF | DNF |
| | HAGLUND CECILIA | 2088 | | | SWE | W 30-34 | DNF | DNF | DNF |
| | KANSTRUP NICOLAI | 1226 | | | DEN | M 25-29 | DNF | DNF | DNF |
| | SUESSENBACH STEFFEN | 1730 | | | GER | M 35-39 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, M 13-17

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LAGRAND STIJN | 1962 | | | NED | M 13-17 | 01:16:34 | 01:22:08 | 02:11:24 |
| 2 | HORVAT ZSOLT | 1977 | | | HUN | M 13-17 | 01:24:40 | 01:31:16 | 02:33:29 |
| 3 | SOBIERAJSKI KRZYSZTOF | 1966 | | | POL | M 13-17 | 01:25:13 | 01:32:11 | 02:29:42 |
| 4 | POWELL ALF | 1971 | | | | M 13-17 | 01:33:42 | 01:40:31 | 02:35:26 |
| 5 | SOBIERAJSKI BOLESŁAW | 1967 | | | POL | M 13-17 | 01:38:59 | 01:47:33 | 02:43:04 |
| 6 | LEERBAEK MADS | 1965 | | | DEN | M 13-17 | 01:50:52 | 01:58:15 | 04:03:03 |
| 7 | PROKUDIN YURY | 1972 | | | RUS | M 13-17 | 01:49:34 | 01:58:20 | 02:54:13 |
| DNC | HORVÁTH RÓBERT | 1963 | | | HUN | M 13-17 | 01:23:06 | 01:29:33 | 02:51:17 |
| DNC | DAMKOT TOM | 1970 | | | NED | M 13-17 | 01:46:40 | 01:54:35 | 04:11:15 |
| DNC | JUNIOR RADEK VOSTŘEL | 1969 | | | | M 13-17 | 02:00:41 | 02:08:59 | 05:38:11 |
| DNC | JUNIOR RADEK VOSTŘEL | 1974 | | | CZE | M 13-17 | 03:15:36 | 03:19:42 | 04:46:48 |
| DNC | HANNABUSS CALLUM | 1964 | | | | M 13-17 | 03:29:22 | 03:39:39 | 05:42:01 |
| DNC | CRUICKSHANK XANDER DODD | 1961 | | | | M 13-17 | 04:00:19 | 04:13:13 | 05:50:25 |

OCREC2019 - STANDARD COURSE, M 18-24

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | STENBECK FREDRIK | 1155 | | | SWE | M 18-24 | 00:59:26 | 01:04:36 | 01:52:25 |
| 2 | DRESCHER JONAS | 1159 | | | DEN | M 18-24 | 00:59:48 | 01:05:33 | 01:50:06 |
| 3 | EVGENII TRIVASHKEVICH | 1152 | | | BLR | M 18-24 | 01:03:09 | 01:09:16 | 01:51:47 |
| 4 | ALVES DUARTE | 1139 | | | POR | M 18-24 | 01:01:19 | 01:09:37 | 02:02:19 |
| 5 | SERAFIŃSKI MACIEJ | 1158 | | | POL | M 18-24 | 01:04:16 | 01:10:44 | 01:56:17 |
| 6 | RIJNEKER JESPER | 1149 | | | NED | M 18-24 | 01:05:27 | 01:11:08 | 01:54:14 |
| 7 | WILK SYLWESTER | 1189 | | | POL | M 18-24 | 01:04:42 | 01:10:18 | 02:08:16 |
| 8 | TITCOMB DANIEL | 1170 | | | | M 18-24 | 01:05:15 | 01:10:23 | 02:01:45 |
| 9 | GAŁDYN KAMIL | 1163 | | | POL | M 18-24 | 01:09:12 | 01:14:42 | 02:40:27 |
| 10 | OŚLIZŁO MAREK | 1146 | | | POL | M 18-24 | 01:10:55 | 01:16:22 | 02:22:42 |
| 11 | MIKRUT JAKUB | 1181 | | | POL | M 18-24 | 01:07:49 | 01:13:41 | 02:01:19 |
| 12 | VASYA DUDNIKOV | 1144 | | | RUS | M 18-24 | 01:13:00 | 01:19:21 | 02:19:32 |
| 13 | LINTHORST JESSE | 1192 | | | NED | M 18-24 | 01:10:21 | 01:16:24 | 02:14:50 |
| 14 | NIJLEN ITSE VAN | 1154 | | | BEL | M 18-24 | 01:14:17 | 01:20:43 | 02:24:28 |
| 15 | HANSEN MADS VOSS | 1183 | | | DEN | M 18-24 | 01:11:01 | 01:17:19 | 02:38:30 |
| 16 | CLAESSON ALBIN | 1177 | | | SWE | M 18-24 | 01:11:40 | 01:18:15 | 02:02:43 |
| 17 | BUCCARELLA LUCA | 1151 | | | DEN | M 18-24 | 01:16:44 | 01:23:25 | 02:22:12 |
| 18 | DEMONTY NICOLAS | 1161 | | | BEL | M 18-24 | 01:16:43 | 01:23:26 | 03:31:39 |
| 19 | VILA JOSE | 1169 | | | ESP | M 18-24 | 01:13:38 | 01:20:36 | 02:14:51 |
| 20 | KUIK THOMAS | 1140 | | | NED | M 18-24 | 01:18:02 | 01:25:00 | 02:18:17 |
| 21 | WISPELWEIJ SEM | 1142 | | | NED | M 18-24 | 01:18:09 | 01:25:00 | 02:32:05 |
| 22 | DAVID GROGNET | 1185 | | | FRA | M 18-24 | 01:15:33 | 01:22:17 | 02:35:57 |
| 23 | DRÁBEK LUKÁŠ | 1147 | | | CZE | M 18-24 | 01:20:10 | 01:26:25 | 03:34:36 |

OCREC2019 - STANDARD COURSE, M 18-24 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 24 | DEMONTY LOIC | 1160 | | | BEL | M 18-24 | 01:22:03 | 01:29:42 | 02:50:23 |
| 25 | ALMERSKÅR VIKTOR | 1150 | | | SWE | M 18-24 | 01:23:22 | 01:30:36 | 02:25:32 |
| 26 | KERSTEN MAX | 1153 | | | NED | M 18-24 | 01:23:45 | 01:31:00 | 03:29:52 |
| 27 | MADSEN DITLEV | 1166 | | | DEN | M 18-24 | 01:21:54 | 01:27:02 | 03:47:34 |
| 28 | GORDILLO ISRAEL VARGAS | 1202 | | | ESP | M 18-24 | 01:17:28 | 01:23:50 | 02:17:23 |
| 29 | TRALDI DAVIDE | 1184 | | | ITA | M 18-24 | 01:22:58 | 01:29:48 | 04:17:45 |
| 30 | ARCE DOMINGO BUENDIA | 1173 | | | ESP | M 18-24 | 01:27:08 | 01:34:27 | |
| 31 | SRNSKÝ DANIEL | 1190 | | | CZE | M 18-24 | 01:30:50 | 01:38:38 | 02:47:26 |
| 32 | POCATERRA SIMONE | 1196 | | | ITA | M 18-24 | 01:21:40 | 01:28:44 | 04:23:04 |
| 33 | SŁODOWNIK DOMINIK | 1212 | | | POL | M 18-24 | 01:26:43 | 01:35:56 | |
| 34 | ROBBRECHT CHRIS | 1156 | | | GER | M 18-24 | 01:36:55 | 01:44:39 | 05:39:19 |
| 35 | WÓJCIK ADAM | 1219 | | | POL | M 18-24 | 01:41:17 | 01:46:18 | 02:36:35 |
| DNC | PELIZZA MATTEO | 1145 | | | ITA | M 18-24 | 01:10:30 | 01:15:57 | 02:49:34 |
| DNC | ADAMEC JAKUB | 1172 | | | SVK | M 18-24 | 01:13:41 | 01:19:28 | 02:56:54 |
| DNC | PIOTROWSKI GRZEGORZ | 1187 | | | POL | M 18-24 | 01:20:16 | 01:27:10 | |
| DNC | BRUUN EMIL HVIDENLUND | 1195 | | | DEN | M 18-24 | 01:18:07 | 01:24:44 | 03:12:55 |
| DNC | KIRCHHÖFER NILS | 1204 | | | GER | M 18-24 | 01:20:50 | 01:27:06 | 04:22:10 |
| DNC | EBERT DAMIAN | 1213 | | | POL | M 18-24 | 01:21:15 | 01:28:02 | 03:23:01 |
| DNC | GEOFFREY BRÉDA | 1180 | | | BEL | M 18-24 | 01:25:44 | 01:32:30 | 03:36:37 |
| DNC | FOIS ALESSANDRO | 1205 | | | ITA | M 18-24 | 01:22:28 | 01:29:29 | 04:11:17 |
| DNC | STEPHAN THOMAS | 1186 | | | FRA | M 18-24 | 01:28:27 | 01:34:55 | 04:08:55 |
| DNC | CHATFIELD CONNOR | 1167 | | | M 18-24 | | 01:33:29 | 01:40:48 | 04:48:20 |
| DNC | CASTRO CHRISTIAN DANIS | 1201 | | | ESP | M 18-24 | 01:35:54 | 01:43:01 | 03:29:10 |
| DNC | UMLAUFT TIM | 1141 | | | GER | M 18-24 | 01:46:58 | 01:53:55 | 08:31:36 |
| DNC | GLEUT ALEXANDRE LE | 1210 | | | FRA | M 18-24 | 01:41:27 | 01:48:04 | 03:55:29 |
| DNC | OLSSON LUCAS | 1157 | | | SWE | M 18-24 | 01:55:45 | 02:03:22 | 03:00:58 |
| DNC | WRÓBEL JACEK | 1215 | | | POL | M 18-24 | 01:52:36 | 02:00:27 | 03:22:49 |
| DNC | MONSTAD BRAGE MALM | 1182 | | | NOR | M 18-24 | 02:04:26 | 02:08:37 | 03:18:48 |
| DNC | DOUHAN DYLAN | 1179 | | | SWE | M 18-24 | 02:04:20 | 02:15:03 | 03:36:43 |
| DNC | KIRCHHOFF ANDRE | 1168 | | | GER | M 18-24 | 02:07:54 | 02:15:04 | 03:18:06 |
| DNC | DĄBROWSKI RADEK | 1221 | | | POL | M 18-24 | 02:03:12 | 02:11:04 | 07:08:18 |
| DNC | PALERMO MATHIAS | 1143 | | | ESP | M 18-24 | 02:13:31 | 02:23:40 | 05:09:21 |
| DNC | ŠÍŠKA PATRIK | 1211 | | | CZE | M 18-24 | 02:12:10 | 02:21:02 | 04:13:13 |
| DNC | THOMAYER JAN | 1199 | | | CZE | M 18-24 | 02:12:11 | 02:21:02 | 04:13:13 |
| DNC | SCHLAG YANNIC | 1220 | | | GER | M 18-24 | 02:15:36 | 02:23:31 | 04:03:07 |
| DNC | JURNÍK LUKÁŠ | 1207 | | | CZE | M 18-24 | 02:16:37 | 02:26:19 | 04:03:04 |
| DNC | JANOUSEK PETR | 1197 | | | CZE | M 18-24 | 02:16:37 | 02:26:20 | 04:02:39 |
| DNC | SIMMONS JOHN | 1203 | | | M 18-24 | | 02:26:41 | 02:38:22 | 03:57:26 |
| DNC | SZEPANSKI MICHAEL | 1178 | | | GER | M 18-24 | 02:48:48 | 02:55:51 | |
| DNC | KRASOŃ JAKUB | 1216 | | | POL | M 18-24 | 02:35:58 | 02:51:57 | 04:44:56 |
| DNC | TYKAL PETR | 1175 | | | CZE | M 18-24 | 03:00:00 | 03:08:38 | 06:20:36 |
| DNC | SEGARRA JOSSUAN | 1217 | | | FRA | M 18-24 | 03:02:22 | 03:08:28 | 04:12:04 |
| DNC | GEYBELS STEF | 1174 | | | BEL | M 18-24 | 03:12:21 | 03:19:07 | 06:28:34 |
| DNC | BURDZY DANIEL | 1200 | | | POL | M 18-24 | 03:17:27 | 03:25:03 | 04:52:20 |
| DNC | BRZEZIŃSKI BARTOSZ | 1206 | | | POL | M 18-24 | 03:39:30 | 03:45:41 | 05:05:33 |
| DNC | JEZIORSKI PAWEŁ | 1191 | | | POL | M 18-24 | 03:43:44 | 03:50:20 | 05:09:32 |
| DNC | DIFONSO RICCARDO | 1214 | | | ITA | M 18-24 | 03:39:38 | 03:47:26 | 05:45:52 |
| DNC | WÓJCIK MICHAŁ | 1218 | | | POL | M 18-24 | | | |
| DNC | PANIN EGOR | 1162 | | | RUS | M 18-24 | | | |
| | KAZUŁA JAKUB | 1176 | | | POL | M 18-24 | 01:27:33 | 01:35:37 | DNF |
| | | | | | | | DNF | DNF | DNF |
| | REDZIK MATEUSZ | 1188 | | | POL | M 18-24 | DNF | 03:05:46 | DNF |
| | | | | | | | | DNF | |

OCREC2019 - STANDARD COURSE, M 25-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | BRZOSKWINIA WOJCIECH | 1239 | | | POL | M 25-29 | 00:59:57 | 01:05:14 | |
| 2 | VANDEWALLE BILLY | 1227 | | | BEL | M 25-29 | 01:02:13 | 01:08:15 | 01:48:06 |
| 3 | MATUSEVICH ALEXSEY | 1234 | | | BLR | M 25-29 | 01:02:58 | 01:08:36 | 01:52:22 |
| 4 | KUPIŚ ŁUKASZ | 1224 | | | POL | M 25-29 | 01:04:31 | 01:10:15 | 02:03:02 |
| 5 | CUENCA AITOR GARDE | 1248 | | | ESP | M 25-29 | 01:04:46 | 01:10:22 | 01:56:16 |
| 6 | CZERWIŃSKI MACIEJ | 1261 | | | POL | M 25-29 | | 01:12:21 | |
| 7 | JANUSZEWSKI BARTOSZ | 1263 | | | POL | M 25-29 | 01:06:10 | 01:12:27 | 01:57:19 |
| 8 | VLAM THIJS | 1275 | | | NED | M 25-29 | 01:04:36 | 01:10:21 | 01:51:26 |
| 9 | TOMASIK ALAN | 1268 | | | POL | M 25-29 | 01:05:06 | 01:11:03 | 01:55:35 |
| 10 | ZAKOŁODKIN ROMAN | 1230 | | | RUS | M 25-29 | 01:08:09 | 01:14:36 | 01:57:39 |
| 11 | RACZEK RADOŚLAW | 1260 | | | POL | M 25-29 | 01:08:44 | 01:15:06 | 02:05:15 |
| 12 | VIKTOROVICH GRUZDEV VLADIMIR | 1235 | | | RUS | M 25-29 | 01:10:09 | 01:16:43 | 02:07:57 |
| 13 | LORIS PINTARELLI | 1310 | | | ITA | M 25-29 | 01:05:40 | 01:11:09 | 01:56:14 |
| 14 | SCHINA LORIS | 1344 | | | ITA | M 25-29 | 01:05:42 | 01:11:33 | 02:05:35 |
| 15 | PIANO ANDREA DEL | 1254 | | | ITA | M 25-29 | 01:11:27 | 01:17:55 | 03:09:01 |
| 16 | HANYK LUKÁŠ | 1231 | | | CZE | M 25-29 | 01:11:39 | 01:18:21 | 02:01:11 |
| 17 | MUSSCHE FRANS | 1274 | | | NED | M 25-29 | 01:09:34 | 01:15:57 | 02:01:03 |
| 18 | PRYKOWSKI TOMASZ | 1256 | | | POL | M 25-29 | 01:12:40 | 01:19:39 | 02:04:48 |
| 19 | HORWARD ADRIEN | 1285 | | | BEL | M 25-29 | 01:10:49 | 01:17:06 | 02:15:58 |
| 20 | SEMENCHENKO VLADIMIR | 1252 | | | RUS | M 25-29 | 01:14:42 | 01:20:55 | 02:04:12 |
| 21 | GUIBERT ROMAIN | 1245 | | | FRA | M 25-29 | 01:15:17 | 01:21:52 | 02:21:03 |
| 22 | YAROSLAV SLAVUSHCHEV | 1236 | | | RUS | M 25-29 | 01:14:46 | 01:22:01 | 02:20:19 |
| 23 | SENTEN SIMON VAN | 1298 | | | NED | M 25-29 | 01:14:36 | 01:21:09 | 02:17:33 |
| 24 | BLANKENBURGH DAVID | 1317 | | | NED | M 25-29 | 01:12:56 | 01:19:23 | 02:09:30 |
| 25 | MAES MICHAËL | 1266 | | | BEL | M 25-29 | 01:16:40 | 01:23:01 | 02:26:19 |
| 26 | MARTYIN LÁSZLÓ | 1279 | | | HUN | M 25-29 | 01:17:50 | 01:24:02 | 02:38:58 |
| 27 | MARTIN DARREN | 1311 | | | M 25-29 | | 01:14:33 | 01:21:11 | 02:33:07 |
| 28 | MACÍAS DAVID DELGADO | 1335 | | | ESP | M 25-29 | 01:15:12 | 01:21:32 | 02:09:28 |
| 29 | REZNIK ANTON | 1243 | | | RUS | M 25-29 | 01:21:06 | 01:28:35 | 02:17:37 |
| 30 | SZCZEPANIAK PAWEŁ | 1225 | | | POL | M 25-29 | 01:22:33 | 01:28:53 | 02:29:50 |
| 31 | MĘDYGRAŁ KRYSZTIAN | 1290 | | | POL | M 25-29 | 01:19:31 | 01:26:00 | |
| 32 | FRANCESCHI MARCO | 1313 | | | ITA | M 25-29 | 01:17:21 | 01:23:14 | 02:25:24 |
| 33 | GRZONDKO MATEUSZ | 1272 | | | POL | M 25-29 | 01:19:44 | 01:26:44 | |
| 34 | BUYLE MICHIEL | 1273 | | | BEL | M 25-29 | 01:20:23 | 01:27:11 | 02:51:43 |
| 35 | NITTIS ANDREA DE | 1328 | | | ITA | M 25-29 | 01:18:32 | 01:24:30 | 02:17:54 |
| 36 | VEPŘEK MARTIN | 1249 | | | CZE | M 25-29 | 01:23:49 | 01:30:33 | 02:48:43 |
| 37 | JAGODZIŃSKI KAROL | 1293 | | | POL | M 25-29 | 01:21:29 | 01:27:57 | |
| 38 | VERHEUL PAUL PIETER CORNELIS | 1316 | | | NED | M 25-29 | 01:18:41 | 01:25:40 | |
| 39 | VOROBOK LUKÁŠ | 1241 | | | CZE | M 25-29 | 01:25:48 | 01:31:40 | 04:22:46 |
| 40 | NUTIL MICHAL | 1345 | | | CZE | M 25-29 | 01:19:52 | 01:25:58 | 02:54:14 |
| 41 | MARCO BISCHOF | 1338 | | | GER | M 25-29 | 01:19:39 | 01:26:23 | 02:45:54 |
| 42 | TOMAKA TOMASZ | 1284 | | | POL | M 25-29 | 01:23:49 | 01:30:54 | 02:26:11 |
| 43 | MÓWIŃSKI PATRYK | 1277 | | | POL | M 25-29 | 01:24:43 | 01:31:08 | 02:32:58 |
| 44 | GUIJARRO VICTOR PEZONAGA | 1391 | | | ESP | M 25-29 | 01:20:30 | 01:26:54 | |
| 45 | KEANE JOSH | 1278 | | | M 25-29 | | 01:26:34 | 01:34:08 | 03:20:21 |
| 46 | LEGANDER SIMON | 1324 | | | SWE | M 25-29 | 01:24:27 | 01:32:07 | 02:53:11 |
| 47 | TIMMERMANS GEERT | 1280 | | | BEL | M 25-29 | 01:28:53 | 01:35:40 | 02:34:12 |
| 48 | ROSECKÝ PATRIK | 1251 | | | CZE | M 25-29 | 01:31:27 | 01:39:05 | 03:04:16 |
| 49 | JUSTESEN SIMON | 1384 | | | SWE | M 25-29 | 01:23:51 | 01:30:56 | 02:29:35 |
| 50 | LLAPASSET VICTOR | 1314 | | | FRA | M 25-29 | 01:26:59 | 01:34:30 | 02:47:58 |
| 51 | CAVICCHIOLO LUCA | 1355 | | | ITA | M 25-29 | 01:25:27 | 01:31:53 | 03:01:39 |
| 52 | LEJK BENIAMIN | 1357 | | | POL | M 25-29 | 01:26:00 | 01:32:54 | 02:40:52 |
| 53 | LINDSTRÖM MATTIAS | 1242 | | | SWE | M 25-29 | 01:34:09 | 01:42:21 | 02:50:18 |
| 54 | VERLAAT KEES | 1388 | | | NED | M 25-29 | 01:26:21 | 01:33:34 | 04:40:48 |
| 55 | LARSSON JOHANNES | 1327 | | | SWE | M 25-29 | 01:30:17 | 01:36:59 | 02:42:30 |
| 56 | SCHWEIGERT MATTHIAS | 1377 | | | GER | M 25-29 | 01:28:48 | 01:35:40 | 03:38:37 |
| 57 | CRESPO ANTONIO RUBIO | 1303 | | | ESP | M 25-29 | 01:34:57 | 01:41:52 | 03:00:04 |

OCREC2019 - STANDARD COURSE, M 25-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 58 | ATAZ DANIEL BLANCO | 1341 | | | ESP | M 25-29 | 01:33:30 | 01:40:01 | 03:11:19 |
| 59 | FLEISCHHAUER FELIX | 1312 | | | GER | M 25-29 | 01:35:36 | 01:42:55 | 03:27:31 |
| 60 | HANSEN JONAS | 1237 | | | DEN | M 25-29 | 01:41:08 | 01:49:01 | 04:15:36 |
| 61 | MANTYCKI RAFAŁ | 1329 | | | POL | M 25-29 | 01:36:18 | 01:43:08 | 03:21:47 |
| 62 | MAKAROV ANDREI | 1246 | | | RUS | M 25-29 | 01:41:54 | 01:49:26 | 03:34:32 |
| 63 | LENOIR CYRIL | 1283 | | | BEL | M 25-29 | 01:38:47 | 01:46:40 | 02:51:14 |
| 64 | WAKTER JACOB | 1385 | | | SWE | M 25-29 | 01:34:04 | 01:42:10 | 03:28:16 |
| 65 | PETERKA TOMÁŠ | 1368 | | | CZE | M 25-29 | 01:37:43 | 01:44:43 | 03:16:32 |
| 66 | LARSSON TONI | 1378 | | | SWE | M 25-29 | 01:37:35 | 01:45:08 | 02:55:07 |
| 67 | DIETRICH RAPHAËL | 1371 | | | SUI | M 25-29 | 01:38:24 | 01:45:15 | 04:37:29 |
| 68 | ZAWILIŃSKI MATEUSZ | 1351 | | | POL | M 25-29 | 01:38:45 | 01:45:19 | 02:55:27 |
| 69 | DIMITRY DOTRIMONT | 1367 | | | BEL | M 25-29 | 01:39:10 | 01:45:40 | 03:07:40 |
| 70 | WITEK PAWEŁ | 1373 | | | POL | M 25-29 | 01:38:29 | 01:45:54 | 03:09:57 |
| 71 | ELSGART NIKLAS | 1352 | | | DEN | M 25-29 | 01:40:01 | 01:47:03 | 03:33:16 |
| 72 | POŚPIECH KRZYSZTOF PAWLAK | 1296 | | | POL | M 25-29 | 01:48:08 | 01:54:33 | 03:13:02 |
| 73 | HORÁK JAROMÍR | 1362 | | | CZE | M 25-29 | 01:47:39 | 01:55:51 | 03:56:34 |
| 74 | JACIÓW PAWEŁ | 1389 | | | BEL | M 25-29 | 01:51:56 | 01:59:40 | 05:25:41 |
| 75 | BURANI CRISTIAN | 1369 | | | ITA | M 25-29 | 01:52:46 | 02:00:57 | 04:19:53 |
| 76 | PELUSI JACOPO | 1381 | | | ITA | M 25-29 | 01:56:16 | 02:04:17 | 04:15:06 |
| 77 | TRUJILLO FERNANDO PAJUELO | 1287 | | | ESP | M 25-29 | 02:04:00 | 02:12:28 | 04:04:34 |
| 78 | FIGUEIREDO RUI PEDRO CRUZ | 1302 | | | POR | M 25-29 | 02:04:43 | 02:13:27 | 03:40:45 |
| 79 | ZIELIŃSKI BARTOSZ | 1350 | | | POL | M 25-29 | 01:59:19 | 02:07:40 | 04:49:34 |
| 80 | ZHVIKOV OLEG | 1321 | | | RUS | M 25-29 | 02:06:28 | 02:14:16 | 03:25:06 |
| 81 | RODRIGUES ALEXANDRE | 1366 | | | FRA | M 25-29 | 02:42:34 | 02:52:13 | |
| 82 | DENTALE ARMANDO | 1379 | | | ITA | M 25-29 | | | 03:13:28 |
| 83 | PONTICELLI LUIGI | 1380 | | | ITA | M 25-29 | | | 02:47:31 |
| DNC | ZIMMERMANN TILL | 1240 | | | GER | M 25-29 | 01:08:59 | 01:15:06 | 02:21:06 |
| DNC | WĄGAN ANDRÉ | 1255 | | | NOR | M 25-29 | 01:16:10 | 01:22:50 | 02:27:34 |
| DNC | MARTÍNEZ RAFAEL | 1253 | | | ESP | M 25-29 | 01:19:40 | 01:24:20 | 03:54:55 |
| DNC | LEDO ADRIÁN | 1364 | | | ESP | M 25-29 | 01:12:51 | 01:19:28 | |
| DNC | CHRISTOPHER BAILLY | 1286 | | | FRA | M 25-29 | 01:21:55 | 01:27:32 | 02:39:07 |
| DNC | OCHERETIUK ANDRII | 1271 | | | UKR | M 25-29 | 01:22:00 | 01:28:13 | 03:01:47 |
| DNC | MAXIMOV ANDREY | 1262 | | | RUS | M 25-29 | 01:26:10 | 01:33:01 | 03:32:42 |
| DNC | GIANNETTONI LORENZO | 1339 | | | ITA | M 25-29 | 01:20:25 | 01:27:31 | 03:54:44 |
| DNC | PÉREZ SERGIO GÓMEZ | 1382 | | | ESP | M 25-29 | 01:18:32 | 01:24:46 | 02:36:43 |
| DNC | BRONS SONNY | 1244 | | | NED | M 25-29 | 01:31:05 | 01:37:57 | 03:37:24 |
| DNC | KAMIONKA MATEUSZ | 1269 | | | POL | M 25-29 | 01:29:01 | 01:35:54 | 03:53:33 |
| DNC | DMUCH JAKUB | 1267 | | | POL | M 25-29 | 01:29:24 | 01:36:11 | 03:45:12 |
| DNC | PROCHASSON BAPTISTE | 1265 | | | FRA | M 25-29 | 01:34:26 | 01:41:24 | 03:19:48 |
| DNC | FISCHER OLIVER | 1259 | | | GER | M 25-29 | 01:35:35 | 01:41:30 | |
| DNC | TAMBURLANI FILIPPO | 1333 | | | ITA | M 25-29 | 01:30:58 | 01:37:45 | 05:28:22 |
| DNC | STENGER MORTEN | 1358 | | | DEN | M 25-29 | 01:29:27 | 01:36:37 | 05:04:12 |
| DNC | JOHANSSON TOM | 1238 | | | SWE | M 25-29 | 01:39:16 | 01:46:26 | 03:35:55 |
| DNC | KAUKOLA HENRI | 1232 | | | FIN | M 25-29 | 01:38:35 | 01:45:17 | 04:58:30 |
| DNC | TERETA IVAN | 1257 | | | UKR | M 25-29 | 01:41:17 | 01:48:18 | 03:47:43 |
| DNC | SANTOS LUIS | 1292 | | | POR | M 25-29 | 01:39:51 | 01:47:07 | 03:04:10 |
| DNC | MARONGIU ANDREA | 1322 | | | ITA | M 25-29 | 01:37:28 | 01:45:08 | 03:33:17 |
| DNC | RAYNAUD JIMMY | 1331 | | | FRA | M 25-29 | 01:39:00 | 01:46:02 | 06:01:18 |
| DNC | DESCHAMPS EMMANUEL | 1363 | | | FRA | M 25-29 | 01:39:07 | 01:45:22 | 03:41:18 |
| DNC | BRACCAIOLI LORENZO | 1374 | | | ITA | M 25-29 | 01:38:38 | 01:45:32 | 06:47:18 |
| DNC | ZALEWSKI MICHAŁ | 1372 | | | POL | M 25-29 | 01:39:28 | 01:46:11 | 03:43:42 |
| DNC | DUUREN RUBEN VAN | 1294 | | | NED | M 25-29 | 01:45:24 | 01:52:16 | 03:38:49 |
| DNC | JOHANSEN PHILIP HUST | 1229 | | | DEN | M 25-29 | 01:49:27 | 01:56:03 | 03:45:34 |
| DNC | DENIS TIMAKOV | 1228 | | | RUS | M 25-29 | 01:47:12 | 01:53:42 | 04:57:03 |
| DNC | SCHEFER ERIK | 1319 | | | GER | M 25-29 | 01:46:46 | 01:53:35 | 03:17:06 |
| DNC | KORTHOOT BRUCE | 1315 | | | NED | M 25-29 | 01:47:44 | 01:54:18 | 03:17:02 |
| DNC | BENICEWICZ KACPER | 1299 | | | | M 25-29 | 01:53:20 | 02:00:46 | 03:03:00 |

OCREC2019 - STANDARD COURSE, M 25-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | OSTERMEIER GABRIEL | 1264 | | | GER | M 25-29 | 01:56:43 | 02:04:52 | 04:15:43 |
| DNC | ŻOŁNIEREK WOJCIECH | 1291 | | | POL | M 25-29 | 01:55:33 | 02:03:18 | 04:42:54 |
| DNC | PEDERSEN PEDER EJSING | 1359 | | | DEN | M 25-29 | 01:51:28 | 01:57:20 | 05:31:54 |
| DNC | JACOBSEN PETER | 1276 | | | DEN | M 25-29 | 01:55:22 | 02:03:36 | 04:48:34 |
| DNC | MELIS GIACOMO | 1370 | | | ITA | M 25-29 | 01:51:30 | 01:57:44 | 03:30:03 |
| DNC | PEÑA MIGUEL | 1306 | | | ESP | M 25-29 | 01:58:02 | 02:04:03 | 04:17:46 |
| DNC | BONDARENKO ANDRIY | 1323 | | | UKR | M 25-29 | 01:57:05 | 02:04:36 | 04:01:41 |
| DNC | FELLDIN MARKUS | 1387 | | | SWE | M 25-29 | 01:54:49 | 02:01:37 | 03:06:35 |
| DNC | ČERVENÁK RADIM | 1295 | | | CZE | M 25-29 | 02:02:17 | 02:08:36 | 04:07:24 |
| DNC | OSTE MAARTEN | 1353 | | | BEL | M 25-29 | 01:56:49 | 02:03:45 | 05:26:31 |
| DNC | ROEFAERS SANDER | 1376 | | | BEL | M 25-29 | 01:55:52 | 02:04:56 | 03:23:29 |
| DNC | NOWAK LUKASZ | 1354 | | | POL | M 25-29 | 01:58:07 | 02:05:34 | 03:11:37 |
| DNC | HEATH DANIEL | 1332 | | | | M 25-29 | 02:02:38 | 02:08:51 | 05:06:06 |
| DNC | SVENSSON NICKLAS | 1347 | | | SWE | M 25-29 | 02:04:05 | 02:10:34 | 03:41:07 |
| DNC | ALEXANDRE RENATO | 1305 | | | POR | M 25-29 | 02:07:52 | 02:16:58 | 03:50:14 |
| DNC | TIMSIT ROMAIN | 1300 | | | FRA | M 25-29 | 02:12:53 | 02:20:50 | 06:46:14 |
| DNC | ENDEJANN RAPHAEL | 1360 | | | GER | M 25-29 | 02:07:06 | 02:14:55 | 03:39:54 |
| DNC | KRITIKOS ILIAS | 1233 | | | GRE | M 25-29 | 02:15:56 | 02:23:57 | 03:27:04 |
| DNC | MACIEJEWSKI KRYSZTIAN | 1334 | | | POL | M 25-29 | 02:12:58 | 02:18:59 | 03:17:26 |
| DNC | CHILDS JAKE | 1320 | | | | M 25-29 | 02:11:30 | 02:20:46 | 03:40:02 |
| DNC | ARONSSON ALEXANDER | 1301 | | | SWE | M 25-29 | 02:17:32 | 02:24:56 | 04:09:34 |
| DNC | TEJERO JAVIER CASADO | 1375 | | | ESP | M 25-29 | 02:13:27 | 02:23:04 | 04:05:12 |
| DNC | TORÉSÁTER LUDVIG "LUDDET" | 1325 | | | SWE | M 25-29 | 02:20:28 | 02:28:57 | 03:55:10 |
| DNC | RECHENBACH TIM | 1356 | | | GER | M 25-29 | 02:22:05 | 02:30:06 | 04:52:21 |
| DNC | JAGER ROBIN DE | 1297 | | | NED | M 25-29 | 02:29:26 | 02:37:16 | 06:16:19 |
| DNC | GANOTAKIS EMMANOUIL | 1250 | | | GRE | M 25-29 | 02:39:17 | 02:45:05 | 04:31:08 |
| DNC | ЧИРКИН АЛЕКСЕЙ | 1247 | | | RUS | M 25-29 | 02:38:51 | 02:46:29 | 05:41:50 |
| DNC | LIESHOUT FRANK VAN | 1258 | | | NED | M 25-29 | 02:46:35 | 02:52:05 | 04:04:28 |
| DNC | MIKEL MAREK | 1386 | | | CZE | M 25-29 | 02:35:47 | 02:43:08 | 04:17:41 |
| DNC | BRORSSON SEBASTIAN | 1390 | | | SWE | M 25-29 | 02:40:33 | 02:47:12 | 04:10:45 |
| DNC | LÜPKE SEBASTIAN | 1304 | | | GER | M 25-29 | 02:49:38 | 02:54:25 | 04:05:40 |
| DNC | PHILLIPS ALASTAIR | 1326 | | | | M 25-29 | 02:43:43 | 02:51:59 | 04:15:15 |
| DNC | GINON LOÍC | 1270 | | | FRA | M 25-29 | 02:52:22 | 02:59:49 | 05:35:21 |
| DNC | JOBANPUTRA MAYOOR | 1309 | | | | M 25-29 | 02:53:42 | 03:00:05 | 06:03:04 |
| DNC | WUNDERLICH TOBIAS | 1361 | | | GER | M 25-29 | 03:12:59 | 03:20:08 | 05:01:30 |
| DNC | DAVIDSON RICHARD | 1383 | | | SWE | M 25-29 | 03:22:54 | 03:30:24 | 05:21:20 |
| DNC | KOZIOŁ KAMIL | 1330 | | | POL | M 25-29 | 03:40:50 | 03:46:42 | 07:25:36 |
| DNC | CRISCI MARCO | 1340 | | | ITA | M 25-29 | 03:53:10 | 04:02:11 | 05:37:10 |
| DNC | NAVARRO CRISTIAN MANUEL MADRID | 1337 | | | ESP | M 25-29 | 03:56:24 | 04:04:21 | 08:15:28 |
| DNC | MARTOS EDUARDO | 1346 | | | ESP | M 25-29 | 03:56:25 | 04:04:24 | 06:21:07 |
| DNC | BELLIDO DAVID FERNÁNDEZ | 1336 | | | ESP | M 25-29 | 03:56:24 | 04:04:25 | 06:53:15 |
| DNC | RUKATUKL ALEXANDER | 1342 | | | GER | M 25-29 | 04:46:03 | 04:51:54 | 07:25:01 |
| | KANSTRUP NICOLAI | 1226 | | | DEN | M 25-29 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, M 30-34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | KRAWIECKI MATEUSZ | 1424 | | | POL | M 30-34 | 01:02:20 | 01:07:27 | 01:48:57 |
| 2 | KRÓL PIOTR | 1421 | | | POL | M 30-34 | 01:02:38 | 01:08:06 | 01:56:09 |
| 3 | SITKEVICH ANTON | 1427 | | | BLR | M 30-34 | 01:02:52 | 01:08:11 | 01:50:39 |
| 4 | COLETTA ALESSANDRO | 1448 | | | ITA | M 30-34 | 01:01:09 | 01:06:16 | 01:49:21 |
| 5 | PRUSAK PIOTR | 1413 | | | POL | M 30-34 | 01:02:55 | 01:08:55 | 01:47:12 |
| 6 | SHERETOV EUGENE | 1030 | | | UKR | M 30-34 | 01:03:42 | 01:09:20 | 01:47:38 |
| 7 | OSHKIN EGOR | 1419 | | | RUS | M 30-34 | 01:06:56 | 01:10:59 | 01:59:22 |
| 8 | CARMIGNANI ALESSIO | 1401 | | | ITA | M 30-34 | 01:05:59 | 01:11:54 | |
| 9 | DANIELKIEWICZ TOMASZ | 1422 | | | POL | M 30-34 | 01:06:03 | 01:12:42 | 02:13:10 |

OCREC2019 - STANDARD COURSE, M 30-34 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 10 | ASMUSSEN ANDREAS MUNK | 1398 | | | DEN | M 30-34 | 01:07:54 | 01:14:12 | |
| 11 | SETTELE STEFAN | 1429 | | | GER | M 30-34 | 01:11:53 | 01:17:38 | |
| 12 | WAGEMANS TOM | 1426 | | | NED | M 30-34 | 01:11:47 | 01:18:00 | 02:54:46 |
| 13 | CAUDELI JOSE MIGUEL PERICÁS | 1409 | | | ESP | M 30-34 | 01:09:41 | 01:18:48 | 02:41:32 |
| 14 | JOLES ROËL | 1452 | | | NED | M 30-34 | 01:10:37 | 01:16:58 | 02:03:03 |
| 15 | PELISSIER BENOIT | 1423 | | | FRA | M 30-34 | 01:13:49 | 01:20:06 | 02:03:03 |
| 16 | KĄŁUŻNY ADAM | 1466 | | | POL | M 30-34 | 01:12:50 | 01:18:39 | 02:08:54 |
| 17 | MENSINK NICK | 1455 | | | NED | M 30-34 | 01:12:32 | 01:18:47 | 02:03:18 |
| 18 | KATOLIKAU RAMAN | 1400 | | | BLR | M 30-34 | 01:16:55 | 01:22:47 | 02:56:26 |
| 19 | KOŁODZIEJCZYK KAMIL | 1460 | | | POL | M 30-34 | 01:14:53 | 01:21:06 | 02:26:59 |
| 20 | FARKOWSKI KONRAD | 1475 | | | POL | M 30-34 | 01:12:56 | 01:19:07 | 02:11:06 |
| 21 | SHIPLEY CHRIS | 1410 | | | M 30-34 | | 01:17:43 | 01:23:36 | 02:28:01 |
| 22 | LIUTKUS DAINIUS | 1397 | | | LTU | M 30-34 | 01:19:15 | 01:24:24 | 02:53:40 |
| 23 | LEMA DAMIÁN ESPASANDÍN | 1541 | | | ESP | M 30-34 | 01:12:48 | 01:18:36 | |
| 24 | MÉDARD OLIVIER | 1446 | | | FRA | M 30-34 | 01:18:44 | 01:24:26 | 02:18:53 |
| 25 | MEEL JIM VAN DER | 1399 | | | NED | M 30-34 | 01:20:40 | 01:26:40 | 02:29:56 |
| 26 | MYKOLA FOMISHKIN | 1411 | | | UKR | M 30-34 | 01:21:34 | 01:27:51 | 03:21:46 |
| 27 | SINIGAGLIA WILLIAM | 1505 | | | ITA | M 30-34 | 01:17:38 | 01:24:26 | 02:21:30 |
| 28 | JEVTIC SASA | 1518 | | | GER | M 30-34 | 01:17:15 | 01:23:11 | 02:19:18 |
| 29 | PASTUSZKA PAWEŁ | 1449 | | | POL | M 30-34 | 01:22:25 | 01:28:13 | 02:23:18 |
| 30 | SHKURLOV ALEKSANDR | 1402 | | | RUS | M 30-34 | 01:25:11 | 01:30:57 | 02:22:29 |
| 31 | SJÖLIN JOHAN | 1487 | | | SWE | M 30-34 | 01:21:34 | 01:27:27 | 02:17:46 |
| 32 | MOSE KRISTIAN | 1513 | | | DEN | M 30-34 | 01:19:03 | 01:25:28 | 02:25:08 |
| 33 | PIOMBONI NICOLÒ | 1474 | | | ITA | M 30-34 | 01:21:52 | 01:27:43 | 03:20:28 |
| 34 | SAVIN ALEKSEI | 1408 | | | RUS | M 30-34 | 01:24:54 | 01:31:56 | 02:41:18 |
| 35 | BERTOLASI MARCO | 1535 | | | ITA | M 30-34 | 01:20:23 | 01:26:16 | 02:25:20 |
| 36 | VRIES FLORIAN DE | 1420 | | | NED | M 30-34 | 01:24:51 | 01:32:24 | 02:36:26 |
| 37 | SĄŁATA MARCIN | 1478 | | | POL | M 30-34 | 01:22:53 | 01:28:46 | 02:18:32 |
| 38 | BĀR MARCEL | 1430 | | | GER | M 30-34 | 01:27:02 | 01:33:33 | 02:32:32 |
| 39 | CAZZAVACCA ALESSANDRO | 1609 | | | ITA | M 30-34 | 01:18:46 | 01:24:05 | 02:10:04 |
| 40 | PROKOPENKO VADIM | 1416 | | | RUS | M 30-34 | 01:27:58 | 01:34:09 | 03:31:01 |
| 41 | ORKE EINAR | 1425 | | | NOR | M 30-34 | 01:28:20 | 01:34:46 | 03:25:45 |
| 42 | REKUTIN IVAN | 1451 | | | RUS | M 30-34 | 01:26:14 | 01:33:00 | 02:50:34 |
| 43 | GYÖMREI MÁTÉ | 1557 | | | HUN | M 30-34 | 01:19:24 | 01:25:35 | 02:12:00 |
| 44 | JAROSZ DAWID | 1555 | | | POL | M 30-34 | 01:22:04 | 01:28:05 | 02:16:37 |
| 45 | JONSSON NILS | 1595 | | | SWE | M 30-34 | 01:20:41 | 01:26:04 | 03:24:23 |
| 46 | KOŁODZIEJ KRYSTIAN | 1510 | | | POL | M 30-34 | 01:26:27 | 01:32:51 | 02:30:10 |
| 47 | BANNISTER ALEX | 1564 | | | M 30-34 | | 01:25:10 | 01:31:25 | 02:35:37 |
| 48 | CAMBRIDGE LUKE | 1605 | | | NOR | M 30-34 | 01:23:22 | 01:29:25 | 02:19:56 |
| 49 | OPIAŁ GRZEGORZ | 1615 | | | POL | M 30-34 | 01:26:05 | 01:30:56 | 03:31:51 |
| 50 | GARCIA ADRIÁN RUIZ | 1405 | | | ESP | M 30-34 | 01:34:46 | 01:42:05 | 03:06:28 |
| 51 | BYRCZEK MICHAŁ | 1493 | | | POL | M 30-34 | 01:30:58 | 01:38:13 | 02:43:58 |
| 52 | LARSEN GLEN | 1562 | | | DEN | M 30-34 | 01:27:17 | 01:34:28 | 03:30:33 |
| 53 | GAWRYLUK MARCIN | 1587 | | | POL | M 30-34 | 01:26:06 | 01:32:41 | 02:59:23 |
| 54 | BRÄHMIG MATTES | 1458 | | | GER | M 30-34 | 01:34:30 | 01:41:17 | 04:36:37 |
| 55 | COMMANDEUR TJEERD | 1522 | | | NED | M 30-34 | 01:30:06 | 01:37:28 | 02:45:56 |
| 56 | WALTILLA MARCUS | 1578 | | | SWE | M 30-34 | 01:28:41 | 01:35:37 | 02:39:09 |
| 57 | CATELLANI MIRCO | 1581 | | | ITA | M 30-34 | 01:30:20 | 01:35:51 | 02:34:35 |
| 58 | DOUBEK MILAN | 1431 | | | CZE | M 30-34 | 03:06:39 | 03:14:18 | 04:33:47 |
| 59 | JAKOBSSON NIKLAS | 1559 | | | SWE | M 30-34 | 01:30:10 | 01:36:29 | 02:59:15 |
| 60 | NIELSEN SØREN | 1543 | | | DEN | M 30-34 | 01:31:39 | 01:38:33 | 03:02:52 |
| 61 | ANANIN ARTEM | 1406 | | | RUS | M 30-34 | 01:38:42 | 01:45:42 | 02:57:21 |
| 62 | OLSEN MADS-CHRISTIAN BRILL | 1516 | | | DEN | M 30-34 | 01:32:54 | 01:40:21 | 03:16:18 |
| 63 | SILVA ANDRÉ | 1572 | | | POR | M 30-34 | 01:30:27 | 01:38:23 | 02:37:52 |
| 64 | FABRÈGUE RÉMI | 1395 | | | FRA | M 30-34 | 01:39:30 | 01:46:27 | 03:11:44 |
| 65 | PLÓCIENNIK PIOTR | 1461 | | | POL | M 30-34 | 01:37:46 | 01:44:28 | 02:40:14 |
| 66 | HRABÁK PETR | 1561 | | | CZE | M 30-34 | 01:34:03 | 01:40:04 | 03:30:25 |

OCREC2019 - STANDARD COURSE, M 30-34 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 67 | ÖBERG ROBIN | 1515 | | | SWE | M 30-34 | 01:35:33 | 01:42:27 | 02:49:14 |
| 68 | JOHNSTON KEITH | 1594 | | | | M 30-34 | 01:28:06 | 01:34:10 | 03:06:12 |
| 69 | MATUSIK ADAM | 1534 | | | POL | M 30-34 | 01:36:16 | 01:43:16 | 02:57:01 |
| 70 | GESSLER SERGEJ | 1447 | | | GER | M 30-34 | 01:40:08 | 01:47:42 | 02:56:37 |
| 71 | DUBROVIN VALENTIN | 1436 | | | RUS | M 30-34 | 01:41:04 | 01:48:32 | 03:32:30 |
| 72 | REMMER THOMAS | 1545 | | | DEN | M 30-34 | 01:39:29 | 01:44:39 | 03:57:58 |
| 73 | NIELSEN DANIEL BIRK | 1548 | | | DEN | M 30-34 | 01:40:56 | 01:48:32 | 03:42:27 |
| 74 | BELLODI ANDREA | 1547 | | | ITA | M 30-34 | 01:41:38 | 01:47:30 | 03:34:31 |
| 75 | YANN CHAMBERT | 1526 | | | FRA | M 30-34 | 01:40:57 | 01:47:58 | |
| 76 | BERKES MARTON | 1442 | | | HUN | M 30-34 | 01:45:31 | 01:52:45 | 03:03:29 |
| 77 | HERNANDEZ ERIC SERES | 1527 | | | ESP | M 30-34 | 01:43:42 | 01:49:51 | 03:28:16 |
| 78 | SCHUTTEN RUTGER | 1599 | | | SWE | M 30-34 | 01:43:05 | 01:49:04 | 03:23:06 |
| 79 | VALERII KALDIN | 1536 | | | RUS | M 30-34 | 01:45:36 | 01:53:42 | 03:32:10 |
| 80 | KUBER ANDRZEJ | 1569 | | | POL | M 30-34 | 01:45:39 | 01:52:11 | 03:35:54 |
| 81 | REGNELL FREDRICK | 1579 | | | SWE | M 30-34 | 01:46:26 | 01:53:30 | 03:01:27 |
| 82 | BOMBA PIOTR | 1528 | | | POL | M 30-34 | 01:48:33 | 01:56:28 | 03:08:09 |
| 83 | STEC JAKUB | 1582 | | | POL | M 30-34 | 01:44:51 | 01:52:46 | 04:57:20 |
| 84 | SÉBASTIEN GALDEANO | 1502 | | | FRA | M 30-34 | 01:50:50 | 01:58:56 | 04:46:22 |
| 85 | BUGAJ MARIUSZ | 1552 | | | POL | M 30-34 | 01:48:39 | 01:55:51 | 03:19:21 |
| 86 | URBANO DAVID QUINTANA | 1533 | | | ESP | M 30-34 | 01:52:45 | 02:00:13 | 04:00:14 |
| 87 | ZIMMER MARKUS | 1540 | | | GER | M 30-34 | 01:53:00 | 02:01:06 | 03:19:27 |
| 88 | VERBEERST TOMMY | 1470 | | | BEL | M 30-34 | 01:58:40 | 02:06:15 | 03:33:08 |
| 89 | DZMITRY GIDLEVSKI | 1476 | | | BLR | M 30-34 | 01:57:47 | 02:04:23 | 05:08:07 |
| 90 | ULDYNOWICZ BARTOSZ | 1584 | | | POL | M 30-34 | 01:50:50 | 01:58:32 | 04:25:09 |
| 91 | ZIMÓN NORBERT | 1604 | | | POL | M 30-34 | 01:50:39 | 01:58:34 | 03:30:35 |
| 92 | SUCHNA DAVID | 1563 | | | CZE | M 30-34 | 01:53:49 | 02:01:25 | 04:46:42 |
| 93 | ŁUCZAK ŁUKASZ | 1525 | | | POL | M 30-34 | 01:57:45 | 02:05:09 | 03:37:14 |
| 94 | DEDIEU SEMI | 1600 | | | BEL | M 30-34 | 01:54:27 | 02:02:10 | 03:26:46 |
| 95 | ALONSO JOSE BRUNO | 1607 | | | ESP | M 30-34 | 01:54:58 | 02:02:55 | 04:58:38 |
| 96 | ZAPPA STEFANO | 1539 | | | ITA | M 30-34 | 02:04:32 | 02:11:27 | 04:01:37 |
| 97 | CASTILLO AYTHAMI CASTILLA DEL | 1598 | | | ESP | M 30-34 | 01:59:10 | 02:07:57 | 03:34:53 |
| 98 | ZANONI MATTEO | 1580 | | | ITA | M 30-34 | 02:02:15 | 02:10:51 | 03:51:42 |
| 99 | MANNO MARCO | 1521 | | | ITA | M 30-34 | 02:07:10 | 02:14:06 | 06:09:01 |
| 100 | DELSŐ MARKUS | 1596 | | | SWE | M 30-34 | 02:05:56 | 02:14:49 | 05:30:33 |
| 101 | THONON SIMON | 1479 | | | BEL | M 30-34 | 02:16:46 | 02:26:06 | 05:32:35 |
| 102 | DYSZKIEWICZ GRZEGORZ | 1553 | | | POL | M 30-34 | 02:15:23 | 02:23:48 | 04:21:53 |
| 103 | ALEKSANDR ANOKHIN | 1614 | | | RUS | M 30-34 | 02:18:47 | 02:25:47 | 04:52:55 |
| DQ | RADAMM FILIP | 1462 | | | GER | M 30-34 | 01:48:37 | 01:57:22 | 03:16:06 |
| | | | | | | | DQ | DQ | DQ |
| DNC | MAWLAM JASON | 1459 | | | | M 30-34 | 01:14:45 | 01:21:15 | 02:22:30 |
| DNC | BUGYS RENALDAS | 1434 | | | DEN | M 30-34 | 01:16:30 | 01:22:24 | 01:58:44 |
| DNC | ČERNÝ VACLAV | 1403 | | | CZE | M 30-34 | 01:23:52 | 01:30:03 | 03:13:52 |
| DNC | VAZQUEZ JESUS MONTOTO | 1612 | | | ESP | M 30-34 | 01:19:34 | 01:26:08 | |
| DNC | NIELSEN DENNIS | 1480 | | | DEN | M 30-34 | 01:26:09 | 01:32:15 | 04:00:02 |
| DNC | RAEYMAEKERS SIEBE | 1415 | | | BEL | M 30-34 | 01:30:16 | 01:36:17 | 03:08:27 |
| DNC | PETERSEN THOMAS | 1454 | | | DEN | M 30-34 | 01:28:12 | 01:35:30 | 03:35:18 |
| DNC | TYL LUKÁŠ | 1500 | | | CZE | M 30-34 | 01:27:36 | 01:33:57 | 02:59:52 |
| DNC | KOČVARA LUBOŠ | 1560 | | | CZE | M 30-34 | 01:24:24 | 01:30:18 | 02:38:19 |
| DNC | AVRAMIOTIS KONSTANTINOS | 1468 | | | GRE | M 30-34 | 01:31:09 | 01:37:22 | 02:56:03 |
| DNC | LACOUR RENAUD | 1443 | | | FRA | M 30-34 | 01:32:40 | 01:39:17 | 04:09:37 |
| DNC | TRIBAN MATTEO | 1531 | | | ITA | M 30-34 | 01:29:48 | 01:35:47 | |
| DNC | PANITZ ERICH | 1490 | | | CZE | M 30-34 | 01:32:15 | 01:39:06 | 02:46:12 |
| DNC | GÓMEZ SERGIO MORALES | 1602 | | | ESP | M 30-34 | 01:29:56 | 01:36:27 | 03:03:44 |
| DNC | ILNICKI DAREK | 1418 | | | POL | M 30-34 | 01:39:55 | 01:46:31 | 03:28:55 |
| DNC | MOLGÓRA GABRIELE | 1577 | | | ITA | M 30-34 | 01:32:28 | 01:38:32 | 03:43:50 |
| DNC | KILIMNIK TOMASZ | 1484 | | | POL | M 30-34 | 01:35:53 | 01:42:50 | 03:00:14 |
| DNC | KRÜGER TIM | 1412 | | | GER | M 30-34 | 01:41:58 | 01:47:13 | 02:52:08 |

OCREC2019 - STANDARD COURSE, M 30-34 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | LARNEMARK DAVID | 1523 | | | SWE | M 30-34 | 01:36:16 | 01:43:20 | 02:47:15 |
| DNC | CHOŁUJ ŁUKASZ | 1472 | | | POL | M 30-34 | 01:41:22 | 01:48:04 | 03:12:57 |
| DNC | HOWARD JOHN | 1435 | | | | M 30-34 | 01:45:23 | 01:52:33 | 03:21:50 |
| DNC | BEELEN TIMOTHY VAN | 1445 | | | NED | M 30-34 | 01:46:32 | 01:53:41 | 03:19:48 |
| DNC | KOMOSIŃSKI ŁUKASZ | 1611 | | | POL | M 30-34 | 01:42:02 | 01:47:39 | 04:05:09 |
| DNC | BALASHOV ROMAN | 1477 | | | RUS | M 30-34 | 01:47:54 | 01:55:06 | 03:18:40 |
| DNC | LARSEN ØYSTEIN HØINES | 1483 | | | NOR | M 30-34 | 01:48:45 | 01:55:16 | 03:26:54 |
| DNC | CHRISTENSEN MICHAEL | 1396 | | | DEN | M 30-34 | 01:52:09 | 01:59:39 | 03:05:39 |
| DNC | SZUMLAŃSKI MARCIN | 1520 | | | POL | M 30-34 | 01:46:39 | 01:54:17 | 02:46:52 |
| DNC | PRZYSTAW MAXIM | 1574 | | | GER | M 30-34 | 01:45:26 | 01:53:38 | 02:54:25 |
| DNC | BEASTS JAKUB STEC BEST | 1556 | | | | M 30-34 | 01:46:59 | 01:53:42 | 05:02:04 |
| DNC | HARTLEY ROBERT JAMES | 1532 | | | | M 30-34 | 01:49:53 | 01:58:11 | 03:01:37 |
| DNC | PALMA PEDRO | 1433 | | | POR | M 30-34 | 01:55:48 | 02:02:41 | 05:42:42 |
| DNC | RATEL VINCENT | 1394 | | | FRA | M 30-34 | 01:58:55 | 02:07:30 | 03:18:41 |
| DNC | SCHOUTEN WIM | 1512 | | | NED | M 30-34 | 01:55:43 | 02:02:55 | |
| DNC | HAAN JOHN DE | 1575 | | | NED | M 30-34 | 01:54:23 | 02:02:16 | |
| DNC | ROTH ZDENĚK | 1393 | | | CZE | M 30-34 | 02:04:52 | 02:11:16 | 03:15:51 |
| DNC | PABLO | 1498 | | | ESP | M 30-34 | 01:59:26 | 02:07:46 | 07:25:51 |
| DNC | GUILLAUMIN THOMAS | 1497 | | | FRA | M 30-34 | 02:01:04 | 02:08:43 | 05:45:11 |
| DNC | REINHOLD JOSEF | 1551 | | | SWE | M 30-34 | 01:57:57 | 02:04:59 | 03:49:36 |
| DNC | RAVENZWAAIJ JEROEN VAN | 1529 | | | NED | M 30-34 | 02:00:53 | 02:07:20 | 04:28:49 |
| DNC | EASTWOOD GRAHAM | 1601 | | | | M 30-34 | 01:52:39 | 01:58:55 | 03:02:31 |
| DNC | GIACONE MASSIMO | 1568 | | | ITA | M 30-34 | 01:59:06 | 02:06:18 | 03:14:27 |
| DNC | SCHERBA KAMIL | 1573 | | | GER | M 30-34 | 01:59:12 | 02:05:15 | 03:31:13 |
| DNC | POMBO VALENTIN AMIGO | 1414 | | | ESP | M 30-34 | 02:06:25 | 02:17:05 | 06:02:17 |
| DNC | RIHA ZDENEK | 1538 | | | CZE | M 30-34 | 02:04:41 | 02:11:21 | 04:26:13 |
| DNC | KONIČEK FILIP | 1491 | | | CZE | M 30-34 | 02:05:33 | 02:13:22 | 03:25:23 |
| DNC | COLIZZI RENATO | 1530 | | | ITA | M 30-34 | 02:04:33 | 02:12:06 | 05:13:24 |
| DNC | PUCHACZ MICHAEL | 1481 | | | POL | M 30-34 | 02:05:18 | 02:14:56 | 03:23:54 |
| DNC | ŁASKOWSKI PIOTR | 1588 | | | POL | M 30-34 | 02:00:21 | 02:06:00 | 03:38:19 |
| DNC | PEÑARANDA IVAN CERVERA | 1499 | | | ESP | M 30-34 | 02:09:47 | 02:17:39 | 05:04:31 |
| DNC | BEATTY MARK | 1591 | | | | M 30-34 | 02:04:15 | 02:12:02 | |
| DNC | HORBACH LARS | 1501 | | | NED | M 30-34 | 02:14:41 | 02:20:18 | 03:43:36 |
| DNC | HUTCHISON CHRISTOPHER | 1464 | | | | M 30-34 | 02:12:48 | 02:22:28 | 03:59:38 |
| DNC | DOMORÁD VOJTĚCH | 1592 | | | CZE | M 30-34 | 02:07:50 | 02:14:42 | 03:28:39 |
| DNC | CADDICK JAMES | 1467 | | | | M 30-34 | 02:13:39 | 02:23:18 | 03:43:29 |
| DNC | JANUSZEWSKI ANDRZEJ | 1473 | | | POL | M 30-34 | 02:15:05 | 02:21:56 | 03:33:57 |
| DNC | GRIFFITHS JAMES | 1593 | | | | M 30-34 | 02:08:04 | 02:16:07 | 03:31:23 |
| DNC | HANBURY DANIEL | 1506 | | | | M 30-34 | 02:15:43 | 02:23:03 | 05:20:30 |
| DNC | ARTZ CLAUS | 1440 | | | GER | M 30-34 | 02:20:50 | 02:27:52 | 03:39:08 |
| DNC | KASCHE DENNY | 1542 | | | GER | M 30-34 | 02:12:33 | 02:24:01 | 03:38:45 |
| DNC | CHRISTOPHER MICHEL | 1537 | | | BEL | M 30-34 | 02:14:46 | 02:24:05 | 04:20:59 |
| DNC | BECKS JOSE | 1456 | | | ESP | M 30-34 | 02:25:40 | 02:32:20 | 03:49:53 |
| DNC | WACKER LUKAS | 1494 | | | CZE | M 30-34 | 02:24:15 | 02:31:54 | 03:48:46 |
| DNC | GLACNER JIŘÍ | 1519 | | | CZE | M 30-34 | 02:23:48 | 02:30:29 | 04:28:09 |
| DNC | MOBERG LINUS | 1441 | | | SWE | M 30-34 | 02:27:51 | 02:34:36 | 04:39:33 |
| DNC | PALUCH EDDY | 1558 | | | FRA | M 30-34 | 02:23:42 | 02:31:35 | 03:43:43 |
| DNC | RUDY RYCHLINSKI | 1465 | | | FRA | M 30-34 | 02:29:42 | 02:37:35 | 03:48:16 |
| DNC | GRILLOT FABIEEN | 1437 | | | FRA | M 30-34 | 02:29:42 | 02:37:37 | 03:49:44 |
| DNC | JACKIEWICZ LUKASZ | 1589 | | | POL | M 30-34 | 02:19:55 | 02:30:03 | 03:52:12 |
| DNC | POULTER MARK | 1511 | | | | M 30-34 | 02:23:58 | 02:34:07 | 03:56:15 |
| DNC | HEIDER FLORIAN | 1488 | | | GER | M 30-34 | 02:32:32 | 02:39:32 | 04:05:53 |
| DNC | JIRKU MILAN | 1608 | | | CZE | M 30-34 | 02:28:10 | 02:34:05 | 03:47:30 |
| DNC | NIELSEN NIKLAS | 1517 | | | SWE | M 30-34 | 02:32:48 | 02:41:05 | 07:52:25 |
| DNC | UHLIG RONNY | 1570 | | | GER | M 30-34 | 02:34:24 | 02:39:33 | 03:56:33 |
| DNC | HAWKINS NATHAN | 1514 | | | | M 30-34 | 02:30:22 | 02:42:01 | 04:00:50 |
| DNC | GRAY SCOTT | 1610 | | | | M 30-34 | 02:26:20 | 02:38:00 | 03:56:49 |

OCREC2019 - STANDARD COURSE, M 30-34 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | MATTSSON CHRISTIAN | 1486 | | | SWE | M 30-34 | 02:38:00 | 02:44:14 | 04:17:16 |
| DNC | AUBRIOT PIERRE CHARLES | 1571 | | | BEL | M 30-34 | 02:30:31 | 02:40:55 | |
| DNC | PLATA ARKADIUSZ | 1554 | | | POL | M 30-34 | 02:41:59 | 02:47:30 | 04:00:23 |
| DNC | GEREIN BENJAMIN | 1503 | | | BEL | M 30-34 | 02:53:15 | 03:04:16 | 04:33:45 |
| DNC | SINNING FABIAN | 1407 | | | GER | M 30-34 | 03:01:58 | 03:09:20 | 05:27:37 |
| DNC | STRNAD SEBASTIAN | 1463 | | | GER | M 30-34 | 03:05:01 | 03:11:59 | 04:53:32 |
| DNC | POLSTRA BERRY | 1606 | | | NED | M 30-34 | 02:58:07 | 03:06:02 | 04:30:37 |
| DNC | CARUSO DARIO | 1495 | | | ITA | M 30-34 | 03:08:27 | 03:14:37 | 05:25:31 |
| DNC | IHECHERENOMA UCHE | 1496 | | | | M 30-34 | 03:16:49 | 03:24:40 | 05:03:41 |
| DNC | GUSTAVSSON JAKOB | 1489 | | | SWE | M 30-34 | 03:18:18 | 03:24:43 | 04:41:30 |
| DNC | LACALLE JUAN MANUEL GONZÁLEZ | 1597 | | | ESP | M 30-34 | 03:22:42 | 03:30:53 | 05:24:54 |
| DNC | KIDSTON DOUGLAS | 1613 | | | | M 30-34 | 03:36:01 | 03:44:52 | 05:19:17 |
| DNC | VERBESSEM BART | 1438 | | | BEL | M 30-34 | 03:52:47 | 04:01:04 | 06:00:35 |
| DNC | POZO JUAN CARLOS CONTADOR | 1492 | | | ESP | M 30-34 | 03:58:10 | 04:05:46 | 07:19:15 |
| DNC | DOODY KELVIN | 1485 | | | | M 30-34 | 04:03:22 | 04:11:34 | 05:26:20 |
| DNC | KIRILL BELKIN | 1507 | | | RUS | M 30-34 | 04:07:37 | 04:16:49 | 05:45:27 |
| DNC | HAHN HENRIK | 1585 | | | DEN | M 30-34 | 04:06:45 | 04:15:35 | 07:04:09 |
| DNC | RESTUCCIA NICOLO | 1586 | | | ITA | M 30-34 | 04:24:53 | 04:33:37 | 08:17:21 |
| DNC | KOVÁČIK BRANISLAV | 1504 | | | SVK | M 30-34 | 04:36:27 | 04:43:34 | 06:56:20 |
| DNC | PÉTER GESZTI | 1590 | | | HUN | M 30-34 | 04:44:39 | 04:51:38 | 05:40:24 |
| DNC | DIEGO RAUL DE | 1524 | | | ESP | M 30-34 | 05:18:03 | 05:29:12 | 07:21:12 |
| DNC | KOLB LARS | 1457 | | | GER | M 30-34 | | | 02:00:01 |
| DNC | HORSCH STEFAN | 1469 | | | GER | M 30-34 | | | 02:01:29 |
| DNC | BARALDI DAVIDE | 1603 | | | ITA | M 30-34 | | | 04:17:24 |

OCREC2019 - STANDARD COURSE, M 35-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | MADSEN TOMMY | 1631 | | | SWE | M 35-39 | 01:12:28 | 01:18:22 | 02:15:13 |
| 2 | BURTON JAMES | 1630 | | | | M 35-39 | 01:13:14 | 01:19:04 | 02:39:50 |
| 3 | NIKONOV MAKSIM | 1640 | | | BLR | M 35-39 | 01:15:11 | 01:20:48 | 02:10:26 |
| 4 | KRAUCHANKA ALIAKSANDR | 1649 | | | BLR | M 35-39 | 01:16:36 | 01:22:40 | 02:05:48 |
| 5 | BURÉN JOHAN | 1639 | | | SWE | M 35-39 | 01:17:52 | 01:23:44 | 02:18:31 |
| 6 | HANSEN STEFAN | 1650 | | | DEN | M 35-39 | 01:19:15 | 01:24:56 | 02:34:57 |
| 7 | BONAITA ALEX | 1668 | | | ITA | M 35-39 | 01:15:32 | 01:21:10 | 02:06:51 |
| 8 | MARUSZEWSKI MARCIN | 1624 | | | POL | M 35-39 | 01:24:50 | 01:31:00 | 02:23:59 |
| 9 | CRUZ SEBASTIEN | 1702 | | | FRA | M 35-39 | 01:20:09 | 01:25:27 | 02:54:47 |
| 10 | JAKUBCZAK MARCIN | 1670 | | | POL | M 35-39 | 01:23:32 | 01:29:49 | 02:21:36 |
| 11 | TRĄBIŃSKI GRZEGORZ | 1638 | | | POL | M 35-39 | 01:27:14 | 01:33:55 | 02:31:32 |
| 12 | FILIPOVICH ALIAKSEI | 1675 | | | BLR | M 35-39 | 01:25:18 | 01:31:35 | 02:41:43 |
| 13 | HELGERS NIELS | 1733 | | | NED | M 35-39 | 01:19:41 | 01:26:27 | 02:36:29 |
| 14 | ONISZCZUK BARTOSZ | 1687 | | | POL | M 35-39 | 01:28:58 | 01:35:13 | 02:36:32 |
| 15 | IBBOTSON RYAN | 1658 | | | | M 35-39 | 01:28:57 | 01:35:15 | 03:19:12 |
| 16 | WINTERS ARJAN | 1619 | | | NED | M 35-39 | 01:35:30 | 01:40:56 | 03:32:27 |
| 17 | BRITO MATEO FERNANDES | 1644 | | | ESP | M 35-39 | 01:35:21 | 01:41:12 | 03:42:02 |
| 18 | PODGORSKI MAREK | 1679 | | | POL | M 35-39 | 01:33:11 | 01:40:45 | 04:05:58 |
| 19 | MIKLÓS FÁBIÁN | 1623 | | | HUN | M 35-39 | 01:39:21 | 01:46:57 | 03:28:05 |
| 20 | WISSING ARJAN | 1659 | | | NED | M 35-39 | 01:37:23 | 01:44:56 | 03:02:12 |
| 21 | DOLATA KRZYSZTOF | 1695 | | | POL | M 35-39 | 01:35:03 | 01:42:23 | 02:47:12 |
| 22 | TROMBELLI MARCO | 1759 | | | ITA | M 35-39 | 01:32:34 | 01:39:47 | 02:43:25 |
| 23 | HENDZEL MIŁOSZ | 1667 | | | POL | M 35-39 | 01:39:42 | 01:46:16 | 03:04:00 |
| 24 | OVECHKIN TARAS | 1686 | | | RUS | M 35-39 | 01:39:15 | 01:46:19 | 02:54:16 |
| 25 | CAPPELEN DAN | 1799 | | | DEN | M 35-39 | 01:31:01 | 01:37:48 | 03:07:40 |
| 26 | SCHYBERG OSCAR | 1788 | | | SWE | M 35-39 | 01:33:20 | 01:39:13 | 02:33:33 |
| 27 | MIODEK ADRIAN | 1665 | | | | M 35-39 | 01:41:13 | 01:48:57 | 04:36:24 |
| 28 | SAVITSKI ANDREI | 1766 | | | BLR | M 35-39 | 01:35:17 | 01:41:12 | 02:54:47 |

OCREC2019 - STANDARD COURSE, M 35-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 29 | TOLAK MICHAŁ | 1689 | | | IRL | M 35-39 | 01:42:28 | 01:50:12 | 03:46:58 |
| 30 | ALEKSEI GIATCINTOV | 1770 | | | RUS | M 35-39 | 01:34:37 | 01:41:18 | 02:33:44 |
| 31 | YANIN DENIS | 1651 | | | RUS | M 35-39 | 01:46:36 | 01:53:17 | 04:14:40 |
| 32 | ANATOLI KAMYSHKAILO | 1751 | | | BLR | M 35-39 | 01:38:01 | 01:44:29 | 03:23:41 |
| 33 | BELT RICO VAN DEN | 1748 | | | NED | M 35-39 | 01:38:23 | 01:46:03 | 04:42:29 |
| 34 | MOLLOY PAUL | 1728 | | | IRL | M 35-39 | 01:40:13 | 01:46:37 | 03:19:47 |
| 35 | PAPPERMANN JENS | 1672 | | | GER | M 35-39 | 01:45:34 | 01:53:23 | 03:43:25 |
| 36 | NICOLAS JEAN-PHILIPPE | 1801 | | | BEL | M 35-39 | 01:37:26 | 01:45:06 | 05:07:18 |
| 37 | SLUIS RICHARD | 1637 | | | NED | M 35-39 | 01:49:43 | 01:57:27 | 03:19:36 |
| 38 | RYDSTRÖM JOHAN | 1674 | | | SWE | M 35-39 | 01:46:46 | 01:54:36 | 03:06:30 |
| 39 | NOVIN THOMAS | 1747 | | | SWE | M 35-39 | 01:43:42 | 01:50:21 | 02:59:05 |
| 40 | KONARSKI TOMASZ | 1716 | | | POL | M 35-39 | 01:46:44 | 01:53:43 | 03:24:32 |
| 41 | CIARDELLI DARIO | 1785 | | | ITA | M 35-39 | 01:42:06 | 01:48:10 | 05:00:46 |
| 42 | KRUS VIKTOR | 1620 | | | BLR | M 35-39 | 01:53:10 | 02:00:30 | 03:07:17 |
| 43 | CARRASCO MANUEL | 1677 | | | ESP | M 35-39 | 01:51:04 | 01:57:45 | 04:13:30 |
| 44 | ENDERBY RICH | 1729 | | | M 35-39 | | 01:44:31 | 01:51:53 | |
| 45 | BONESI SAMUEL | 1787 | | | ITA | M 35-39 | 01:43:13 | 01:50:29 | 03:59:32 |
| 46 | TAYLOR ADAM | 1765 | | | M 35-39 | | 01:44:58 | 01:52:04 | 03:10:42 |
| 47 | CAJDERT JOHAN | 1636 | | | SWE | M 35-39 | 01:55:47 | 02:04:56 | 03:44:20 |
| 48 | RUMMEL RUNE | 1781 | | | DEN | M 35-39 | 01:50:05 | 01:56:27 | 03:18:48 |
| 49 | TOMASZ TOLAK | 1739 | | | POL | M 35-39 | 01:49:23 | 01:59:50 | 03:23:58 |
| 50 | CHŁAD ALEKSANDER | 1798 | | | POL | M 35-39 | 01:52:37 | 02:00:40 | 04:02:26 |
| 51 | D'ODEMONT GRÉGOIRE | 1757 | | | BEL | M 35-39 | 01:56:24 | 02:05:27 | 03:41:58 |
| 52 | MEIDENBAUER JOACHIM | 1741 | | | GER | M 35-39 | 01:58:48 | 02:06:04 | 05:10:05 |
| 53 | KUMOROWSKI RAFAŁ | 1754 | | | POL | M 35-39 | 02:00:33 | 02:08:32 | 03:33:53 |
| 54 | SOTO HUGO AMPUDIA | 1773 | | | ESP | M 35-39 | 01:57:39 | 02:05:45 | 04:36:08 |
| 55 | GARCIA MANUEL CAAMAÑO | 1643 | | | ESP | M 35-39 | 02:09:40 | 02:17:47 | 04:51:43 |
| 56 | MARTÍNEZ FERNANDO GIMÉNEZ | 1790 | | | ESP | M 35-39 | 01:57:26 | 02:05:48 | 04:39:29 |
| 57 | HÖGSTRÖM ANDREAS | 1746 | | | SWE | M 35-39 | 02:03:41 | 02:11:54 | 04:00:55 |
| 58 | PORTON DAVID | 1736 | | | M 35-39 | | 02:08:44 | 02:15:22 | 03:28:18 |
| 59 | LOVÉN JONATHAN | 1793 | | | SWE | M 35-39 | 02:05:30 | 02:12:35 | 05:11:48 |
| 60 | VOSSLER MARTIN | 1688 | | | GER | M 35-39 | 02:18:31 | 02:25:39 | 03:46:57 |
| 61 | JANUS LESZEK | 1758 | | | POL | M 35-39 | 02:14:17 | 02:20:54 | 04:42:56 |
| 62 | ROETS ELIO | 1778 | | | BEL | M 35-39 | 02:18:24 | 02:26:14 | 03:43:49 |
| DNC | HOGARTH GAVIN | 1737 | | | M 35-39 | | 01:10:38 | 01:15:54 | 02:53:33 |
| DNC | BIEDERMANN STEFAN | 1618 | | | GER | M 35-39 | 01:22:09 | 01:28:59 | 04:41:07 |
| DNC | DIJKSTRA DOOITZE | 1647 | | | NED | M 35-39 | 01:23:12 | 01:29:28 | 03:14:00 |
| DNC | GREINER DANIEL | 1666 | | | GER | M 35-39 | 01:24:59 | 01:30:09 | 03:42:05 |
| DNC | WOODS JASON RYAN | 1635 | | | DEN | M 35-39 | 01:32:51 | 01:39:28 | 03:50:00 |
| DNC | LUTA HALIL | 1717 | | | NOR | M 35-39 | 01:29:31 | 01:35:38 | 02:25:47 |
| DNC | MOROZOV STEPAN | 1657 | | | RUS | M 35-39 | 01:33:30 | 01:39:56 | 03:01:00 |
| DNC | HOLUBAR MARTIN | 1622 | | | CZE | M 35-39 | 01:44:48 | 01:51:11 | 03:22:39 |
| DNC | PULSA ARTUR | 1752 | | | LTU | M 35-39 | 01:35:20 | 01:42:19 | 04:32:49 |
| DNC | DAY NICK | 1777 | | | M 35-39 | | 01:34:35 | 01:39:37 | 03:04:47 |
| DNC | DĄBROWSKI RADEK | 1794 | | | POL | M 35-39 | 01:35:42 | 01:42:53 | 05:36:42 |
| DNC | PETERSEN ULF | 1789 | | | SWE | M 35-39 | 01:37:10 | 01:42:57 | 03:38:39 |
| DNC | SJÖGREN NIKLAS | 1621 | | | SWE | M 35-39 | 01:49:09 | 01:54:58 | 05:21:02 |
| DNC | IGNATJEVS IMANTS | 1710 | | | IRL | M 35-39 | 01:43:13 | 01:49:43 | 03:05:55 |
| DNC | MEIER ROLF | 1701 | | | DEN | M 35-39 | 01:45:09 | 01:52:14 | 04:15:33 |
| DNC | KHOSCHNUD RAMIN | 1691 | | | GER | M 35-39 | 01:48:12 | 01:54:15 | 03:14:34 |
| DNC | SHIROKOV IGOR | 1720 | | | RUS | M 35-39 | 01:48:42 | 01:54:57 | 03:02:03 |
| DNC | MATVIEVSKI DMITRY | 1629 | | | RUS | M 35-39 | 01:54:44 | 02:03:27 | 05:10:31 |
| DNC | KOPŘIVA MARTIN | 1642 | | | CZE | M 35-39 | 01:59:13 | 02:03:59 | 03:23:19 |
| DNC | REINHOLD DAVID | 1714 | | | SWE | M 35-39 | 01:48:59 | 01:56:31 | 03:24:18 |
| DNC | ZEMAN DAVID | 1681 | | | CZE | M 35-39 | 01:51:40 | 01:59:34 | 04:02:02 |
| DNC | BRØDLØS KRISTIAN | 1663 | | | DEN | M 35-39 | 01:53:16 | 02:00:29 | 03:16:58 |
| DNC | BARKSKOG FREDRIK | 1627 | | | SWE | M 35-39 | 02:00:39 | 02:06:11 | 03:28:09 |

OCREC2019 - STANDARD COURSE, M 35-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | BAKER STEPHEN | 1634 | | | | M 35-39 | 02:03:04 | 02:11:39 | 03:26:23 |
| DNC | RICHTER LUKÁŠ | 1719 | | | CZE | M 35-39 | 02:00:11 | 02:06:50 | 03:52:36 |
| DNC | ERIKSEN KJETIL | 1645 | | | NOR | M 35-39 | 02:06:15 | 02:12:54 | |
| DNC | BARCIKOWSKI LUKASZ | 1703 | | | POL | M 35-39 | 02:02:21 | 02:10:46 | 04:34:25 |
| DNC | GILBERT NICOLAS | 1742 | | | BEL | M 35-39 | 02:00:58 | 02:08:07 | 03:35:02 |
| DNC | GASTEL RUUD VAN | 1700 | | | NED | M 35-39 | 02:05:08 | 02:12:33 | 04:53:37 |
| DNC | JANSEN THEO | 1697 | | | NED | M 35-39 | 02:05:10 | 02:12:33 | 04:53:35 |
| DNC | DĄBROWSKI PRZEMYSŁAW | 1685 | | | POL | M 35-39 | 02:10:20 | 02:17:33 | 03:54:47 |
| DNC | ARUSZTOWICZ BARTOSZ | 1683 | | | POL | M 35-39 | 02:10:19 | 02:17:35 | 03:55:35 |
| DNC | HEDENVALL PIERRE | 1699 | | | DEN | M 35-39 | 02:07:01 | 02:14:44 | 05:55:32 |
| DNC | HEISS ROMAN | 1709 | | | AUT | M 35-39 | 02:07:56 | 02:15:02 | 04:20:01 |
| DNC | BRUECKER CHRISTOPH | 1786 | | | GER | M 35-39 | 02:01:05 | 02:09:20 | 03:06:55 |
| DNC | DERRICK ROBERT | 1712 | | | | M 35-39 | 02:07:13 | 02:15:23 | 04:24:54 |
| DNC | SJÓÅSEN STEFAN | 1718 | | | SWE | M 35-39 | 02:09:05 | 02:15:39 | 04:22:22 |
| DNC | JOLY ANTOINE | 1707 | | | FRA | M 35-39 | 02:07:23 | 02:15:39 | 03:30:24 |
| DNC | CZAPRAN MAREK | 1756 | | | POL | M 35-39 | 02:06:04 | 02:12:42 | 03:26:26 |
| DNC | MIODEK ADRIAN | 1664 | | | POL | M 35-39 | 02:09:44 | 02:19:23 | 03:45:25 |
| DNC | JANOWSKI JANO | 1731 | | | POL | M 35-39 | 02:05:58 | 02:13:49 | 03:36:06 |
| DNC | REPO ARTO | 1769 | | | SWE | M 35-39 | 02:05:30 | 02:12:36 | 04:14:30 |
| DNC | JUSZCZYK JAROSLAW | 1661 | | | POL | M 35-39 | 02:15:13 | 02:22:02 | 03:31:55 |
| DNC | HINTON MIKE | 1662 | | | | M 35-39 | 02:11:41 | 02:19:21 | 03:31:20 |
| DNC | APPLETON-SMITH MARTYN | 1771 | | | | M 35-39 | 02:05:41 | 02:13:35 | 03:29:10 |
| DNC | SWART MAARTEN | 1673 | | | NED | M 35-39 | 02:14:58 | 02:22:49 | 04:12:04 |
| DNC | MAND CHRISTIAN | 1735 | | | GER | M 35-39 | 02:10:21 | 02:18:16 | 05:15:38 |
| DNC | BERGE KJETIL | 1628 | | | NOR | M 35-39 | 02:20:32 | 02:27:17 | 04:01:35 |
| DNC | MIKUŠ MICHAL | 1680 | | | CZE | M 35-39 | 02:19:08 | 02:25:22 | 03:39:30 |
| DNC | BELLINI GIULIO | 1782 | | | ITA | M 35-39 | 02:08:54 | 02:16:36 | 04:50:38 |
| DNC | LOUCA SEBASTIAN | 1800 | | | GER | M 35-39 | 02:09:30 | 02:16:49 | 04:35:48 |
| DNC | MONTAN JOHAN | 1797 | | | SWE | M 35-39 | 02:13:28 | 02:18:51 | 04:04:12 |
| DNC | FAVA ALAN | 1743 | | | MLT | M 35-39 | 02:13:57 | 02:22:13 | 03:38:21 |
| DNC | SUBBOTINAS VITALIJUS | 1648 | | | LTU | M 35-39 | 02:26:58 | 02:32:43 | 04:41:49 |
| DNC | ESTIVAL JULIEN | 1745 | | | FRA | M 35-39 | 02:16:20 | 02:23:48 | 04:30:47 |
| DNC | DELBERGHE AURÉLIEN | 1734 | | | FRA | M 35-39 | 02:17:52 | 02:24:52 | 04:11:37 |
| DNC | VERANNEMAN PAWEL | 1704 | | | POL | M 35-39 | 02:20:54 | 02:27:54 | 04:14:38 |
| DNC | MORAWSKI GRZEGORZ | 1715 | | | POL | M 35-39 | 02:21:17 | 02:29:17 | 05:23:14 |
| DNC | SWACZYNSKI KRZYSZTOF | 1761 | | | POL | M 35-39 | 02:20:25 | 02:27:59 | 05:13:33 |
| DNC | STRÖM TOMAS | 1678 | | | SWE | M 35-39 | 02:31:41 | 02:37:37 | 03:49:38 |
| DNC | SKAU ANDERS | 1694 | | | SWE | M 35-39 | 02:28:41 | 02:34:53 | 04:18:50 |
| DNC | STARZYK SEBASTIAN | 1724 | | | POL | M 35-39 | 02:28:02 | 02:34:54 | 04:20:34 |
| DNC | MILLS LEROY | 1682 | | | | M 35-39 | 02:28:41 | 02:39:00 | 04:39:01 |
| DNC | GODEC THOMAS | 1767 | | | | M 35-39 | 02:25:50 | 02:31:55 | 03:25:19 |
| DNC | VERDIJK FERRIE | 1792 | | | NED | M 35-39 | 02:25:38 | 02:31:57 | 03:45:12 |
| DNC | WEJKNIS KRZYSZTOF | 1684 | | | POL | M 35-39 | 02:37:21 | 02:45:40 | 05:35:53 |
| DNC | SOBRINO DAVID RUEDAS | 1676 | | | ESP | M 35-39 | 02:37:13 | 02:45:48 | 04:53:40 |
| DNC | BAUMANN SEBASTIAN | 1780 | | | GER | M 35-39 | 02:32:57 | 02:38:04 | 07:34:14 |
| DNC | JENSEN JAKOB LUND | 1698 | | | DEN | M 35-39 | 02:37:24 | 02:45:50 | 04:20:24 |
| DNC | GHINZELLI DARIO | 1772 | | | ITA | M 35-39 | 02:34:17 | 02:41:40 | 04:06:28 |
| DNC | KERR STEVEN | 1775 | | | | M 35-39 | 02:32:02 | 02:41:50 | 04:02:02 |
| DNC | CANO IGNACIO PALOMO | 1779 | | | ESP | M 35-39 | 02:34:09 | 02:42:06 | 04:41:39 |
| DNC | GONZALEZ EUDELIO BENITEZ | 1708 | | | ESP | M 35-39 | 02:42:26 | 02:48:29 | 04:27:51 |
| DNC | MCENHILL AARON | 1762 | | | IRL | M 35-39 | 02:38:08 | 02:47:41 | 04:33:41 |
| DNC | DAVEY JEREMY | 1738 | | | | M 35-39 | 02:44:00 | 02:48:58 | 04:06:27 |
| DNC | WONNEBERGER LARS | 1696 | | | GER | M 35-39 | 02:45:59 | 02:53:15 | 04:35:23 |
| DNC | LAGREZE SVEN | 1654 | | | GER | M 35-39 | 02:48:58 | 02:56:16 | 04:32:52 |
| DNC | PIDGEON KIERAN | 1753 | | | | M 35-39 | 02:44:00 | 02:51:03 | 04:06:27 |
| DNC | ANDERSSON HENRIK | 1693 | | | SWE | M 35-39 | 02:46:25 | 02:55:58 | 04:10:55 |
| DNC | TROUSIL HONZA | 1725 | | | CZE | M 35-39 | 02:49:06 | 02:57:09 | 04:34:14 |

OCREC2019 - STANDARD COURSE, M 35-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | BOĆKO KRZYSZTOF | 1713 | | | POL | M 35-39 | 02:52:52 | 03:00:23 | 05:15:47 |
| DNC | MOTA CARLOS | 1760 | | | POR | M 35-39 | 02:54:38 | 03:02:16 | 05:12:32 |
| DNC | DUHARTE RAUL | 1671 | | | GER | M 35-39 | 03:14:44 | 03:21:27 | 04:50:12 |
| DNC | KUBIESA JAKUB | 1796 | | | POL | M 35-39 | 03:06:50 | 03:14:14 | 07:17:46 |
| DNC | SŁONIEWSKI RAFAŁ | 1755 | | | POL | M 35-39 | 03:12:08 | 03:20:07 | 05:54:15 |
| DNC | AFANASJEV GENNADIJ | 1783 | | | IRL | M 35-39 | 03:17:42 | 03:26:25 | 05:01:34 |
| DNC | PRA JACOPO DE | 1669 | | | ITA | M 35-39 | 03:24:08 | 03:33:22 | 05:07:47 |
| DNC | KLIUCHENIA VITALI | 1705 | | | BLR | M 35-39 | 03:26:38 | 03:36:32 | 05:36:05 |
| DNC | STEVENSON ALAN | 1646 | | | | M 35-39 | 03:52:21 | 04:00:29 | 05:15:24 |
| DNC | VLASTIMIL KREJČÍ | 1641 | | | CZE | M 35-39 | 03:54:50 | 04:01:28 | 05:28:14 |
| DNC | JOFRE EDUARDO | 1750 | | | ESP | M 35-39 | 04:02:03 | 04:07:10 | 06:07:33 |
| DNC | LEN VLAD | 1732 | | | IRL | M 35-39 | 04:30:23 | 04:39:18 | 05:57:40 |
| DNC | MÖTHRATH DIRK | 1655 | | | GER | M 35-39 | 04:42:24 | 04:49:09 | 05:52:52 |
| DNC | KEREK BERNHARD | 1656 | | | GER | M 35-39 | | | 01:43:59 |
| DNC | BAIA RAFAEL | 1768 | | | POR | M 35-39 | | | 01:36:38 |
| | PUPKOWSKI KAMIL | 1625 | | | POL | M 35-39 | 01:16:49 | 01:22:44 | DNF |
| | GROENEVELD REMCO | 1749 | | | SWE | M 35-39 | 01:31:36 | 01:38:42 | DNF |
| | WHETTON EDDIE | 1722 | | | | M 35-39 | DNF | DNF | DNF |
| | SUESSENBACH STEFFEN | 1730 | | | GER | M 35-39 | DNF | DNF | DNF |
| | JENSEN MICHAEL DEGN | 1711 | | | DEN | M 35-39 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, M 40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BLOEM MARTIJN | 1812 | | | NED | M 40-44 | 01:06:30 | 01:11:43 | 02:06:07 |
| 2 | PROKUDIN NIKOLAY | 1804 | | | RUS | M 40-44 | 01:11:36 | 01:17:09 | 02:04:59 |
| 3 | ŁUKASZ LORENC | 1830 | | | POL | M 40-44 | 01:13:21 | 01:19:44 | 02:13:47 |
| 4 | DICKSON MARK | 1807 | | | | M 40-44 | 01:14:39 | 01:20:42 | 02:12:35 |
| 5 | BUDZISZ KRZYSZTOF | 1836 | | | POL | M 40-44 | 01:15:03 | 01:20:58 | |
| 6 | CANACCINI DENIS | 1819 | | | ITA | M 40-44 | 01:17:37 | 01:23:30 | 02:19:16 |
| 7 | TARKA ANDRZEJ | 1821 | | | POL | M 40-44 | 01:18:34 | 01:24:58 | 02:11:28 |
| 8 | SAVANOVICH VITALI | 1816 | | | BLR | M 40-44 | 01:20:42 | 01:26:11 | 02:07:25 |
| 9 | BERTA PAOLO | 1827 | | | ITA | M 40-44 | 01:25:50 | 01:31:25 | 02:34:28 |
| 10 | BOARDER ROBERT | 1805 | | | | M 40-44 | 01:28:22 | 01:34:33 | 02:30:24 |
| 11 | BUENK PETER | 1815 | | | NED | M 40-44 | 01:33:38 | 01:39:25 | 02:37:48 |
| 12 | БЕЗЛЕПКИН АНДРЕЙ | 1880 | | | BLR | M 40-44 | 01:30:51 | 01:36:54 | 02:40:42 |
| 13 | SÜHLER KIM | 1886 | | | DEN | M 40-44 | 01:31:41 | 01:37:47 | 02:45:01 |
| 14 | ЗАХАРКИН СЕРГЕЙ | 1929 | | | RUS | M 40-44 | 01:29:36 | 01:35:00 | 02:30:43 |
| 15 | BENTO TONI | 1845 | | | | M 40-44 | 01:36:11 | 01:41:46 | 03:50:44 |
| 16 | VILKOV GRIGORY | 1802 | | | GER | M 40-44 | 01:38:18 | 01:45:12 | 02:57:08 |
| 17 | LOPES PAULO ALEXANDRE COSTA | 1823 | | | POR | M 40-44 | 01:39:06 | 01:45:21 | 03:26:58 |
| 18 | MARCHAND MANUEL | 1855 | | | FRA | M 40-44 | 01:36:07 | 01:42:27 | 02:54:14 |
| 19 | GOMEZ MANUEL VALERO | 1837 | | | ESP | M 40-44 | 01:39:20 | 01:45:36 | 02:53:18 |
| 20 | "CHAPLÍN" JOSE | 1944 | | | ESP | M 40-44 | 01:30:19 | 01:36:37 | 02:37:59 |
| 21 | RÖNNBERG MIKAEL | 1870 | | | SWE | M 40-44 | 01:36:43 | 01:43:09 | 02:59:20 |
| 22 | KRÁSA DAVID | 1811 | | | CZE | M 40-44 | 01:40:02 | 01:47:01 | 03:00:37 |
| 23 | GERICH JAN VON | 1904 | | | FIN | M 40-44 | 01:35:32 | 01:41:10 | 02:44:02 |
| 24 | LINDBERG NICKLAS | 1905 | | | SWE | M 40-44 | 01:37:00 | 01:43:32 | 02:56:44 |
| 25 | LILJENBERG JOHAN | 1842 | | | SWE | M 40-44 | 01:40:12 | 01:47:12 | 02:55:55 |
| 26 | FAGERSTRÖM PO | 1940 | | | SWE | M 40-44 | 01:35:57 | 01:41:15 | 02:34:27 |
| 27 | GREPPI NICLAS | 1833 | | | SWE | M 40-44 | 01:42:38 | 01:50:26 | 04:34:11 |
| 28 | KAMIESHKOV DENYS | 1806 | | | UKR | M 40-44 | 01:44:43 | 01:51:06 | 02:56:13 |
| 29 | ALBERTOS JAVIER | 1933 | | | ESP | M 40-44 | 01:36:49 | 01:44:02 | 02:58:04 |
| 30 | SAENZ JUANCRI | 1952 | | | ESP | M 40-44 | 01:38:20 | 01:45:13 | 02:53:03 |

OCREC2019 - STANDARD COURSE, M 40-44 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 31 | TOPIĆ KAREL | 1834 | | | CZE | M 40-44 | 01:48:16 | 01:56:46 | 03:04:09 |
| 32 | GERTSEN CARSTEN | 1803 | | | DEN | M 40-44 | 01:51:35 | 01:58:01 | 03:59:28 |
| 33 | BANDURKA VIKTOR | 1866 | | | POL | M 40-44 | 01:48:55 | 01:55:28 | 03:53:08 |
| 34 | FERRIS VÍCTOR PARRA | 1900 | | | ESP | M 40-44 | 01:45:38 | 01:52:43 | 02:56:40 |
| 35 | SEBASTIEN FAGE | 1941 | | | FRA | M 40-44 | 01:42:52 | 01:49:57 | 02:55:54 |
| 36 | GUZ GRZEGORZ | 1916 | | | POL | M 40-44 | 01:47:24 | 01:53:44 | 03:15:12 |
| 37 | ŚWIĄDER ANDRZEJ | 1813 | | | POL | M 40-44 | 01:53:04 | 02:00:27 | 03:13:50 |
| 38 | SOSA BRUNO | 1817 | | | POR | M 40-44 | 01:55:14 | 02:01:44 | 02:58:05 |
| 39 | ALFREDSSON TOBIAS | 1942 | | | SWE | M 40-44 | 01:47:15 | 01:54:05 | 03:12:25 |
| 40 | TURJANYI JANOS | 1889 | | | HUN | M 40-44 | 01:59:36 | 02:07:07 | 04:03:31 |
| 41 | DAELEWYN KOEN | 1885 | | | BEL | M 40-44 | 02:00:13 | 02:07:16 | 03:46:37 |
| 42 | LORENZO ALBERTO LOPEZ | 1913 | | | ESP | M 40-44 | 02:00:54 | 02:08:06 | 04:13:21 |
| 43 | GRABARCZYK WOJCIECH | 1930 | | | POL | M 40-44 | 01:59:14 | 02:05:26 | 04:28:20 |
| 44 | PIRNER CHRISTIAN | 1935 | | | GER | M 40-44 | 01:59:27 | 02:05:51 | 03:51:54 |
| 45 | WIŚNIEWSKI NORBERT | 1914 | | | POL | M 40-44 | 02:04:03 | 02:12:59 | 04:29:39 |
| 46 | KAUFMANN NIKOLAJ | 1920 | | | DEN | M 40-44 | 02:02:47 | 02:10:12 | 03:48:18 |
| 47 | PYDZINSKI TOMASZ | 1922 | | | POL | M 40-44 | 02:03:09 | 02:10:14 | 04:38:48 |
| 48 | HANSSON RICKARD | 1947 | | | SWE | M 40-44 | 02:03:37 | 02:11:47 | 03:18:13 |
| 49 | D'ANDREA GIOVANNI | 1857 | | | ITA | M 40-44 | | 02:18:06 | |
| 50 | TAKÁČ VLADIMÍR | 1848 | | | SVK | M 40-44 | 02:14:21 | 02:20:20 | 03:59:10 |
| 51 | TULLOCH JON 'ABS' | 1861 | | | | M 40-44 | 02:13:42 | 02:21:14 | 06:07:46 |
| 52 | GALLI DARIO | 1892 | | | ITA | M 40-44 | 02:11:19 | 02:18:58 | 03:37:47 |
| 53 | JESKA TOMASZ | 1948 | | | POL | M 40-44 | 02:11:20 | 02:18:48 | 04:06:56 |
| 54 | BERGSTRÖM ROBERT | 1915 | | | SWE | M 40-44 | 02:15:03 | 02:22:18 | 04:12:59 |
| 55 | RASSKAZOV DMITRIY | 1926 | | | RUS | M 40-44 | 02:28:24 | 02:36:37 | 04:00:46 |
| 56 | PIANGIAMORE IVANO | 1959 | | | ITA | M 40-44 | 01:32:38 | 01:39:40 | 04:55:02 |
| DQ | VEDERSØ MIK | 1828 | | | DEN | M 40-44 | 01:44:16 | 01:51:32 | 03:08:00 |
| | | | | | | | DQ | DQ | DQ |
| DNC | OOSTERS GIOVANI | 1808 | | | BEL | M 40-44 | 01:22:26 | 01:29:02 | 03:00:29 |
| DNC | TAUBE DANIEL | 1829 | | | SWE | M 40-44 | 01:25:55 | 01:31:24 | 02:42:54 |
| DNC | HELGERS MIKE | 1809 | | | NED | M 40-44 | 01:37:41 | 01:44:51 | 03:04:31 |
| DNC | NUYTS RIK | 1826 | | | BEL | M 40-44 | 01:38:09 | 01:45:16 | 03:41:42 |
| DNC | VANĚK ALEŠ | 1938 | | | CZE | M 40-44 | 01:36:21 | 01:43:46 | 02:44:47 |
| DNC | QVIST TOBIAS | 1936 | | | SWE | M 40-44 | 01:42:36 | 01:48:21 | 02:44:05 |
| DNC | LOEVE MARC | 1895 | | | NED | M 40-44 | 01:46:09 | 01:53:08 | 03:20:16 |
| DNC | STEFAN VAN DE CLOOT | 1954 | | | BEL | M 40-44 | 01:44:38 | 01:51:24 | 05:21:20 |
| DNC | HELCL VOJTĚCH | 1831 | | | CZE | M 40-44 | 01:53:17 | 02:00:30 | 03:47:00 |
| DNC | VERSTEGEN JURGEN | 1847 | | | NED | M 40-44 | 01:54:46 | 02:01:50 | 03:57:05 |
| DNC | RÓŻAŃSKI RAFAŁ | 1832 | | | POL | M 40-44 | 01:58:15 | 02:05:59 | 04:31:25 |
| DNC | GARBERG ARON | 1825 | | | SWE | M 40-44 | 02:02:18 | 02:08:06 | 04:13:18 |
| DNC | WAHLUND JESPER | 1884 | | | SWE | M 40-44 | 01:55:33 | 02:02:45 | 04:20:12 |
| DNC | CLARKE KEITH | 1906 | | | | M 40-44 | 01:56:15 | 02:03:31 | 04:58:56 |
| DNC | DELOGE ALEXANDRE | 1931 | | | FRA | M 40-44 | 01:52:39 | 02:00:33 | 03:01:29 |
| DNC | AKIMOV EBГEИИЙ | 1951 | | | RUS | M 40-44 | 01:53:56 | 02:00:43 | 03:30:10 |
| DNC | STEEN ARIE VAN DER | 1899 | | | NED | M 40-44 | 01:57:00 | 02:04:50 | 03:54:05 |
| DNC | SLAMENIK BEDRICH | 1835 | | | CZE | M 40-44 | 02:03:45 | 02:10:50 | 03:23:21 |
| DNC | CARAFFINI ATOS | 1949 | | | ITA | M 40-44 | 01:55:18 | 02:02:07 | 06:19:18 |
| DNC | SCHIPPER HENK-JAN | 1871 | | | NED | M 40-44 | 02:03:56 | 02:11:03 | |
| DNC | ŠEDA RADEK | 1820 | | | CZE | M 40-44 | 02:08:09 | 02:14:06 | 03:27:30 |
| DNC | FERRIS MIGUEL | 1887 | | | ESP | M 40-44 | 02:01:15 | 02:08:56 | 04:36:10 |
| DNC | BÜHRING SVEN | 1879 | | | GER | M 40-44 | 02:02:28 | 02:09:55 | 03:24:38 |
| DNC | VOIGT STEPHAN | 1844 | | | GER | M 40-44 | 02:05:28 | 02:12:59 | 03:27:38 |
| DNC | ARROYO ÁNGEL RIVAS | 1911 | | | ESP | M 40-44 | 02:02:58 | 02:10:03 | 05:51:20 |
| DNC | CREVEAU ANTHONY | 1846 | | | FRA | M 40-44 | 02:00:33 | 02:10:06 | 05:58:13 |
| DNC | WĘGLARZ WALDEMAR | 1910 | | | POL | M 40-44 | 02:03:52 | 02:11:24 | 04:17:23 |
| DNC | GALLE WOUTER | 1903 | | | BEL | M 40-44 | 02:06:01 | 02:11:58 | 04:55:40 |
| DNC | COULY CHRISTOPHE - AKIRA | 1921 | | | BEL | M 40-44 | 01:59:28 | 02:09:53 | 05:33:32 |

OCREC2019 - STANDARD COURSE, M 40-44 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | MAGALHÃES JOSÉ PEDRO | 1867 | | | POR | M 40-44 | 02:10:16 | 02:17:56 | 03:39:33 |
| DNC | NEAIL STUART | 1818 | | | | M 40-44 | 02:15:27 | 02:22:16 | 04:27:06 |
| DNC | LAZZAROTTI HUGUES | 1932 | | | FRA | M 40-44 | 02:07:33 | 02:14:41 | 04:44:44 |
| DNC | PEDERSEN BRIAN | 1863 | | | DEN | M 40-44 | 02:14:36 | 02:22:21 | 04:08:22 |
| DNC | VINCK MARK | 1890 | | | NED | M 40-44 | 02:11:50 | 02:19:44 | 04:26:05 |
| DNC | GUNN PAUL | 1850 | | | | M 40-44 | 02:16:45 | 02:26:16 | 03:26:33 |
| DNC | SONDA MARTIN | 1876 | | | CZE | M 40-44 | 02:19:40 | 02:27:55 | 03:44:01 |
| DNC | VIDAL RUBÉN PÉREZ | 1939 | | | ESP | M 40-44 | 02:17:36 | 02:24:34 | 05:06:56 |
| DNC | NAP FRANK | 1943 | | | NED | M 40-44 | 02:17:17 | 02:25:51 | 03:51:03 |
| DNC | WRIGHT PETE | 1919 | | | | M 40-44 | 02:22:10 | 02:29:39 | 03:48:24 |
| DNC | NEUHAUS PASCAL | 1859 | | | GER | M 40-44 | 02:28:56 | 02:36:19 | 06:29:08 |
| DNC | O'MALLEY KEVIN | 1822 | | | IRL | M 40-44 | 02:32:31 | 02:39:53 | 04:01:44 |
| DNC | HEIMBURG STEFAN VON | 1912 | | | GER | M 40-44 | 02:30:58 | 02:38:16 | 03:28:21 |
| DNC | GROOTERS LEO | 1810 | | | NED | M 40-44 | 02:37:20 | 02:45:18 | 04:26:14 |
| DNC | CAMPBELL COLIN | 1891 | | | | M 40-44 | 02:32:28 | 02:39:20 | 04:00:52 |
| DNC | NIELSEN RENE | 1894 | | | DEN | M 40-44 | 02:31:25 | 02:40:58 | 04:46:19 |
| DNC | EVALDSSON DANIEL | 1907 | | | SWE | M 40-44 | 02:33:30 | 02:41:42 | 04:04:54 |
| DNC | PETTERA STEV | 1953 | | | GER | M 40-44 | 02:30:35 | 02:38:53 | 04:59:29 |
| DNC | SAMTLEBE THOMAS HEBBE | 1873 | | | GER | M 40-44 | 02:36:36 | 02:44:54 | 04:05:55 |
| DNC | CAGLIOTI VINCENZO | 1875 | | | ITA | M 40-44 | 02:39:14 | 02:45:38 | 06:24:57 |
| DNC | MICHAŁOWSKI JACEK | 1868 | | | POL | M 40-44 | 02:38:46 | 02:46:12 | 06:29:34 |
| DNC | DENNIS | 1945 | | | NED | M 40-44 | 02:33:31 | 02:40:21 | 03:52:55 |
| DNC | LAENEN RENÉ | 1946 | | | NED | M 40-44 | 02:32:51 | 02:41:44 | 03:58:45 |
| DNC | BERGGREEN SØREN | 1862 | | | DEN | M 40-44 | 02:41:09 | 02:48:10 | 04:24:48 |
| DNC | GIRAUDO FEDERICO | 1917 | | | ITA | M 40-44 | 02:39:41 | 02:48:17 | 05:09:17 |
| DNC | NÄRVÄ ANDREAS | 1901 | | | FIN | M 40-44 | 02:43:40 | 02:50:37 | 04:18:08 |
| DNC | BOBBY SELIMIR SASKIN | 1909 | | | NOR | M 40-44 | 02:43:22 | 02:51:30 | 04:00:26 |
| DNC | LEICHT STEFFEN | 1924 | | | GER | M 40-44 | 02:39:09 | 02:48:38 | 04:11:52 |
| DNC | BROOKS JEREMY | 1882 | | | | M 40-44 | 02:46:20 | 02:53:16 | 04:12:20 |
| DNC | GRZEGORZYCA DAMIAN | 1865 | | | POL | M 40-44 | 02:49:26 | 02:56:32 | 05:02:50 |
| DNC | GRABNY JAROSLAW | 1925 | | | POL | M 40-44 | 02:43:25 | 02:50:38 | 03:59:38 |
| DNC | GRABAUSKAS TAUTVYDAS | 1958 | | | LTU | M 40-44 | 02:43:55 | 02:52:13 | 04:06:16 |
| DNC | PETTERSSON UFFE E | 1956 | | | SWE | M 40-44 | 02:46:07 | 02:53:32 | 04:25:07 |
| DNC | LANTZ ANDERS | 1874 | | | SWE | M 40-44 | 02:52:16 | 02:59:40 | 04:24:19 |
| DNC | SAND ANDREAS | 1897 | | | SWE | M 40-44 | 02:49:16 | 02:56:39 | 04:21:18 |
| DNC | WAKE ADAM | 1928 | | | | M 40-44 | 02:52:19 | 02:58:28 | 04:39:43 |
| DNC | KIELY RICHIE | 1860 | | | | M 40-44 | 02:52:17 | 02:58:45 | 04:39:41 |
| DNC | RICHARDS DAVID | 1849 | | | | M 40-44 | 02:52:19 | 03:00:40 | 04:39:43 |
| DNC | HNETILA TOMAS | 1960 | | | CZE | M 40-44 | 03:05:07 | 03:12:41 | 05:22:38 |
| DNC | GUILLOUX JEAN PHILIPPE | 1934 | | | FRA | M 40-44 | 02:57:54 | 03:05:02 | 04:49:09 |
| DNC | SANTANA JOSÉ LUIS CABALLERO | 1814 | | | ESP | M 40-44 | 03:08:55 | 03:16:29 | 05:16:10 |
| DNC | GEORGIU VLANTISLAV | 1851 | | | GRE | M 40-44 | 03:05:56 | 03:12:23 | 04:35:08 |
| DNC | AUGUSTYNIAK MARIUSZ | 1878 | | | POL | M 40-44 | 03:11:51 | 03:19:05 | 05:47:23 |
| DNC | GUSTAVSSON BENNY | 1883 | | | SWE | M 40-44 | 03:12:35 | 03:18:23 | 04:38:25 |
| DNC | SANNA LUCA | 1864 | | | ITA | M 40-44 | 03:15:35 | 03:23:16 | 04:45:13 |
| DNC | LOVELOCK CHRISTIAN | 1853 | | | | M 40-44 | 03:24:22 | 03:32:22 | 04:42:13 |
| DNC | HOCHSTEIN DIRK | 1858 | | | GER | M 40-44 | 03:34:21 | 03:42:30 | 04:54:48 |
| DNC | KAMMINGA RUBEN | 1957 | | | GER | M 40-44 | 03:34:56 | 03:40:43 | 06:35:39 |
| DNC | JĄSTRZĘBSKI SŁAWOMIR | 1843 | | | POL | M 40-44 | 03:49:09 | 03:58:50 | 05:17:23 |
| DNC | MÜLLERS KAI | 1923 | | | GER | M 40-44 | 03:53:05 | 04:01:42 | 06:43:28 |
| DNC | SANZ JOSE ROYO | 1839 | | | ESP | M 40-44 | 04:06:53 | 04:19:11 | 06:15:16 |
| DNC | HÄUSLER MARKUS | 1856 | | | GER | M 40-44 | 04:25:03 | 04:32:17 | 06:49:29 |
| DNC | MUSIL MAREK | 1898 | | | CZE | M 40-44 | 05:00:58 | 05:07:59 | 06:11:25 |
| DNC | MAURIZIO LAUDENZI | 1872 | | | ITA | M 40-44 | 05:05:20 | 05:11:21 | 06:55:44 |
| DNC | ESPINOSA JOAQUÍN MALO | 1908 | | | ESP | M 40-44 | | | 01:29:40 |
| DNC | ÁLVAREZ RAFITA FERNÁNDEZ | 1937 | | | ESP | M 40-44 | | | |
| DNC | KOENIG DIMITRI | 1888 | | | FRA | M 40-44 | | | 04:37:06 |

OCREC2019 - STANDARD COURSE, M 40-44 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | TORNQVIST OSCAR | 1877 | | | SWE | M 40-44 | | | 02:01:04 |
| | BURGESS JASON | 1896 | | | | M 40-44 | 01:18:27 | 01:23:56 | DNF |
| | TORRES OSCAR BARRANQUERO | 1824 | | | ESP | M 40-44 | 02:04:21 | 02:11:40 | DNF |
| | BENTLEY ANDY | 1893 | | | | M 40-44 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, M 45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | KRZYSTYNAK ROBERT | 2195 | | | POL | M 45-49 | 01:06:21 | 01:12:58 | 01:58:43 |
| 2 | HEIJLIGER DAAN | 2192 | | | NED | M 45-49 | 01:14:54 | 01:21:05 | 02:25:23 |
| 3 | ZGUTKA TOMASZ | 2212 | | | POL | M 45-49 | 01:18:22 | 01:24:28 | 02:24:53 |
| 4 | HELLSTRAND RICKARD | 2211 | | | SWE | M 45-49 | 01:17:52 | 01:24:50 | 03:07:56 |
| 5 | FÍSER ROSTISLAV | 2270 | | | CZE | M 45-49 | 01:13:57 | 01:20:17 | 02:33:52 |
| 6 | PETELCZYC PIOTR | 2201 | | | POL | M 45-49 | 01:21:48 | 01:28:57 | 02:26:33 |
| 7 | CHRISTENSEN BRIAN VIBORG | 2242 | | | DEN | M 45-49 | 01:15:41 | 01:21:54 | 02:11:31 |
| 8 | DEERY CRAIG | 2219 | | | IRL | M 45-49 | 01:19:38 | 01:25:55 | 03:12:30 |
| 9 | PEDERSEN CHRISTIAN | 2190 | | | DEN | M 45-49 | 01:26:57 | 01:34:12 | 02:39:14 |
| 10 | MACHTYL ZYGMUNT | 2235 | | | POL | M 45-49 | 01:23:45 | 01:30:50 | 02:40:44 |
| 11 | PERSSON ROBERT | 2221 | | | SWE | M 45-49 | 01:26:42 | 01:34:14 | 03:34:02 |
| 12 | RAMOS SÉRGIO | 2196 | | | POR | M 45-49 | 01:30:49 | 01:38:19 | 02:36:30 |
| 13 | TEUNISSEN DONAR | 2198 | | | NED | M 45-49 | 01:32:27 | 01:39:25 | 04:15:58 |
| 14 | PELLEREI LUCA | 2267 | | | ITA | M 45-49 | 01:26:00 | 01:32:29 | 02:50:03 |
| 15 | ROBBEMOND ROBIN | 2203 | | | NED | M 45-49 | 01:32:21 | 01:40:43 | 02:51:21 |
| 16 | LOZANO MIGUEL ÁNGEL CHARRO | 2205 | | | ESP | M 45-49 | 01:41:40 | 01:48:55 | 04:01:58 |
| 17 | BERGLIND THOBAS OLSSON | 2228 | | | SWE | M 45-49 | 01:38:16 | 01:45:45 | 03:52:28 |
| 18 | PARET ARNAULT | 2238 | | | FRA | M 45-49 | 01:44:52 | 01:52:26 | 03:47:13 |
| 19 | YVES PUGLIARI | 2199 | | | BEL | M 45-49 | 02:01:23 | 02:09:35 | 04:53:49 |
| DNC | EISSMANN JÖRG | 2193 | | | GER | M 45-49 | 01:06:19 | 01:12:58 | 02:45:42 |
| DNC | ROGERS DAVE | 2237 | | | | M 45-49 | 01:17:02 | 01:23:16 | 02:24:26 |
| DNC | BALOGH ZSOLT | 2251 | | | HUN | M 45-49 | 01:18:33 | 01:26:10 | 02:36:21 |
| DNC | JONSSON DANIEL | 2202 | | | SWE | M 45-49 | 01:31:22 | 01:38:03 | 03:10:10 |
| DNC | SÖDERSTRÖM ANDREAS | 2223 | | | SWE | M 45-49 | 01:27:50 | 01:34:03 | 03:37:55 |
| DNC | JANSEN ROEL | 2213 | | | NED | M 45-49 | 01:34:26 | 01:42:36 | 02:41:52 |
| DNC | KVIKSTAD RUNE | 2191 | | | NOR | M 45-49 | 01:37:45 | 01:43:26 | 02:36:26 |
| DNC | STEPHANE TCHIKNAVORIAN | 2224 | | | FRA | M 45-49 | 01:36:02 | 01:42:01 | 05:45:49 |
| DNC | BATES DANIEL | 2208 | | | SWE | M 45-49 | 01:39:44 | 01:46:12 | 03:10:10 |
| DNC | CHOUVARDAS EFSTRATIOS | 2266 | | | GRE | M 45-49 | 01:36:19 | 01:42:18 | 02:38:56 |
| DNC | WRIGHT JASON | 2233 | | | | M 45-49 | 01:40:19 | 01:48:35 | 03:20:08 |
| DNC | ALESSANDRO PILOTTA | 2226 | | | ITA | M 45-49 | 01:41:54 | 01:49:58 | 03:40:55 |
| DNC | NICO DUCOUROY | 2256 | | | FRA | M 45-49 | 01:40:52 | 01:47:15 | 04:36:23 |
| DNC | ROSA DOMENICO DE | 2225 | | | ITA | M 45-49 | 01:49:28 | 01:58:11 | 04:39:41 |
| DNC | GRESZTA WALDEMAR | 2268 | | | POL | M 45-49 | 01:47:05 | 01:54:30 | 04:05:42 |
| DNC | ERIKSSON STEFAN | 2209 | | | SWE | M 45-49 | 01:59:17 | 02:06:38 | |
| DNC | PENNISI DARIO | 2260 | | | ITA | M 45-49 | 02:00:34 | 02:08:30 | 03:37:24 |
| DNC | TAUER TOMÁŠ | 2259 | | | CZE | M 45-49 | 01:54:09 | 02:02:11 | 03:05:03 |
| DNC | LINDBERG KIM | 2257 | | | SWE | M 45-49 | 02:01:00 | 02:09:36 | 04:53:13 |
| DNC | MACH MARTIN | 2254 | | | CZE | M 45-49 | 02:04:09 | 02:11:25 | 03:45:09 |
| DNC | WILLIS RICHARD | 2248 | | | | M 45-49 | 02:10:59 | 02:16:53 | 03:28:43 |
| DNC | JÜRGENS FRIEDRICH | 2264 | | | GER | M 45-49 | 02:09:20 | 02:17:39 | 03:44:51 |
| DNC | PAL MARIO | 2252 | | | GER | M 45-49 | 02:09:19 | 02:17:39 | |
| DNC | SCHIRMER THORSTEN | 2194 | | | GER | M 45-49 | 02:17:20 | 02:25:51 | |
| DNC | SCHMIDT HOLGER | 2210 | | | GER | M 45-49 | 02:21:48 | 02:28:02 | 04:05:04 |
| DNC | RAVIZZA MARCO ALFREDO | 2230 | | | ITA | M 45-49 | 02:16:32 | 02:24:23 | 03:42:00 |
| DNC | DALKIEWICZ DAREK | 2246 | | | POL | M 45-49 | 02:18:33 | 02:25:56 | 03:57:22 |

OCREC2019 - STANDARD COURSE, M 45-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | PUTMAN DAVID | 2269 | | | NED | M 45-49 | 02:21:31 | 02:29:29 | 03:50:24 |
| DNC | PARTNERS ARJAN HOEKSTRA - BI | 2218 | | | NED | M 45-49 | 02:36:51 | 02:43:59 | 04:12:42 |
| DNC | WELLS ROBERT | 2247 | | | | M 45-49 | 02:31:44 | 02:41:56 | 04:21:11 |
| DNC | OLDHAM JUSTIN | 2231 | | | | M 45-49 | 02:31:45 | 02:41:58 | 04:21:13 |
| DNC | DUURSMA PAUL | 2239 | | | NED | M 45-49 | 02:44:42 | 02:51:02 | 04:11:57 |
| DNC | HANNABUSS DANIEL | 2232 | | | | M 45-49 | 02:46:57 | 02:54:35 | |
| DNC | ANDYHOLMES7 | 2253 | | | | M 45-49 | 02:42:58 | 02:50:38 | 04:03:29 |
| DNC | WROBBEL MICHAEL | 2200 | | | GER | M 45-49 | 03:05:58 | 03:13:16 | 04:34:44 |
| DNC | ALEXANDER ALEXANDER | 2244 | | | | M 45-49 | 02:57:59 | 03:05:17 | 04:26:45 |
| DNC | NAZHA ALI | 2263 | | | ITA | M 45-49 | 02:58:33 | 03:06:05 | 05:15:33 |
| DNC | MASSOUF FRED | 2265 | | | FRA | M 45-49 | 02:58:29 | 03:06:12 | 05:37:58 |
| DNC | LUCIANO CECCONI | 2262 | | | ITA | M 45-49 | 03:04:32 | 03:12:19 | 05:27:18 |
| DNC | MARINI ALESSANDRO | 2245 | | | ITA | M 45-49 | 03:05:43 | 03:13:12 | 04:46:33 |
| DNC | SPORTÍ DANIEL | 2261 | | | ESP | M 45-49 | 03:06:07 | 03:13:57 | 04:39:00 |
| DNC | CAMMAROTA FABIO | 2234 | | | ITA | M 45-49 | 03:20:55 | 03:29:38 | 05:01:39 |
| DNC | VLADIMIR LARIONOV | 2207 | | | RUS | M 45-49 | | | 01:54:10 |

OCREC2019 - STANDARD COURSE, M 50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | HEER ERIK DE | 2285 | | | NED | M 50-54 | 01:22:13 | 01:28:44 | 02:50:48 |
| 2 | SLITS PETER | 2273 | | | NED | M 50-54 | 01:24:44 | 01:31:21 | 02:40:31 |
| 3 | LEARY TONY | 2295 | | | | M 50-54 | 01:27:02 | 01:33:54 | 03:22:39 |
| 4 | MILHANO CARLOS | 2299 | | | POR | M 50-54 | 01:35:16 | 01:41:40 | 02:49:26 |
| 5 | KURACH STANISLAW | 2288 | | | POL | M 50-54 | 01:36:33 | 01:44:17 | 02:58:53 |
| 6 | ANDRESEN PETTER | 2294 | | | NOR | M 50-54 | 01:42:59 | 01:51:02 | |
| 7 | BRUNO MANCA | 2302 | | | ITA | M 50-54 | 01:46:33 | 01:55:02 | 04:30:30 |
| 8 | MALUENDA JUAN | 2281 | | | SWE | M 50-54 | 01:50:24 | 02:01:35 | 03:26:47 |
| 9 | JANISZEWSKI GRZEGORZ | 2284 | | | POL | M 50-54 | 01:53:14 | 02:01:40 | 04:16:06 |
| 10 | BLEYS PASCAL | 2274 | | | BEL | M 50-54 | 01:58:09 | 02:05:58 | |
| 11 | DEVILLIER GÉRARD | 2282 | | | FRA | M 50-54 | 02:04:58 | 02:12:09 | 04:16:44 |
| 12 | EMMANUEL ROSZAK | 2292 | | | FRA | M 50-54 | 02:08:29 | 02:16:01 | 05:07:38 |
| DNC | BERGKULLA ROBERT PETER | 2298 | | | FIN | M 50-54 | 01:29:16 | 01:33:49 | 02:23:29 |
| DNC | RASMUSSEN BJARNE | 2276 | | | DEN | M 50-54 | 01:30:51 | 01:37:26 | 03:49:49 |
| DNC | BROUWER ROBERT | 2306 | | | NED | M 50-54 | 01:52:15 | 02:01:41 | |
| DNC | BIGLANDS STEVE | 2275 | | | | M 50-54 | 01:57:10 | 02:04:28 | 03:57:01 |
| DNC | JOHANSSON BILLY | 2283 | | | SWE | M 50-54 | 02:00:35 | 02:08:27 | 03:33:09 |
| DNC | GATZ DETLEF | 2297 | | | GER | M 50-54 | 02:02:33 | 02:10:47 | 03:37:50 |
| DNC | VOS MICHEL DE | 2305 | | | NED | M 50-54 | 02:03:26 | 02:11:22 | 05:32:38 |
| DNC | SERNBO JENS | 2296 | | | SWE | M 50-54 | 02:10:38 | 02:18:09 | 03:25:36 |
| DNC | FIORIO DAVIDE | 2301 | | | ITA | M 50-54 | 02:14:13 | 02:22:51 | 03:34:47 |
| DNC | MATYASI GÁBOR | 2278 | | | HUN | M 50-54 | 02:20:42 | 02:27:33 | 05:17:12 |
| DNC | CRUICKSHANK PHIL | 2280 | | | | M 50-54 | 02:15:18 | 02:28:11 | 04:05:23 |
| DNC | FRANCK DELOMENIE | 2289 | | | FRA | M 50-54 | 02:25:50 | 02:32:16 | 04:40:08 |
| DNC | HORSTEN JAN VON | 2286 | | | GER | M 50-54 | 02:26:35 | 02:35:56 | 04:26:38 |
| DNC | LOBODA VADIM | 2279 | | | IRL | M 50-54 | 02:50:17 | 02:58:14 | 05:37:15 |
| DNC | CARSTAIRS JOHN | 2291 | | | GER | M 50-54 | 02:53:49 | 03:03:39 | 04:52:29 |
| DNC | LIGORIO LUIGI | 2293 | | | ITA | M 50-54 | 02:58:43 | 03:06:14 | 04:39:25 |
| DNC | ANDERSSON DAN | 2303 | | | SWE | M 50-54 | 03:07:57 | 03:15:08 | 05:06:18 |
| DNC | BLICK TOMMY | 2300 | | | SWE | M 50-54 | 03:07:56 | 03:15:09 | 05:06:18 |
| DNC | CAMPATELLI ROBERTO | 2304 | | | ITA | M 50-54 | 03:09:56 | 03:18:41 | 04:50:45 |
| DNC | WALWYN ANTHONY | 2287 | | | | M 50-54 | 03:16:14 | 03:25:45 | 05:07:18 |
| DNC | KRITIKOS VASILIS | 2290 | | | GRE | M 50-54 | | | 01:39:08 |

OCREC2019 - STANDARD COURSE, M 55+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|-------|----------|----------|----------|
| 1 | LIND MAGNUS | 2315 | | | SWE | M 55+ | 01:50:15 | 01:58:56 | 04:06:22 |
| DNC | CEDERHOLM JONNY | 2316 | | | SWE | M 55+ | 01:45:40 | 01:53:48 | 04:05:25 |
| DNC | PEIRO JAVIER SIGNES | 2313 | | | ESP | M 55+ | 02:07:37 | 02:16:49 | 05:14:42 |
| DNC | BENGTSSON PER | 2314 | | | SWE | M 55+ | 02:37:32 | 02:46:34 | 04:08:34 |
| DNC | UTTENDORFER JÜRGEN | 2310 | | | GER | M 55+ | 02:45:05 | 02:51:13 | 04:29:09 |
| DNC | FABIANI MARCO | 2312 | | | ITA | M 55+ | 02:50:49 | 02:58:25 | 04:17:05 |
| DNC | CONVERS JEAN-LUC | 2317 | | | FRA | M 55+ | 03:02:04 | 03:10:04 | 04:45:40 |
| DNC | LEVY PHILIPPE | 2309 | | | BEL | M 55+ | | | 02:22:05 |
| | WEETS MARC | 2311 | | | BEL | M 55+ | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, M Elite

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BUYLE THOMAS | 1000 | | | BEL | M ELITE | 00:54:58 | 00:59:50 | 01:36:49 |
| 2 | OŚLIZŁO TOMASZ | 1004 | | | POL | M ELITE | 00:55:55 | 01:00:54 | 01:34:35 |
| 3 | ТОЧКА ARTSIOM | 1013 | | | BLR | M ELITE | 00:55:44 | 01:01:01 | 01:35:57 |
| 4 | СУЗДАЛЕВ АНТОН | 1017 | | | RUS | M ELITE | 00:56:56 | 01:02:26 | 01:41:04 |
| 5 | DAM NIKOLAJ M | 1005 | | | DEN | M ELITE | 00:56:46 | 01:02:36 | 01:49:23 |
| 6 | TWEDDELL TOM | 1007 | | | | M ELITE | 00:58:31 | 01:03:35 | 01:40:34 |
| 7 | HRDINA PAVEL | 1018 | | | CZE | M ELITE | 00:58:50 | 01:03:56 | 01:42:29 |
| 8 | HARBUNOU IHAR | 1010 | | | BLR | M ELITE | 00:59:34 | 01:04:26 | 01:42:57 |
| 9 | DEBUSSCHERE THIBAUT | 1011 | | | BEL | M ELITE | 00:58:53 | 01:04:29 | 01:39:33 |
| 10 | HEER JESSE DE | 1001 | | | NED | M ELITE | 00:59:37 | 01:05:05 | 01:44:39 |
| 11 | MENDES AXEL | 1029 | | | SWE | M ELITE | 00:59:48 | 01:05:22 | 01:43:24 |
| 12 | ДЕГТЯРЕВ ИВАН | 1023 | | | RUS | M ELITE | | 01:06:32 | 01:43:33 |
| 13 | KOFOED LEON | 1003 | | | DEN | M ELITE | | 01:06:39 | 01:43:20 |
| 14 | BLONDEEL JENSEN | 1012 | | | BEL | M ELITE | 01:01:30 | 01:06:50 | 01:47:12 |
| 15 | OOSTEROM FRANK | 1008 | | | NED | M ELITE | 01:02:41 | 01:08:48 | 02:04:25 |
| 16 | STRUJIK ALEXANDER | 1014 | | | NED | M ELITE | 01:03:19 | 01:09:02 | 01:53:00 |
| 17 | PRUNDÊNCIO GONÇALO | 1041 | | | POR | M ELITE | 00:59:04 | 01:04:21 | 01:48:57 |
| 18 | NOVÁK LUKÁŠ | 1033 | | | CZE | M ELITE | 00:59:18 | 01:04:53 | 01:50:45 |
| 19 | SZCZECZLA GRZEGORZ | 1006 | | | POL | M ELITE | 01:05:00 | 01:10:18 | 01:51:09 |
| 20 | DEPEDRI RAFFAELE | 1020 | | | ITA | M ELITE | 01:05:48 | 01:11:40 | 02:05:33 |
| 21 | KADIJA RIGERS | 1019 | | | ITA | M ELITE | 01:06:16 | 01:11:56 | 03:04:48 |
| 22 | SCHÁFER MARTIN | 1024 | | | GER | M ELITE | 01:07:45 | 01:13:44 | 01:54:19 |
| 23 | SABA ALESSANDRO | 1057 | | | ITA | M ELITE | 01:04:10 | 01:08:51 | 02:11:19 |
| 24 | OLKHOVSKII DMITRI | 1027 | | | RUS | M ELITE | 01:10:34 | 01:16:44 | 02:05:44 |
| 25 | CAPARROS NATHAN | 1021 | | | FRA | M ELITE | 01:10:35 | 01:17:07 | 02:03:33 |
| 26 | KOWALCZYK DAWID | 1032 | | | POL | M ELITE | 01:05:01 | 01:12:48 | 01:56:46 |
| 27 | KRIUKOV NIKITA | 1091 | | | RUS | M ELITE | 01:02:49 | 01:08:14 | 02:03:31 |
| 28 | JANSSON THOMAS | 1035 | | | SWE | M ELITE | 01:08:54 | 01:14:34 | 01:59:48 |
| 29 | BRØNDEL JONAS | 1084 | | | DEN | M ELITE | 01:05:01 | 01:10:53 | 02:13:22 |
| 30 | BENITEZ MANUEL JESÚS LUJÁN | 1073 | | | ESP | M ELITE | 01:05:34 | 01:11:03 | 01:53:43 |
| 31 | HAUSMANN FRANK | 1058 | | | GER | M ELITE | 01:12:07 | 01:17:13 | 02:39:25 |
| 32 | MILLAN DANIEL OSMA | 1053 | | | ESP | M ELITE | 01:12:51 | 01:19:12 | 02:05:29 |
| 33 | BELOV ARTUR | 1052 | | | RUS | M ELITE | 01:13:04 | 01:19:49 | 02:13:27 |
| 34 | GUDMUNDSSON ZEBASTIAN | 1034 | | | SWE | M ELITE | 01:13:53 | 01:19:56 | |
| 35 | REN EMIL FRIIS | 1039 | | | DEN | M ELITE | 01:13:43 | 01:19:56 | 02:07:06 |
| 36 | ARIBAUD BAPTISTE | 1056 | | | FRA | M ELITE | 01:13:07 | 01:19:58 | 02:44:39 |
| 37 | KRAUS CHRISTIAN | 1022 | | | GER | M ELITE | 01:19:36 | 01:25:33 | 02:45:35 |
| 38 | SANTANA ADAY LUIS GARCIA | 1026 | | | ESP | M ELITE | 01:19:15 | 01:25:44 | 03:52:44 |
| 39 | BROEZE TOM | 1071 | | | NED | M ELITE | 01:09:38 | 01:15:44 | 02:02:57 |
| 40 | DRAGSTED ANDREAS | 1038 | | | DEN | M ELITE | 01:14:59 | 01:21:31 | 02:09:01 |
| 41 | KAREL ŠTĚPÁN | 1072 | | | CZE | M ELITE | 01:10:21 | 01:16:44 | 02:52:47 |
| 42 | HANDLER CHRISTIAN | 1043 | | | AUT | M ELITE | 01:16:06 | 01:21:51 | 02:38:38 |
| 43 | ЕВГЕНИЙ ПРОСКУРЯКОВ | 1055 | | | RUS | M ELITE | 01:15:14 | 01:22:00 | 02:12:03 |

OCREC2019 - STANDARD COURSE, M Elite c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 44 | PEDRIANES SAMUEL HERNÁNDEZ | 1048 | | | ESP | M ELITE | 01:17:42 | 01:24:12 | 04:10:28 |
| 45 | KALININ JAROSŁAW | 1064 | | | POL | M ELITE | 01:14:34 | 01:20:48 | 02:33:35 |
| 46 | BERNHARDSSON KRISTOFER ABRAHAMSSON | 1082 | | | SWE | M ELITE | 01:15:16 | 01:21:27 | 02:09:12 |
| 47 | MICHEL JÉRÉMY | 1074 | | | FRA | M ELITE | 01:16:52 | 01:23:05 | 03:18:51 |
| 48 | DOMÍNGUEZ EDUARDO DÍAZ | 1083 | | | ESP | M ELITE | 01:17:53 | 01:23:50 | 02:18:04 |
| 49 | PRAT VÍCTOR SUAREZ | 1080 | | | ESP | M ELITE | 01:20:26 | 01:26:56 | 02:30:23 |
| 50 | LUCIDI GIULIANO | 1090 | | | ITA | M ELITE | 01:20:26 | 01:27:21 | 04:28:10 |
| 51 | GOLTERMANN ARNE | 1070 | | | GER | M ELITE | 01:21:28 | 01:27:41 | 02:39:44 |
| 52 | VORVIS CHRIS | 1067 | | | GRE | M ELITE | 01:21:25 | 01:28:02 | 02:22:09 |
| 53 | SCHUH MARTIN | 1077 | | | AUT | M ELITE | 01:21:17 | 01:28:10 | 02:26:19 |
| 54 | BOCHAROV GEORGII | 1061 | | | RUS | M ELITE | 01:27:41 | 01:33:45 | 03:08:33 |
| 55 | RUYTER ROY DE | 1092 | | | NED | M ELITE | 01:22:29 | 01:29:29 | 02:25:27 |
| 56 | ГОВОРОВ АНДРЕЙ | 1045 | | | RUS | M ELITE | 01:29:09 | 01:36:36 | 02:48:15 |
| 57 | SIMLER JIŘÍ | 1042 | | | CZE | M ELITE | 01:34:29 | 01:40:52 | 03:01:17 |
| 58 | ЮРЬЕВИЧ ПЕТРОВ ВИКТОР | 1086 | | | RUS | M ELITE | 01:29:15 | 01:36:40 | 02:41:03 |
| 59 | LOPE JESÚS PRIETO DE | 1085 | | | ESP | M ELITE | 01:48:59 | 01:54:56 | 03:56:02 |
| DNC | BARBE LLUIS | 1002 | | | ESP | M ELITE | 01:00:28 | 01:05:52 | 01:49:28 |
| DNC | OLSEN ANDREAS STAHL | 1016 | | | DEN | M ELITE | 01:02:00 | 01:07:11 | 02:08:42 |
| DNC | KRAWCZYK TOMASZ | 1009 | | | POL | M ELITE | 01:02:13 | 01:08:18 | 01:47:01 |
| DNC | KJELL JIMMY | 1025 | | | SWE | M ELITE | | 01:13:34 | 02:14:15 |
| DNC | DAVID SEBASTIEN | 1068 | | | FRA | M ELITE | 01:13:54 | 01:19:31 | 02:42:12 |
| DNC | DALNICENCO IURI | 1066 | | | BLR | M ELITE | 01:14:48 | 01:21:14 | 02:12:18 |
| DNC | ADOLFSEN KRISTOFFER | 1037 | | | NOR | M ELITE | 01:27:46 | 01:33:53 | 03:16:22 |
| DNC | BOCCON ALEXANDRE | 1046 | | | FRA | M ELITE | 01:30:47 | 01:36:29 | 03:14:02 |
| DNC | CRUZ EDU | 1078 | | | ESP | M ELITE | 01:25:44 | 01:31:57 | 04:33:46 |
| DNC | LOPES MARCO | 1093 | | | POR | M ELITE | 01:25:55 | 01:33:10 | 03:33:38 |
| DNC | PESEK PETR | 1087 | | | CZE | M ELITE | 01:29:41 | 01:35:31 | 03:06:29 |
| DNC | TABARÉS DANI PULGA RODRÍGUEZ | 1089 | | | ESP | M ELITE | | 01:35:37 | 04:19:38 |
| DNC | MARTIN LUIS | 1079 | | | ESP | M ELITE | 01:33:00 | 01:39:44 | 04:36:55 |
| DNC | GRENET DAVID | 1069 | | | FRA | M ELITE | 01:33:33 | 01:39:47 | 03:48:32 |
| DNC | HAPEOF MATHIAS | 1075 | | | GER | M ELITE | 01:38:49 | 01:45:51 | 03:08:14 |
| DNC | EDBERG JENS | 1049 | | | SWE | M ELITE | 01:56:03 | 02:04:45 | 03:05:40 |
| DNC | VERSTUYFT KWINTEN | 1054 | | | BEL | M ELITE | 02:12:14 | 02:18:13 | 02:58:06 |
| DNC | SALUSTE CARRY | 1050 | | | EST | M ELITE | 02:24:24 | 02:31:33 | 03:43:49 |
| DNC | KNOPF PHILIPP | 1028 | | | AUT | M ELITE | 02:31:02 | 02:36:42 | 03:46:42 |
| DNC | ARNESSEN STIAN | 1088 | | | NOR | M ELITE | 02:22:28 | 02:27:12 | 03:24:23 |
| DNC | GUTIERREZ JONATHAN SANCHEZ | 1081 | | | | M ELITE | 02:25:42 | 02:32:06 | 03:46:18 |
| DNC | TRÜMMEL MARIO | 1044 | | | AUT | M ELITE | 03:02:51 | 03:07:23 | 04:38:03 |
| DNC | ZETTEL ROLAND | 1076 | | | AUT | M ELITE | 02:57:50 | 03:03:23 | 04:33:02 |
| | SILIN SERGEY | 1015 | | | RUS | M ELITE | 00:54:41 | 00:59:34 | DNF |
| | | | | | | | DNF | DNF | |
| | MONZON IMRE | 1065 | | | NED | M ELITE | 01:19:53 | 01:27:25 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, M Journeyman

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------|------|------|-----------|------|--------------|----------|----------|----------|
| 1 | SALOMÁKI VILLE | 2398 | | | SWE | M JOURNEYMAN | 01:22:56 | 01:29:39 | 02:34:45 |
| 2 | MAKARSKI SIARHEI | 2409 | | | BLR | M JOURNEYMAN | 01:30:20 | 01:37:02 | 02:33:40 |
| 3 | KÖNIG ALEXANDER | 2412 | | | GER | M JOURNEYMAN | 01:34:24 | 01:39:16 | 02:57:58 |
| 4 | SLIEPKA IVAN | 2410 | | | SVK | M JOURNEYMAN | 01:35:17 | 01:41:59 | 02:34:13 |
| 5 | KOCZOROWSKI PAWEŁ | 2363 | | | POL | M JOURNEYMAN | 01:44:36 | 01:52:22 | 04:02:25 |

OCREC2019 - STANDARD COURSE, M Journeyman c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 6 | CHRISTIANSEN ALLAN | 2366 | | | DEN | M JOURNEYMAN | 01:46:44 | 01:54:06 | |
| 7 | MASŁOWSKI WOJCIECH | 2416 | | | POL | M JOURNEYMAN | 01:44:47 | 01:50:55 | 03:06:27 |
| 8 | ADAMSON IAN | 2445 | | | USA | M JOURNEYMAN | 01:44:47 | 01:53:53 | 03:06:01 |
| 9 | NOVOSEL MARIO | 2419 | | | AUT | M JOURNEYMAN | 01:49:04 | 01:57:54 | 02:54:20 |
| 10 | TREZISE THOMAS | 2388 | | | DEN | M JOURNEYMAN | 01:51:38 | 01:58:55 | 04:09:16 |
| 11 | WOJAS JAKUB | 2378 | | | POL | M JOURNEYMAN | 02:00:16 | 02:08:51 | 03:13:38 |
| 12 | BLAZQUEZ IVAN HERNANDEZ | 2380 | | | ESP | M JOURNEYMAN | 01:59:34 | 02:09:07 | 03:27:12 |
| 13 | REDDAWAY MILO | 2367 | | | | M JOURNEYMAN | 02:01:45 | 02:12:35 | 03:19:52 |
| 14 | EMMERUD KAI ROGER | 2405 | | | NOR | M JOURNEYMAN | 01:59:56 | 02:08:32 | 04:05:27 |
| 15 | ANDERSEN STEEN | 2355 | | | DEN | M JOURNEYMAN | 02:05:52 | 02:14:06 | |
| 16 | LINDSTRÖM ALGOT | 2374 | | | SWE | M JOURNEYMAN | 02:06:37 | 02:14:37 | 03:41:51 |
| 17 | LUDVIGSSON ANTONIO | 2371 | | | SWE | M JOURNEYMAN | 02:06:41 | 02:15:11 | 03:41:50 |
| 18 | NORDH STEFAN | 2383 | | | SWE | M JOURNEYMAN | 02:06:39 | 02:15:11 | 03:41:49 |
| 19 | SHTYPULIAK SERGII | 2375 | | | UKR | M JOURNEYMAN | 02:08:30 | 02:15:22 | 03:32:00 |
| 20 | WAWRZYNIAK SLAWO | 2401 | | | POL | M JOURNEYMAN | 02:01:32 | 02:10:27 | 03:41:58 |
| 21 | TROKHYMETS OLEKSANDR | 2403 | | | UKR | M JOURNEYMAN | 02:03:32 | 02:11:12 | 03:22:48 |
| 22 | SAAL PATRICK | 2364 | | | GER | M JOURNEYMAN | 02:07:01 | 02:16:26 | 03:31:37 |
| 23 | KREBS MARCEL | 2360 | | | GER | M JOURNEYMAN | 02:07:01 | 02:16:26 | 03:31:37 |
| 24 | LYNG RASMUS | 2353 | | | DEN | M JOURNEYMAN | 02:12:14 | 02:18:24 | |
| 25 | JØRGENSEN MICHAEL | 2358 | | | DEN | M JOURNEYMAN | 02:12:15 | 02:20:20 | 03:34:19 |
| 26 | NAJDEREK MICHAŁ | 2395 | | | POL | M JOURNEYMAN | 02:14:22 | 02:20:24 | 03:41:24 |
| 27 | MORIES ARTURO SAEZ | 2381 | | | ESP | M JOURNEYMAN | 02:21:49 | 02:29:06 | 04:00:15 |
| 28 | SANZ PABLO LÓPEZ | 2385 | | | ESP | M JOURNEYMAN | 02:21:50 | 02:29:33 | 04:00:16 |
| 29 | JOHN MINAKAKIS | 2376 | | | GRE | M JOURNEYMAN | 02:22:10 | 02:29:51 | 03:52:30 |
| 30 | RAMOS KEVIN DO COITO | 2372 | | | POR | M JOURNEYMAN | 02:22:53 | 02:30:02 | 04:59:34 |
| 31 | HOŁOWACZ KAMIL | 2396 | | | POL | M JOURNEYMAN | 02:16:33 | 02:25:47 | 03:42:35 |
| 32 | CHRZĄSTEK MACIEK | 2397 | | | POL | M JOURNEYMAN | 02:17:57 | 02:25:54 | 03:43:07 |
| 33 | SMOROŃ MARCIN | 2370 | | | POL | M JOURNEYMAN | 02:22:53 | 02:31:12 | 03:43:40 |
| 34 | AMBROSE PAUL | 2359 | | | | M JOURNEYMAN | 02:22:23 | 02:32:07 | 04:03:00 |

OCREC2019 - STANDARD COURSE, M Journeyman c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 35 | BROOKSON MERVYN | 2415 | | | NED | M JOURNEYMAN | 02:21:15 | 02:28:13 | 03:40:57 |
| 36 | RANDRUP-THOMSEN RUNE | 2373 | | | DEN | M JOURNEYMAN | 02:27:09 | 02:34:50 | 04:53:25 |
| 37 | GALLE RUBEN | 2392 | | | BEL | M JOURNEYMAN | 02:22:23 | 02:31:07 | 03:59:49 |
| 38 | ALEXEEV ALEXEY | 2400 | | | BLR | M JOURNEYMAN | 02:25:04 | 02:31:29 | 03:45:31 |
| 39 | RENIRIE INGMAR | 2393 | | | NED | M JOURNEYMAN | 02:22:25 | 02:31:31 | 03:39:06 |
| 40 | FOLGADO JOÃO | 2369 | | | POR | M JOURNEYMAN | 02:27:21 | 02:36:42 | 04:59:38 |
| 41 | VARAKSA SIARHEI | 2362 | | | BLR | M JOURNEYMAN | 02:27:54 | 02:36:49 | 04:50:28 |
| 42 | ANTSI SIARHEI | 2361 | | | BLR | M JOURNEYMAN | 02:30:07 | 02:37:36 | 03:50:31 |
| 43 | POWAŻNY MAREK | 2444 | | | POL | M JOURNEYMAN | 02:36:35 | 02:42:51 | 04:16:01 |
| 44 | VAVŘIČKA STANISLAV | 2411 | | | CZE | M JOURNEYMAN | 02:36:05 | 02:43:08 | |
| 45 | NILSSON OSCAR | 2357 | | | SWE | M JOURNEYMAN | 02:39:32 | 02:50:00 | 05:13:49 |
| 46 | ZIOBRO CHRIS | 2402 | | | POL | M JOURNEYMAN | 02:43:20 | 02:50:02 | 04:23:16 |
| 47 | GODFREY STANLEY | 2394 | | | | M JOURNEYMAN | 02:38:47 | 02:50:25 | 04:33:30 |
| 48 | RIMONDI ALAN | 2377 | | | ITA | M JOURNEYMAN | 02:48:45 | 02:57:12 | 05:17:15 |
| 49 | GULLAUD AUDRIC | 2365 | | | BEL | M JOURNEYMAN | 02:49:58 | 02:58:48 | 05:20:11 |
| 50 | ALEXEY DAVYDOV | 2389 | | | RUS | M JOURNEYMAN | 02:47:04 | 02:54:04 | 04:18:37 |
| 51 | PIZZO SEBASTIANO ANTONIO | 2421 | | | ITA | M JOURNEYMAN | 02:47:56 | 02:55:23 | 04:19:34 |
| 52 | NORDAHL TOBIAS | 2407 | | | SWE | M JOURNEYMAN | 02:56:25 | 03:03:36 | 04:57:04 |
| 53 | KACPERSKI JACEK | 2408 | | | POL | M JOURNEYMAN | 02:59:33 | 03:06:36 | 04:24:40 |
| 54 | LIBERADZKI MARCIN | 2417 | | | POL | M JOURNEYMAN | 03:07:27 | 03:14:22 | 04:20:58 |
| 55 | KOLAŘÍK LUKÁŠ | 2414 | | | CZE | M JOURNEYMAN | 03:11:05 | 03:18:24 | 04:38:40 |
| 56 | SHELLHAAS SVEN | 2413 | | | GER | M JOURNEYMAN | 03:10:22 | 03:20:11 | 05:00:53 |
| 57 | GUMPRECHT HANNES | 2420 | | | GER | M JOURNEYMAN | 03:10:22 | 03:20:12 | 05:00:53 |
| 58 | MILBRANT MICHAŁ | 2399 | | | POL | M JOURNEYMAN | 03:09:53 | 03:20:33 | 04:31:02 |
| 59 | FARINELLA RICCARDO | 2391 | | | ITA | M JOURNEYMAN | | | 03:44:41 |
| 60 | SEBASTIAN JUAN PEDRO MURGA SAN | 2379 | | | ESP | M JOURNEYMAN | | | 04:00:16 |
| 61 | SPATARO ORAZIO | 2390 | | | ITA | M JOURNEYMAN | | | 01:52:29 |
| 62 | LINDBERG MADS | 2352 | | | DEN | M JOURNEYMAN | | | 01:45:19 |
| 63 | GANE MR JAMIE | 2368 | | | | M JOURNEYMAN | | | 02:00:57 |

OCREC2019 - STANDARD COURSE, M Journeyman c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|-----------------|----------------|----------------|----------------|
| 64 | CUESTA ALBERTO SANZ | 2384 | | | ESP | M JOURNEYMAN | | | 03:04:00 |
| DQ | MIERZICKI MARCEL | 2404 | | | POL | M JOURNEYMAN | 02:22:29 DQ | 02:31:11 DQ | 03:47:05 DQ |
| DNC | YUCEL JEFFREY | 1209 | | | BEL | M JOURNEYMAN | 02:24:41 | 02:32:49 | 03:39:20 |

OCREC2019 - STANDARD COURSE, W 13-17

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | GIESBERTS VALÉRIE | 2320 | | | NED | W 13-17 | 01:39:19 | 01:48:22 | 02:55:09 |
| 2 | JOHANSSON IRMA | 2329 | | | SWE | W 13-17 | 01:46:53 | 01:53:43 | 04:11:09 |
| 3 | CARDINALI REBECCA | 2321 | | | ITA | W 13-17 | 02:23:33 | 02:30:41 | 05:53:13 |
| DNC | MUL ELISA | 2327 | | | NED | W 13-17 | 01:45:42 | 01:53:34 | 04:51:38 |
| DNC | JASIŃSKA ALICJA | 2324 | | | POL | W 13-17 | 02:03:34 | 02:11:32 | 03:50:35 |
| DNC | MISSALA MAGDA | 2325 | | | POL | W 13-17 | 02:03:34 | 02:11:32 | 03:52:26 |
| DNC | DRUIJFF MEIKE | 2323 | | | NED | W 13-17 | 02:06:33 | 02:18:02 | 05:02:34 |
| DNC | ZEBERG ALICIA | 2322 | | | SWE | W 13-17 | 02:15:58 | 02:27:58 | 04:03:05 |
| DNC | VEČERNÍKOVÁ BARBORA | 2328 | | | CZE | W 13-17 | 02:37:54 | 02:48:25 | 04:05:18 |
| DNC | JONSSON HANNA | 2326 | | | SWE | W 13-17 | 02:50:25 | 03:00:01 | 04:12:20 |

OCREC2019 - STANDARD COURSE, W 18-24

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | WALNESTEDT MALIN | 2443 | | | SWE | W 18-24 | 01:35:01 | 01:41:02 | 04:45:35 |
| 2 | LUND MARIA | 1989 | | | DEN | W 18-24 | 01:22:49 | 01:29:48 | 04:16:43 |
| 3 | ONOFRIENKO KARINA | 1988 | | | RUS | W 18-24 | 01:28:47 | 01:36:01 | 03:27:33 |
| 4 | GROOT BO DE | 2002 | | | NED | W 18-24 | 01:33:53 | 01:41:41 | 02:50:49 |
| 5 | LOMNICKÁ TEREZA | 2009 | | | CZE | W 18-24 | 02:03:33 | 02:14:11 | 03:27:27 |
| 6 | WALNESTEDT MALIN | 1995 | | | SWE | W 18-24 | 02:25:08 | 02:32:33 | 04:15:20 |
| 7 | SAS MEREL | 1983 | | | NED | W 18-24 | 02:26:48 | 02:35:17 | 06:11:06 |
| DNC | DESOUTER MAUD | 2003 | | | BEL | W 18-24 | 01:26:32 | 01:33:24 | 06:53:31 |
| DNC | SZUBA-LATA KLAUDIA | 1984 | | | POL | W 18-24 | 01:29:11 | 01:36:55 | 04:00:57 |
| DNC | TAHIROVIC ADNA | 1981 | | | NOR | W 18-24 | 01:32:25 | 01:39:17 | 05:00:38 |
| DNC | GROBELNA ALEKSANDRA | 2001 | | | POL | W 18-24 | 01:37:10 | 01:44:51 | 05:25:34 |
| DNC | VTYURINA ANASTASIA | 1986 | | | RUS | W 18-24 | 01:39:12 | 01:46:21 | 04:14:00 |
| DNC | BÖKMAN VANJA | 1978 | | | SWE | W 18-24 | 02:06:29 | 02:14:25 | 04:41:13 |
| DNC | DRABORG HELENE | 2013 | | | DEN | W 18-24 | 02:08:04 | 02:14:48 | 03:26:59 |
| DNC | KOLLBERG LOUISE | 1992 | | | SWE | W 18-24 | 02:09:29 | 02:17:44 | 03:40:53 |
| DNC | EKLUND MALIN | 2008 | | | SWE | W 18-24 | 02:16:58 | 02:24:23 | 05:13:28 |
| DNC | TARANTINO SELENE | 1990 | | | ITA | W 18-24 | 02:20:56 | 02:29:56 | 05:27:17 |
| DNC | SANDBERG AMANDA | 1982 | | | SWE | W 18-24 | 02:26:49 | 02:34:09 | 04:14:45 |
| DNC | VERDIESEN MARLOES | 1999 | | | NED | W 18-24 | 02:26:49 | 02:35:12 | 06:11:07 |
| DNC | CASTELEIJN SELMA | 1998 | | | NED | W 18-24 | 02:26:49 | 02:35:14 | 07:03:03 |
| DNC | STENBÄCK AMANDA | 1997 | | | SWE | W 18-24 | 02:29:09 | 02:35:40 | 03:56:52 |
| DNC | CAULA GIULIA | 2004 | | | ITA | W 18-24 | 02:27:47 | 02:35:47 | 04:07:26 |
| DNC | HAMMARBÄCK MOA | 1996 | | | SWE | W 18-24 | 02:29:07 | 02:38:55 | 03:57:35 |
| DNC | STØLEN GUNHILD | 2007 | | | NOR | W 18-24 | 02:40:32 | 02:46:38 | 04:21:08 |
| DNC | NOVÁ PETRA | 2006 | | | CZE | W 18-24 | 02:48:08 | 02:55:48 | 04:21:33 |
| DNC | SØRENSEN METTE | 1980 | | | DEN | W 18-24 | 02:54:11 | 03:04:37 | 05:51:57 |
| DNC | GARDABOU IBTISAM | 1985 | | | BEL | W 18-24 | 02:54:47 | 03:04:39 | 05:18:20 |
| DNC | LONKOVÁ MAGDALENA | 1991 | | | CZE | W 18-24 | 03:06:00 | 03:15:21 | 04:52:26 |
| DNC | ENDEJANN SINA | 2010 | | | GER | W 18-24 | 03:08:58 | 03:19:41 | 04:56:09 |
| DNC | DRÁBKOVÁ VERONIKA | 1987 | | | CZE | W 18-24 | 03:17:48 | 03:24:03 | |

OCREC2019 - STANDARD COURSE, W 18-24 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | KOBZOVÁ KRISTÝNA | 2005 | | | CZE | W 18-24 | 03:17:48 | 03:24:08 | 05:08:10 |
| DNC | GRIMM SOPHIA | 1976 | | | GER | W 18-24 | 03:18:57 | 03:27:30 | 04:46:01 |
| DNC | GODANI FRANCESCA | 2000 | | | ITA | W 18-24 | 03:26:55 | 03:35:25 | 06:59:56 |
| DNC | BARRE ALINE | 1994 | | | GER | W 18-24 | 04:37:00 | 04:44:11 | 06:14:41 |
| DNC | ESENIA | 1993 | | | RUS | W 18-24 | | | 03:15:14 |
| DNC | KRÓLAK MARGARITA | 2011 | | | POL | W 18-24 | | | 03:31:16 |
| | CAROL ZENGA | 2012 | | | ITA | W 18-24 | 01:36:26 | 01:43:26 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, W 25-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | PARYGINA SVETLANA | 2026 | | | RUS | W 25-29 | 01:24:21 | 01:30:49 | 02:22:44 |
| 2 | LEVERAAS KATRINE HAALAND | 2043 | | | NOR | W 25-29 | 01:31:45 | 01:38:25 | 03:03:53 |
| 3 | JESSING IBEN | 2014 | | | DEN | W 25-29 | 01:36:22 | 01:43:55 | 05:36:55 |
| 4 | PARKHOMCHUK SVITLANA | 2016 | | | UKR | W 25-29 | 01:38:09 | 01:46:52 | 03:25:10 |
| 5 | ПАЛАHЦЕВИЧ ЯНА | 2055 | | | RUS | W 25-29 | 01:47:39 | 01:56:24 | 04:02:21 |
| 6 | MARINA LOPATINA | 2047 | | | RUS | W 25-29 | 02:06:56 | 02:15:08 | 03:36:37 |
| 7 | BOANDER CAMILLA | 2021 | | | SWE | W 25-29 | 02:13:38 | 02:22:00 | 05:37:48 |
| DNC | TATIANA SAMOROKOVA | 2034 | | | RUS | W 25-29 | 01:40:02 | 01:47:13 | 03:54:41 |
| DNC | ESTELLÉ OLGA | 2054 | | | ESP | W 25-29 | 01:38:57 | 01:46:09 | 03:02:22 |
| DNC | BERLIN NANNA | 2017 | | | DEN | W 25-29 | 01:56:05 | 02:03:31 | 04:45:31 |
| DNC | MELISSA BEARZATTO | 2023 | | | BEL | W 25-29 | 02:03:10 | 02:10:24 | 04:16:55 |
| DNC | FRICK EMMA | 2058 | | | SWE | W 25-29 | 01:59:13 | 02:07:35 | 03:51:18 |
| DNC | FRISARI CECILIA | 2022 | | | | W 25-29 | 02:06:04 | 02:14:32 | 04:04:56 |
| DNC | НИКУЛИНА ЕКАТЕРИНА | 2020 | | | RUS | W 25-29 | 02:06:36 | 02:16:12 | 03:34:11 |
| DNC | HARRIBEY LÉA | 2030 | | | FRA | W 25-29 | 02:12:29 | 02:18:08 | 03:39:49 |
| DNC | ARVIDSSON SARA | 2062 | | | SWE | W 25-29 | 02:07:11 | 02:15:41 | 03:36:51 |
| DNC | FELLDIN JENNY | 2064 | | | SWE | W 25-29 | 02:09:07 | 02:17:04 | 03:37:35 |
| DNC | ROLIN ERIKA | 2036 | | | SWE | W 25-29 | 02:14:08 | 02:23:55 | 03:42:35 |
| DNC | NORRMAN SANDRA | 2051 | | | SWE | W 25-29 | 02:11:07 | 02:19:47 | 03:35:02 |
| DNC | HERNES ELISABETH | 2027 | | | NOR | W 25-29 | 02:16:31 | 02:25:33 | 04:44:04 |
| DNC | KUŽELÍKOVÁ ZUZANA | 2050 | | | CZE | W 25-29 | 02:09:50 | 02:20:39 | 04:07:13 |
| DNC | JOHANSSON CAROLINE | 2041 | | | SWE | W 25-29 | 02:12:19 | 02:20:56 | 04:52:34 |
| DNC | KRAMER ELIN | 2049 | | | SWE | W 25-29 | 02:12:21 | 02:20:58 | 04:52:35 |
| DNC | KORMESETH-RØDAL CELINE | 2033 | | | NOR | W 25-29 | 02:22:05 | 02:28:35 | 04:06:35 |
| DNC | VAKHRAMEEVA VALENTINA | 2015 | | | RUS | W 25-29 | 02:22:36 | 02:31:56 | 04:53:22 |
| DNC | ANASTASIA BONDARENKO | 2059 | | | UKR | W 25-29 | 02:19:20 | 02:28:09 | 04:04:18 |
| DNC | BARTOLI SARA | 2029 | | | ITA | W 25-29 | 02:29:09 | 02:38:13 | 06:44:56 |
| DNC | OROLOGIO NOEMI | 2056 | | | ITA | W 25-29 | 02:26:49 | 02:35:37 | 07:08:29 |
| DNC | KRIUCHKOVA IRINA | 2024 | | | RUS | W 25-29 | 02:33:17 | 02:41:55 | 04:49:55 |
| DNC | HIRST LAYLA | 2063 | | | | W 25-29 | 02:30:21 | 02:37:01 | 04:04:28 |
| DNC | HARDY ALICE | 2048 | | | | W 25-29 | 02:30:21 | 02:37:29 | |
| DNC | ORASIO MARTA RELAÑO | 2032 | | | ESP | W 25-29 | 02:35:28 | 02:44:16 | 04:20:02 |
| DNC | MARTIN ASTRID | 2031 | | | DEN | W 25-29 | 02:38:48 | 02:45:40 | 04:05:17 |
| DNC | GAROFALO CLAUDIA | 2018 | | | ITA | W 25-29 | 02:35:54 | 02:46:21 | 04:21:19 |
| DNC | VACKOVÁ TERKA | 2061 | | | CZE | W 25-29 | 02:43:08 | 02:49:14 | 04:10:05 |
| DNC | ŠÁRKA HOUŠKOVÁ | 2028 | | | CZE | W 25-29 | 02:54:52 | 03:01:29 | 04:28:15 |
| DNC | RANGNAU OLGA | 2037 | | | GER | W 25-29 | 03:03:57 | 03:12:30 | 04:31:01 |
| DNC | RODKINA ANNA | 2052 | | | RUS | W 25-29 | 02:59:47 | 03:08:10 | 04:16:57 |
| DNC | WARDA JUSTYNA | 2045 | | | POL | W 25-29 | 03:01:11 | 03:10:30 | 04:18:28 |
| DNC | MALEK HANNA | 2044 | | | POL | W 25-29 | 03:14:52 | 03:24:12 | 04:34:59 |
| DNC | LIND ULRICA | 2066 | | | SWE | W 25-29 | 03:21:42 | 03:29:11 | 04:52:35 |
| DNC | OSSOLA ELISA | 2053 | | | ITA | W 25-29 | 03:41:13 | 03:51:25 | 05:55:53 |
| DNC | WENDT NADINE | 2035 | | | GER | W 25-29 | 03:57:47 | 04:03:38 | 05:54:44 |
| DNC | MAYRHOFFER JANA | 2060 | | | GER | W 25-29 | 03:52:47 | 03:59:00 | |

OCREC2019 - STANDARD COURSE, W 25-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | KUTZ VANESSA | 2040 | | | GER | W 25-29 | 03:52:50 | 03:59:57 | 05:37:52 |
| DNC | RITZLER ANNA | 2019 | | | GER | W 25-29 | 03:57:51 | 04:06:52 | 05:44:36 |

OCREC2019 - STANDARD COURSE, W 30-34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| | 1 PEHTSERAVA TATSIANA | 2077 | | | BLR | W 30-34 | 01:27:49 | 01:34:51 | 03:54:54 |
| | 2 LUNDBERG SARA | 2106 | | | SWE | W 30-34 | 01:52:22 | 02:00:41 | 03:19:33 |
| | 3 JEŘÁBKOVÁ PETRA | 2080 | | | CZE | W 30-34 | 02:08:29 | 02:17:14 | |
| | 4 SKRATAAS HELLE | 2110 | | | NOR | W 30-34 | 02:05:32 | 02:13:13 | 04:40:09 |
| DNC | VLIEGEN ASTRID | 2074 | | | BEL | W 30-34 | 01:48:09 | 01:56:15 | 03:23:32 |
| DNC | GREIBIG MICHAELA | 2108 | | | GER | W 30-34 | 01:43:46 | 01:51:40 | 02:45:42 |
| DNC | KÖNIGOVÁ LUCIE | 2082 | | | CZE | W 30-34 | 01:53:41 | 02:01:24 | 04:52:10 |
| DNC | MARTIN LUCIE | 2072 | | | BEL | W 30-34 | 01:59:55 | 02:06:56 | 04:42:33 |
| DNC | PÁDER ZSÓFIA | 2100 | | | HUN | W 30-34 | 01:55:47 | 02:03:14 | 04:15:34 |
| DNC | RAZINKINA ANASTASIYA | 2075 | | | RUS | W 30-34 | 02:01:00 | 02:08:26 | 04:32:20 |
| DNC | SCHUTTRUPS MARGREET | 2099 | | | NED | W 30-34 | 01:55:46 | 02:04:02 | 06:27:39 |
| DNC | STØRKSEN LOTTE | 2086 | | | NOR | W 30-34 | 02:03:26 | 02:10:48 | 03:31:05 |
| DNC | LUNDIN ALEXANDRA | 2089 | | | SWE | W 30-34 | 02:03:23 | 02:11:27 | 03:29:13 |
| DNC | BLADIN ERELIE | 2105 | | | SWE | W 30-34 | 02:03:18 | 02:11:16 | 04:37:35 |
| DNC | LEKISHVILI SOFIYA | 2076 | | | RUS | W 30-34 | 02:08:49 | 02:16:26 | 04:35:51 |
| DNC | RYLKOVA KATERINA | 2109 | | | CZE | W 30-34 | 02:03:35 | 02:12:15 | 03:34:51 |
| DNC | SCHREUDER MYRTE | 2101 | | | NED | W 30-34 | 02:08:40 | 02:17:23 | 03:50:40 |
| DNC | SELSTØ TONJE | 2112 | | | NOR | W 30-34 | 02:10:36 | 02:19:44 | 04:40:09 |
| DNC | CATHRINEMS | 2087 | | | NOR | W 30-34 | 02:15:50 | 02:24:49 | 03:50:11 |
| DNC | IJZENDOORN CHARISSA | 2111 | | | NED | W 30-34 | 02:19:46 | 02:28:08 | 04:03:57 |
| DNC | KRŠMARU BARBORA | 2120 | | | CZE | W 30-34 | 02:23:14 | 02:30:57 | 03:46:56 |
| DNC | BORG CHIARA | 2098 | | | | W 30-34 | 02:26:00 | 02:31:03 | 03:49:27 |
| DNC | LOVATO DANIELA | 2092 | | | ITA | W 30-34 | 02:26:25 | 02:37:01 | 06:58:29 |
| DNC | WILKINSON BECCA | 2096 | | | | W 30-34 | 02:25:58 | 02:32:38 | 03:49:28 |
| DNC | ÖLUND EMMA | 2070 | | | FIN | W 30-34 | 02:28:40 | 02:38:03 | 04:00:23 |
| DNC | KIRKWOOD EMMA | 2081 | | | | W 30-34 | 02:28:09 | 02:38:36 | 03:54:26 |
| DNC | MARTIN FLORE | 2071 | | | BEL | W 30-34 | 02:31:11 | 02:39:04 | 04:42:33 |
| DNC | POLYAKOVA ALEXANDRA | 2084 | | | RUS | W 30-34 | 02:32:42 | 02:39:36 | 03:47:57 |
| DNC | GOFFIN ANNELEEN | 2119 | | | BEL | W 30-34 | 02:33:57 | 02:40:17 | 05:07:50 |
| DNC | BARDELLINI PAOLA | 2121 | | | ITA | W 30-34 | 02:40:14 | 02:48:02 | 06:53:30 |
| DNC | RENGREN LINN | 2102 | | | SWE | W 30-34 | 02:42:39 | 02:50:37 | 04:37:35 |
| DNC | HEJJKENSKJÖLD FENJA | 2117 | | | SWE | W 30-34 | 02:45:32 | 02:52:41 | 05:06:15 |
| DNC | SOCARRADES BIBIANA | 2078 | | | ESP | W 30-34 | 02:51:21 | 03:01:51 | 04:25:52 |
| DNC | REMØ HILDE THERESE | 2083 | | | NOR | W 30-34 | 03:08:31 | 03:16:33 | 04:27:44 |
| DNC | FEIGH MAYA | 2091 | | | DEN | W 30-34 | 03:11:26 | 03:20:43 | 04:31:15 |
| DNC | FREDRIKSSON ELIN | 2090 | | | SWE | W 30-34 | 03:14:14 | 03:21:42 | 04:58:36 |
| DNC | CARACCILO CONCETTINA | 2118 | | | ITA | W 30-34 | 03:23:51 | 03:32:24 | 05:14:34 |
| DNC | VYUGINA EKATERINA | 2107 | | | RUS | W 30-34 | 03:25:35 | 03:32:42 | |
| DNC | VERSEPUECH ADÉLIE | 2097 | | | FRA | W 30-34 | 03:33:37 | 03:42:24 | 05:47:31 |
| DNC | TARYBA MARYNA | 2079 | | | POR | W 30-34 | 03:38:21 | 03:48:24 | 06:10:21 |
| DNC | HAMANN MAREN | 2104 | | | GER | W 30-34 | 04:21:07 | 04:27:48 | 05:47:30 |
| DNC | KASTSIUCHENKA VOLHA | 2073 | | | BLR | W 30-34 | | | |
| DNC | DZIDT MAŁGORZATA | 2069 | | | POL | W 30-34 | | | 02:38:07 |
| DNC | MARRAS CINZIA | 2085 | | | ITA | W 30-34 | | | 02:38:58 |
| DNC | MANDAS EMANUELA | 2113 | | | ITA | W 30-34 | | | 02:33:59 |
| DNC | CARBONI LETIZIA | 2114 | | | ITA | W 30-34 | | | 02:33:58 |
| DNC | BELOEIL JENNY DREANO | 2116 | | | FRA | W 30-34 | | | 03:38:13 |
| DNC | SCHLAEPPER TAMARA | 2095 | | | SUI | W 30-34 | | | 01:58:54 |
| | HAGLUND CECILIA | 2088 | | | SWE | W 30-34 | | DNF | DNF |
| | JOHANSSON ELLEN | 2103 | | | SWE | W 30-34 | | DNF | DNF |

OCREC2019 - STANDARD COURSE, W 35-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LARSSON MADELEINE | 2123 | | | SWE | W 35-39 | 01:25:40 | 01:32:50 | 04:15:35 |
| 2 | DERMER JOHANNA | 2125 | | | SWE | W 35-39 | 01:47:16 | 01:54:55 | 04:55:51 |
| 3 | PARAMONOVA IRINA | 2133 | | | RUS | W 35-39 | 01:47:40 | 01:55:47 | 04:41:03 |
| 4 | YANINA ELENA | 2130 | | | RUS | W 35-39 | 01:51:34 | 01:59:03 | 04:59:17 |
| 5 | ELENA LADNAYA | 2152 | | | RUS | W 35-39 | 01:53:03 | 02:01:12 | 03:24:39 |
| 6 | GOLUBEVA SVETLANA | 2138 | | | RUS | W 35-39 | 03:36:20 | 03:45:29 | 04:58:37 |
| DNC | VICO JENNY | 2160 | | | GER | W 35-39 | 01:29:12 | 01:34:20 | 02:27:25 |
| DNC | RAMOS PAULA ESTEIRO | 2143 | | | ESP | W 35-39 | 01:29:55 | 01:37:15 | 04:17:15 |
| DNC | ALJA FLORIANA | 2156 | | | NOR | W 35-39 | 01:44:44 | 01:51:43 | 04:12:41 |
| DNC | HERMANSEN SACHA | 2131 | | | DEN | W 35-39 | 01:45:17 | 01:52:51 | 05:14:17 |
| DNC | BOZIC SARAH | 2129 | | | GER | W 35-39 | 01:56:11 | 02:02:32 | 03:18:30 |
| DNC | WEMHÖNER IDA | 2146 | | | SWE | W 35-39 | 02:02:08 | 02:09:33 | 04:16:48 |
| DNC | TRAJKOVSKA MARTA KRUSZCZYNSKA | 2128 | | | SWE | W 35-39 | 02:04:45 | 02:12:12 | 03:24:57 |
| DNC | ŠAŠKOVÁ ZUZANA | 2142 | | | CZE | W 35-39 | 02:13:02 | 02:19:49 | |
| DNC | LINDSKOG CECILIA | 2155 | | | SWE | W 35-39 | 02:14:14 | 02:20:32 | 03:54:23 |
| DNC | DONALD LEE | 2126 | | | | W 35-39 | 02:15:56 | 02:23:34 | 03:39:26 |
| DNC | KYRYCH MICHAELA | 2157 | | | CZE | W 35-39 | 02:17:17 | 02:25:06 | 03:43:37 |
| DNC | PAPLIČKA KATARZYNA | 2158 | | | POL | W 35-39 | 02:17:52 | 02:25:51 | 04:24:31 |
| DNC | PINHAL GISELA | 2144 | | | POR | W 35-39 | 02:35:23 | 02:43:28 | 04:02:13 |
| DNC | SERRÃO TÁLIA | 2154 | | | POR | W 35-39 | 02:35:16 | 02:43:29 | 04:02:13 |
| DNC | RANNIKKO EMMY | 2132 | | | SWE | W 35-39 | 02:38:36 | 02:46:33 | 05:02:09 |
| DNC | ACQUADRO ELENA | 2139 | | | ITA | W 35-39 | 02:38:23 | 02:46:54 | 06:43:30 |
| DNC | RUFETE MARIBEL CABANES | 2145 | | | ESP | W 35-39 | 02:40:51 | 02:47:05 | 04:46:33 |
| DNC | GIATSINTOVA IRINA | 2159 | | | RUS | W 35-39 | 02:42:41 | 02:53:26 | 04:20:38 |
| DNC | KOERMENDI CSILLA | 2124 | | | HUN | W 35-39 | 02:59:52 | 03:07:50 | |
| DNC | BIELEC KINGA | 2141 | | | POL | W 35-39 | 03:03:44 | 03:11:09 | 04:50:34 |
| DNC | KEPA JUSTYNA | 2162 | | | POL | W 35-39 | 03:03:32 | 03:11:10 | 04:19:25 |
| DNC | DITTMANN KERSTIN | 2148 | | | GER | W 35-39 | 03:21:16 | 03:29:55 | 04:43:28 |
| DNC | KOLIC MONIKA | 2153 | | | GER | W 35-39 | 03:27:50 | 03:36:56 | 05:37:28 |
| DNC | FAVINI BEATRICE FANTONI | 2147 | | | ITA | W 35-39 | 03:35:47 | 03:42:16 | 05:35:57 |
| DNC | MAGOMEDOVA LEYLA | 2136 | | | BEL | W 35-39 | 03:34:08 | 03:43:46 | 05:42:06 |
| DNC | FRANCZYSZYN-PORTKA MAGDALENA | 2149 | | | POL | W 35-39 | 03:48:14 | 03:56:06 | 06:07:31 |
| DNC | CROESE CLAIRE | 2150 | | | NED | W 35-39 | | | 02:03:49 |
| DNC | PROPERZI VALENTINA | 2151 | | | ITA | W 35-39 | | | 03:50:07 |
| DNC | BELLOMI LAURA | 2140 | | | ITA | W 35-39 | | | 06:43:29 |
| DNC | SELYMES KINGA | 2135 | | | HUN | W 35-39 | | | 03:37:29 |

OCREC2019 - STANDARD COURSE, W 40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BABUŠKOVÁ STANISLAVA | 2171 | | | CZE | W 40-44 | 01:20:58 | 01:28:23 | 03:47:25 |
| 2 | JOULIN LISA | 2170 | | | SWE | W 40-44 | 01:33:02 | 01:40:01 | 03:01:25 |
| 3 | LINDSGREN CHRISTINA | 2165 | | | DEN | W 40-44 | 01:36:33 | 01:44:31 | 03:00:53 |
| 4 | KIND PIA | 2173 | | | SWE | W 40-44 | 01:49:18 | 01:56:41 | 03:55:59 |
| DNC | VRIES LISAN DE | 2175 | | | NED | W 40-44 | 01:29:54 | 01:37:00 | 04:07:32 |
| DNC | ROSTOVTSEVA ANASTASIA | 2177 | | | RUS | W 40-44 | 01:32:36 | 01:39:17 | 04:14:34 |
| DNC | DIJK SANDRA VAN | 2174 | | | NED | W 40-44 | 01:33:32 | 01:40:47 | 02:49:07 |
| DNC | BJERRE SECILIE VICKTORIA | 2183 | | | DEN | W 40-44 | 01:38:11 | 01:44:36 | 05:04:35 |
| DNC | KORYTOVA KATERINA | 2178 | | | CZE | W 40-44 | 01:52:47 | 02:00:01 | 03:06:30 |
| DNC | SVENSSON LINDA | 2181 | | | SWE | W 40-44 | 01:59:48 | 02:07:37 | 03:39:45 |
| DNC | JANSSON VICTORIA | 2169 | | | SWE | W 40-44 | 02:17:03 | 02:24:09 | 03:41:44 |
| DNC | SPÅNG MALIN | 2184 | | | SWE | W 40-44 | 02:20:22 | 02:31:32 | 04:03:41 |
| DNC | FERRARI SABRINA | 2176 | | | ITA | W 40-44 | 02:26:53 | 02:35:24 | 05:04:54 |
| DNC | GLETTIE SUSANNE | 2182 | | | GER | W 40-44 | 02:36:47 | 02:43:49 | 04:15:53 |
| DNC | DAVIS HELEN | 2187 | | | GBR | W 40-44 | 02:42:03 | 02:50:38 | 04:26:04 |
| DNC | ULVEGREN ALBINA | 2167 | | | SWE | W 40-44 | 02:49:42 | 02:55:05 | 04:35:53 |

OCREC2019 - STANDARD COURSE, W 40-44 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | KARLSSON GUNILLA | 2179 | | | SWE | W 40-44 | 03:06:24 | 03:16:29 | 04:59:46 |
| DNC | NADIA AMRI | 2188 | | | FRA | W 40-44 | 03:08:35 | 03:17:25 | 05:22:32 |
| DNC | BERGSTRÖM EWA | 2180 | | | SWE | W 40-44 | 03:42:46 | 03:52:37 | |

OCREC2019 - STANDARD COURSE, W 45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | HEIBØ GUNN ELIN | 2337 | | | NOR | W 45-49 | | 01:49:49 | 02:49:21 |
| DNC | JÜRGENS MARTINA | 2333 | | | GER | W 45-49 | 02:32:51 | 02:41:03 | 04:17:52 |
| DNC | JACKSON TRACEY | 2338 | | | | W 45-49 | 02:34:02 | 02:41:32 | 04:11:12 |
| DNC | SPIJKER DAYEN | 2334 | | | NED | W 45-49 | 02:39:10 | 02:48:46 | 04:46:45 |
| DNC | JONSSON SARA | 2336 | | | SWE | W 45-49 | 02:45:26 | 02:55:04 | 04:07:21 |
| DNC | OLEFELDT TERESA | 2335 | | | SWE | W 45-49 | 03:02:25 | 03:10:55 | 05:18:24 |

OCREC2019 - STANDARD COURSE, W 50-54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | KJELLIN TINI | 2343 | | | SWE | W 50-54 | 02:24:50 | 02:33:19 | 03:48:42 |
| DNC | UTTENDORFER ANDREA | 2341 | | | GER | W 50-54 | 02:35:05 | 02:41:17 | 04:19:09 |
| DNC | GODFREY MAGGIE | 2344 | | | | W 50-54 | 02:48:48 | 03:00:25 | 04:43:32 |

OCREC2019 - STANDARD COURSE, W 55+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------|------|------|-----------|------|-------|----------|----------|----------|
| DNC | NATALI MONICA | 2347 | | | ITA | W 55+ | 01:46:56 | 01:54:34 | 03:20:16 |
| DNC | OLESEN CHRISTINA | 2348 | | | SWE | W 55+ | 02:30:32 | 02:39:59 | 04:05:45 |

OCREC2019 - STANDARD COURSE, W Elite

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | EVENSEN ULRIKKE | 1100 | | | DEN | W ELITE | 01:04:16 | 01:09:24 | 02:28:33 |
| 2 | KARLSSON KARIN | 1135 | | | SWE | W ELITE | 01:08:55 | 01:15:16 | 02:11:08 |
| 3 | CHRISTENSEN KATJA | 1101 | | | DEN | W ELITE | 01:13:20 | 01:20:50 | 02:08:48 |
| 4 | THUESEN MARGRETHE LANGHOFF | 1137 | | | DEN | W ELITE | 01:17:54 | 01:23:49 | 02:54:46 |
| 5 | HÄRKÖNEN ELIN | 1132 | | | SWE | W ELITE | 01:17:11 | 01:24:01 | 02:30:19 |
| 6 | JANSEN C.A. | 1103 | | | NED | W ELITE | 01:19:14 | 01:25:50 | 02:29:09 |
| 7 | MIRA LORENA GONZÁLEZ | 1125 | | | ESP | W ELITE | 01:19:25 | 01:26:10 | 02:17:30 |
| 8 | DASZKIEWICZ MAŁGORZATA | 1118 | | | POL | W ELITE | 01:21:08 | 01:27:49 | 02:32:19 |
| 9 | JOKSTAD ANETTE HEIMLI | 1124 | | | NOR | W ELITE | 01:21:30 | 01:28:09 | 05:02:11 |
| 10 | JOHANSSON ELIN | 1119 | | | SWE | W ELITE | 01:21:51 | 01:28:29 | 02:54:33 |
| 11 | MIKHINA ANASTASIA | 1108 | | | RUS | W ELITE | 01:22:01 | 01:28:50 | 03:29:54 |
| 12 | PORTA SIMONA | 1114 | | | ITA | W ELITE | 01:38:12 | 01:45:10 | 02:52:43 |
| 13 | WIELECHOWSKA NATALIA | 1096 | | | POL | W ELITE | 01:44:48 | 01:52:13 | 03:29:21 |
| 14 | BEORLEGI IRATI | 1131 | | | ESP | W ELITE | 01:50:27 | 02:00:01 | 07:02:46 |
| 15 | HENNEKEN CLAUDIA MARIA | 1113 | | | GER | W ELITE | 02:04:10 | 02:09:06 | 06:34:05 |
| 16 | SPRAWKA MARTA | 1138 | | | POL | W ELITE | 02:43:35 | 02:51:19 | 04:36:34 |
| DNC | STEENSGAARD IDA MATHILDE | 1115 | | | DEN | W ELITE | | 01:14:26 | |
| DNC | THOMSEN ANNIKA HØJRUP RUNEGAARD | 1120 | | | DEN | W ELITE | 01:13:30 | 01:19:18 | 03:20:50 |
| DNC | WAHR-HANSEN JULIE ALEXANDRA | 1136 | | | NOR | W ELITE | 01:24:40 | 01:30:25 | 02:41:05 |
| DNC | BARANOWSKA KATARZYNA | 1129 | | | POL | W ELITE | 01:29:56 | 01:36:38 | 03:35:32 |
| DNC | RENDELL REBECCA | 1109 | | | | W ELITE | 01:31:30 | 01:38:37 | 04:17:20 |

OCREC2019 - STANDARD COURSE, W Elite c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | MARIA SMYSHLYAEVA | 1107 | | | RUS | W ELITE | 01:37:06 | 01:44:41 | 03:17:17 |
| DNC | GARNIER ANOUK | 1133 | | | FRA | W ELITE | 01:37:42 | 01:45:23 | 02:49:05 |
| DNC | GONZALEZ IRENE B. | 1105 | | | ESP | W ELITE | 01:52:13 | 02:01:04 | 05:03:11 |
| DNC | GALTIER MURIEL | 1123 | | | FRA | W ELITE | 01:59:05 | 02:07:06 | 03:21:06 |
| DNC | GÓMEZ-ESCALONILLA ELISA DE LA CRUZ | 1104 | | | POR | W ELITE | 01:55:55 | 02:07:21 | 04:25:39 |
| DNC | VEKLYCH OKSANA | 1117 | | | UKR | W ELITE | 02:05:41 | 02:12:01 | 03:26:17 |
| DNC | STEJSKALOVÁ BARBORA | 1121 | | | CZE | W ELITE | 02:04:34 | 02:12:41 | 03:22:37 |
| DNC | GABELGAARD TANJA | 1127 | | | DEN | W ELITE | 02:04:32 | 02:13:12 | 04:38:01 |
| DNC | NELSON-DALEY RIANNA | 1112 | | | ESP | W ELITE | 02:04:36 | 02:13:43 | 04:49:18 |
| DNC | TARANTINOVA OLGA | 1099 | | | RUS | W ELITE | 02:14:07 | 02:19:28 | 04:35:24 |
| DNC | THORKILDSEN EVY MARIE | 1116 | | | NOR | W ELITE | 02:23:40 | 02:32:55 | 03:58:08 |
| DNC | PALAIKIENE INGA | 1128 | | | LTU | W ELITE | 02:45:30 | 02:52:48 | 04:04:47 |
| DNC | LOKAJÍČKOVÁ KLÁRA | 1134 | | | CZE | W ELITE | 02:50:39 | 02:59:05 | 04:02:37 |
| DNC | MACIEJAK ANNA | 1126 | | | POL | W ELITE | 03:10:06 | 03:19:17 | 05:03:07 |
| DNC | KURAS BEATA | 1122 | | | POL | W ELITE | 03:44:44 | 03:54:36 | 05:09:52 |
| DNC | RIPOLLÉS LLUNA SANZ | 1110 | | | ESP | W ELITE | 04:32:45 | 04:39:19 | 06:26:20 |
| | BUNGARD CARINA | 1102 | | | GER | W ELITE | 01:35:38 | 01:42:13 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, W Journeyman

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 1 | KORBAL EWELINA | 2427 | | | GER | W JOURNEYMAN | 02:01:28 | 02:12:14 | 03:21:29 |
| 2 | BENITEZ ESTEFANIA DEL PINO RAMOS | 2430 | | | ESP | W JOURNEYMAN | 02:06:50 | 02:14:28 | 03:45:16 |
| 3 | RODRIGUEZ YESSICA IZQUIERDO | 2434 | | | ESP | W JOURNEYMAN | 02:15:15 | 02:25:40 | 05:06:26 |
| 4 | ANASTASIA PAPADOGIANNI | 2431 | | | GRE | W JOURNEYMAN | 02:23:35 | 02:30:42 | 03:48:52 |
| 5 | STRANDBERG PETRA | 2440 | | | SWE | W JOURNEYMAN | 02:25:46 | 02:35:02 | 03:47:17 |
| 6 | KARLSSON LINE | 2425 | | | DEN | W JOURNEYMAN | 02:33:29 | 02:40:12 | 04:14:08 |
| 7 | AINSWORTH CARA | 2437 | | | | W JOURNEYMAN | 02:28:32 | 02:40:26 | 04:10:36 |
| 8 | DITLEV DITTE BRUUN | 2429 | | | DEN | W JOURNEYMAN | 02:33:28 | 02:40:50 | 04:14:07 |
| 9 | MANGANO VALENTINA | 2432 | | | ITA | W JOURNEYMAN | 02:33:46 | 02:42:11 | 05:02:15 |
| 10 | VANBERSY MORGANE | 2439 | | | BEL | W JOURNEYMAN | 02:34:58 | 02:43:47 | 05:04:36 |
| 11 | SMITH LORRAINE | 2426 | | | | W JOURNEYMAN | 02:35:07 | 02:46:44 | 04:22:45 |
| 12 | VELDE JULIE VAN DE | 2436 | | | BEL | W JOURNEYMAN | 03:06:03 | 03:14:59 | 04:34:01 |
| 13 | BROCK KELLY | 2435 | | | BEL | W JOURNEYMAN | 03:04:58 | 03:17:05 | 05:01:06 |
| 14 | BRUINING KIRSTEN | 2438 | | | NED | W JOURNEYMAN | 03:14:12 | 03:23:46 | 05:16:45 |
| 15 | RAMAS ANDREA MARTÍNEZ | 2433 | | | ESP | W JOURNEYMAN | 03:42:36 | 03:49:32 | 05:21:53 |
| DNC | CRUZ AZAHARA FERNANDEZ | 2441 | | | ESP | W JOURNEYMAN | 02:32:09 | 02:45:49 | 04:16:13 |

OCREC2019 - STANDARD COURSE, 09:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BUYLE THOMAS | 1000 | | | BEL | M ELITE | 00:54:58 | 00:59:50 | 01:36:49 |
| 2 | OŚLIZŁO TOMASZ | 1004 | | | POL | M ELITE | 00:55:55 | 01:00:54 | 01:34:35 |
| 3 | ТОЧКА ARTSIOM | 1013 | | | BLR | M ELITE | 00:55:44 | 01:01:01 | 01:35:57 |
| 4 | СУЗДАЛЕВ АНТОН | 1017 | | | RUS | M ELITE | 00:56:56 | 01:02:26 | 01:41:04 |
| 5 | DAM NIKOLAJ M | 1005 | | | DEN | M ELITE | 00:56:46 | 01:02:36 | 01:49:23 |
| 6 | TWEDDELL TOM | 1007 | | | | M ELITE | 00:58:31 | 01:03:35 | 01:40:34 |
| 7 | HRDINA PAVEL | 1018 | | | CZE | M ELITE | 00:58:50 | 01:03:56 | 01:42:29 |
| 8 | HARBUNOU IHAR | 1010 | | | BLR | M ELITE | 00:59:34 | 01:04:26 | 01:42:57 |
| 9 | DEBUSSCHERE THIBAUT | 1011 | | | BEL | M ELITE | 00:58:53 | 01:04:29 | 01:39:33 |
| 10 | HEER JESSE DE | 1001 | | | NED | M ELITE | 00:59:37 | 01:05:05 | 01:44:39 |
| 11 | MENDES AXEL | 1029 | | | SWE | M ELITE | 00:59:48 | 01:05:22 | 01:43:24 |
| 12 | ДЕГТЯРЕВ ИВАН | 1023 | | | RUS | M ELITE | | 01:06:32 | 01:43:33 |
| 13 | KOFOED LEON | 1003 | | | DEN | M ELITE | | 01:06:39 | 01:43:20 |
| 14 | BLONDEEL JENSEN | 1012 | | | BEL | M ELITE | 01:01:30 | 01:06:50 | 01:47:12 |
| 15 | OOSTEROM FRANK | 1008 | | | NED | M ELITE | 01:02:41 | 01:08:48 | 02:04:25 |
| 16 | STRUJIK ALEXANDER | 1014 | | | NED | M ELITE | 01:03:19 | 01:09:02 | 01:53:00 |
| 17 | SZCZECZLA GRZEGORZ | 1006 | | | POL | M ELITE | 01:05:00 | 01:10:18 | 01:51:09 |
| 18 | DEPEDRI RAFFAELE | 1020 | | | ITA | M ELITE | 01:05:48 | 01:11:40 | 02:05:33 |
| 19 | KADIJA RIGERS | 1019 | | | ITA | M ELITE | 01:06:16 | 01:11:56 | 03:04:48 |
| 20 | SCHÄFER MARTIN | 1024 | | | GER | M ELITE | 01:07:45 | 01:13:44 | 01:54:19 |
| 21 | OLKHOVSKII DMITRI | 1027 | | | RUS | M ELITE | 01:10:34 | 01:16:44 | 02:05:44 |
| 22 | CAPARROS NATHAN | 1021 | | | FRA | M ELITE | 01:10:35 | 01:17:07 | 02:03:33 |
| 23 | KRAUS CHRISTIAN | 1022 | | | GER | M ELITE | 01:19:36 | 01:25:33 | 02:45:35 |
| 24 | SANTANA ADAY LUIS GARCIA | 1026 | | | ESP | M ELITE | 01:19:15 | 01:25:44 | 03:52:44 |
| DNC | BARBE LLUIS | 1002 | | | ESP | M ELITE | 01:00:28 | 01:05:52 | 01:49:28 |
| DNC | OLSEN ANDREAS STAHL | 1016 | | | DEN | M ELITE | 01:02:00 | 01:07:11 | 02:08:42 |
| DNC | KRAWCZYK TOMASZ | 1009 | | | POL | M ELITE | 01:02:13 | 01:08:18 | 01:47:01 |
| DNC | KJELL JIMMY | 1025 | | | SWE | M ELITE | | 01:13:34 | 02:14:15 |
| DNC | KNOPF PHILIPP | 1028 | | | AUT | M ELITE | 02:31:02 | 02:36:42 | 03:46:42 |
| | SILIN SERGEY | 1015 | | | RUS | M ELITE | 00:54:41 | 00:59:34 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, 09:05

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | PRUNDÊNCIO GONÇALO | 1041 | | | POR | M ELITE | 00:59:04 | 01:04:21 | 01:48:57 |
| 2 | NOVÁK LUKÁŠ | 1033 | | | CZE | M ELITE | 00:59:18 | 01:04:53 | 01:50:45 |
| 3 | SABA ALESSANDRO | 1057 | | | ITA | M ELITE | 01:04:10 | 01:08:51 | 02:11:19 |
| 4 | KOWALCZYK DAWID | 1032 | | | POL | M ELITE | 01:05:01 | 01:12:48 | 01:56:46 |
| 5 | JANSSON THOMAS | 1035 | | | SWE | M ELITE | 01:08:54 | 01:14:34 | 01:59:48 |
| 6 | HAUSMANN FRANK | 1058 | | | GER | M ELITE | 01:12:07 | 01:17:13 | 02:39:25 |
| 7 | MILLAN DANIEL OSMA | 1053 | | | ESP | M ELITE | 01:12:51 | 01:19:12 | 02:05:29 |
| 8 | BELOV ARTUR | 1052 | | | RUS | M ELITE | 01:13:04 | 01:19:49 | 02:13:27 |
| 9 | GUDMUNDSSON ZEBASTIAN | 1034 | | | SWE | M ELITE | 01:13:53 | 01:19:56 | |
| 10 | REN EMIL FRIIS | 1039 | | | DEN | M ELITE | 01:13:43 | 01:19:56 | 02:07:06 |
| 11 | ARIBAUD BAPTISTE | 1056 | | | FRA | M ELITE | 01:13:07 | 01:19:58 | 02:44:39 |
| 12 | DRAGSTED ANDREAS | 1038 | | | DEN | M ELITE | 01:14:59 | 01:21:31 | 02:09:01 |
| 13 | HANDLER CHRISTIAN | 1043 | | | AUT | M ELITE | 01:16:06 | 01:21:51 | 02:38:38 |
| 14 | ЕВГЕНИЙ ПРОСКУРЯКОВ | 1055 | | | RUS | M ELITE | 01:15:14 | 01:22:00 | 02:12:03 |
| 15 | PEDRIANES SAMUEL HERNÁNDEZ | 1048 | | | ESP | M ELITE | 01:17:42 | 01:24:12 | 04:10:28 |
| 16 | BOCHAROV GEORGII | 1061 | | | RUS | M ELITE | 01:27:41 | 01:33:45 | 03:08:33 |
| 17 | ГОВОРОВ АНДРЕЙ | 1045 | | | RUS | M ELITE | 01:29:09 | 01:36:36 | 02:48:15 |
| 18 | SIMLER JIŘÍ | 1042 | | | CZE | M ELITE | 01:34:29 | 01:40:52 | 03:01:17 |
| DNC | ADOLFSEN KRISTOFFER | 1037 | | | NOR | M ELITE | 01:27:46 | 01:33:53 | 03:16:22 |
| DNC | BOCCON ALEXANDRE | 1046 | | | FRA | M ELITE | 01:30:47 | 01:36:29 | 03:14:02 |
| DNC | EDBERG JENS | 1049 | | | SWE | M ELITE | 01:56:03 | 02:04:45 | 03:05:40 |

OCREC2019 - STANDARD COURSE, 09:05 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | VERSTUYFT KWINTEN | 1054 | | | BEL | M ELITE | 02:12:14 | 02:18:13 | 02:58:06 |
| DNC | SALUSTE CARRY | 1050 | | | EST | M ELITE | 02:24:24 | 02:31:33 | 03:43:49 |
| DNC | TRÜMMEL MARIO | 1044 | | | AUT | M ELITE | 03:02:51 | 03:07:23 | 04:38:03 |

OCREC2019 - STANDARD COURSE, 09:10

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | KRIUKOV NIKITA | 1091 | | | RUS | M ELITE | 01:02:49 | 01:08:14 | 02:03:31 |
| 2 | BRØNDELSE JONAS | 1084 | | | DEN | M ELITE | 01:05:01 | 01:10:53 | 02:13:22 |
| 3 | BENÍTEZ MANUEL JESÚS LUJÁN | 1073 | | | ESP | M ELITE | 01:05:34 | 01:11:03 | 01:53:43 |
| 4 | BROEZE TOM | 1071 | | | NED | M ELITE | 01:09:38 | 01:15:44 | 02:02:57 |
| 5 | KAREL ŠTĚPÁN | 1072 | | | CZE | M ELITE | 01:10:21 | 01:16:44 | 02:52:47 |
| 6 | KALININ JAROSŁAW | 1064 | | | POL | M ELITE | 01:14:34 | 01:20:48 | 02:33:35 |
| 7 | BERNHARDSSON KRISTOFER ABRAHAMSSON | 1082 | | | SWE | M ELITE | 01:15:16 | 01:21:27 | 02:09:12 |
| 8 | MICHEL JÉRÉMY | 1074 | | | FRA | M ELITE | 01:16:52 | 01:23:05 | 03:18:51 |
| 9 | DOMÍNGUEZ EDUARDO DÍAZ | 1083 | | | ESP | M ELITE | 01:17:53 | 01:23:50 | 02:18:04 |
| 10 | PRAT VICTOR SUAREZ | 1080 | | | ESP | M ELITE | 01:20:26 | 01:26:56 | 02:30:23 |
| 11 | LUCIDI GIULIANO | 1090 | | | ITA | M ELITE | 01:20:26 | 01:27:21 | 04:28:10 |
| 12 | GOLTERMANN ARNE | 1070 | | | GER | M ELITE | 01:21:28 | 01:27:41 | 02:39:44 |
| 13 | VORVIS CHRIS | 1067 | | | GRE | M ELITE | 01:21:25 | 01:28:02 | 02:22:09 |
| 14 | SCHUH MARTIN | 1077 | | | AUT | M ELITE | 01:21:17 | 01:28:10 | 02:26:19 |
| 15 | RUYTER ROY DE | 1092 | | | NED | M ELITE | 01:22:29 | 01:29:29 | 02:25:27 |
| 16 | ЮРЬЕВИЧ ПЕТРОВ ВИКТОР | 1086 | | | RUS | M ELITE | 01:29:15 | 01:36:40 | 02:41:03 |
| 17 | LOPE JESÚS PRIETO DE | 1085 | | | ESP | M ELITE | 01:48:59 | 01:54:56 | 03:56:02 |
| DNC | DAVID SEBASTIEN | 1068 | | | FRA | M ELITE | 01:13:54 | 01:19:31 | 02:42:12 |
| DNC | DALNICENCO IURI | 1066 | | | BLR | M ELITE | 01:14:48 | 01:21:14 | 02:12:18 |
| DNC | CRUZ EDU | 1078 | | | ESP | M ELITE | 01:25:44 | 01:31:57 | 04:33:46 |
| DNC | LOPES MARCO | 1093 | | | POR | M ELITE | 01:25:55 | 01:33:10 | 03:33:38 |
| DNC | PESEK PETR | 1087 | | | CZE | M ELITE | 01:29:41 | 01:35:31 | 03:06:29 |
| DNC | TABARÉS DANI PULGA RODRÍGUEZ | 1089 | | | ESP | M ELITE | | 01:35:37 | 04:19:38 |
| DNC | MARTIN LUIS | 1079 | | | ESP | M ELITE | 01:33:00 | 01:39:44 | 04:36:55 |
| DNC | GRENET DAVID | 1069 | | | FRA | M ELITE | 01:33:33 | 01:39:47 | 03:48:32 |
| DNC | HARPOF MATHIAS | 1075 | | | GER | M ELITE | 01:38:49 | 01:45:51 | 03:08:14 |
| DNC | ARNESEN STIAN | 1088 | | | NOR | M ELITE | 02:22:28 | 02:27:12 | 03:24:23 |
| DNC | GUTIERREZ JONATHAN SANCHEZ | 1081 | | | | M ELITE | 02:25:42 | 02:32:06 | 03:46:18 |
| DNC | ZETTEL ROLAND | 1076 | | | AUT | M ELITE | 02:57:50 | 03:03:23 | 04:33:02 |
| | MONZON IMRE | 1065 | | | NED | M ELITE | 01:19:53 | 01:27:25 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, 09:30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | EVENSEN ULRIKKE | 1100 | | | DEN | W ELITE | 01:04:16 | 01:09:24 | 02:28:33 |
| 2 | KARLSSON KARIN | 1135 | | | SWE | W ELITE | 01:08:55 | 01:15:16 | 02:11:08 |
| 3 | CHRISTENSEN KATJA | 1101 | | | DEN | W ELITE | 01:13:20 | 01:20:50 | 02:08:48 |
| 4 | THUESEN MARGRETHE LANGHOFF | 1137 | | | DEN | W ELITE | 01:17:54 | 01:23:49 | 02:54:46 |
| 5 | HÄRKÖNEN ELIN | 1132 | | | SWE | W ELITE | 01:17:11 | 01:24:01 | 02:30:19 |
| 6 | JANSEN C.A. | 1103 | | | NED | W ELITE | 01:19:14 | 01:25:50 | 02:29:09 |
| 7 | MIRA LORENA GONZÁLEZ | 1125 | | | ESP | W ELITE | 01:19:25 | 01:26:10 | 02:17:30 |
| 8 | DASZKIEWICZ MAŁGORZATA | 1118 | | | POL | W ELITE | 01:21:08 | 01:27:49 | 02:32:19 |
| 9 | JOKSTAD ANETTE HEIMLI | 1124 | | | NOR | W ELITE | 01:21:30 | 01:28:09 | 05:02:11 |
| 10 | JOHANSSON ELIN | 1119 | | | SWE | W ELITE | 01:21:51 | 01:28:29 | 02:54:33 |
| 11 | MIKHINA ANASTASIA | 1108 | | | RUS | W ELITE | 01:22:01 | 01:28:50 | 03:29:54 |
| 12 | PORTA SIMONA | 1114 | | | ITA | W ELITE | 01:38:12 | 01:45:10 | 02:52:43 |

OCREC2019 - STANDARD COURSE, 09:30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 13 | WIELECHOWSKA NATALIA | 1096 | | | POL | W ELITE | 01:44:48 | 01:52:13 | 03:29:21 |
| 14 | BEORLEGI IRATI | 1131 | | | ESP | W ELITE | 01:50:27 | 02:00:01 | 07:02:46 |
| 15 | HENNEKEN CLAUDIA MARIA | 1113 | | | GER | W ELITE | 02:04:10 | 02:09:06 | 06:34:05 |
| DNC | STEENSGAARD IDA MATHILDE | 1115 | | | DEN | W ELITE | | 01:14:26 | |
| DNC | THOMSEN ANNIKA HØJRUP RUNEGAARD | 1120 | | | DEN | W ELITE | 01:13:30 | 01:19:18 | 03:20:50 |
| DNC | WAHR-HANSEN JULIE ALEXANDRA | 1136 | | | NOR | W ELITE | 01:24:40 | 01:30:25 | 02:41:05 |
| DNC | BARANOWSKA KATARZYNA | 1129 | | | POL | W ELITE | 01:29:56 | 01:36:38 | 03:35:32 |
| DNC | RENDELL REBECCA | 1109 | | | | W ELITE | 01:31:30 | 01:38:37 | 04:17:20 |
| DNC | MARIA SMYSHLYAEVA | 1107 | | | RUS | W ELITE | 01:37:06 | 01:44:41 | 03:17:17 |
| DNC | GARNIER ANOUK | 1133 | | | FRA | W ELITE | 01:37:42 | 01:45:23 | 02:49:05 |
| DNC | GONZALEZ IRENE B. | 1105 | | | ESP | W ELITE | 01:52:13 | 02:01:04 | 05:03:11 |
| DNC | GALTIER MURIEL | 1123 | | | FRA | W ELITE | 01:59:05 | 02:07:06 | 03:21:06 |
| DNC | GÓMEZ-ESCALONILLA ELISA DE LA CRUZ | 1104 | | | POR | W ELITE | 01:55:55 | 02:07:21 | 04:25:39 |
| DNC | VEKLYCH OKSANA | 1117 | | | UKR | W ELITE | 02:05:41 | 02:12:01 | 03:26:17 |
| DNC | STEJSKALOVÁ BARBORA | 1121 | | | CZE | W ELITE | 02:04:34 | 02:12:41 | 03:22:37 |
| DNC | GABELGAARD TANJA | 1127 | | | DEN | W ELITE | 02:04:32 | 02:13:12 | 04:38:01 |
| DNC | NELSON-DALEY RIANNA | 1112 | | | ESP | W ELITE | 02:04:36 | 02:13:43 | 04:49:18 |
| DNC | TARANTINOVA OLGA | 1099 | | | RUS | W ELITE | 02:14:07 | 02:19:28 | 04:35:24 |
| DNC | THORKILDSEN EVY MARIE | 1116 | | | NOR | W ELITE | 02:23:40 | 02:32:55 | 03:58:08 |
| DNC | PALAIKIENE INGA | 1128 | | | LTU | W ELITE | 02:45:30 | 02:52:48 | 04:04:47 |
| DNC | LOKAJIČKOVÁ KLÁRA | 1134 | | | CZE | W ELITE | 02:50:39 | 02:59:05 | 04:02:37 |
| DNC | MACIEJAK ANNA | 1126 | | | POL | W ELITE | 03:10:06 | 03:19:17 | 05:03:07 |
| DNC | KURAS BEATA | 1122 | | | POL | W ELITE | 03:44:44 | 03:54:36 | 05:09:52 |
| DNC | RIPOLLÉS LLUNA SANZ | 1110 | | | ESP | W ELITE | 04:32:45 | 04:39:19 | 06:26:20 |
| | BUNGARD CARINA | 1102 | | | GER | W ELITE | 01:35:38 | 01:42:13 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, 10:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | STENBECK FREDRIK | 1155 | | | SWE | M 18-24 | 00:59:26 | 01:04:36 | 01:52:25 |
| 2 | DRESCHER JONAS | 1159 | | | DEN | M 18-24 | 00:59:48 | 01:05:33 | 01:50:06 |
| 3 | EVGENII TRIVASHKEVICH | 1152 | | | BLR | M 18-24 | 01:03:09 | 01:09:16 | 01:51:47 |
| 4 | ALVES DUARTE | 1139 | | | POR | M 18-24 | 01:01:19 | 01:09:37 | 02:02:19 |
| 5 | SERAFIŃSKI MACIEJ | 1158 | | | POL | M 18-24 | 01:04:16 | 01:10:44 | 01:56:17 |
| 6 | RIJNEKER JESPER | 1149 | | | NED | M 18-24 | 01:05:27 | 01:11:08 | 01:54:14 |
| 7 | GAŁDYN KAMIL | 1163 | | | POL | M 18-24 | 01:09:12 | 01:14:42 | 02:40:27 |
| 8 | OŚLIZŁO MAREK | 1146 | | | POL | M 18-24 | 01:10:55 | 01:16:22 | 02:22:42 |
| 9 | VASYA DUDNIKOV | 1144 | | | RUS | M 18-24 | 01:13:00 | 01:19:21 | 02:19:32 |
| 10 | NIJLEN ITSE VAN | 1154 | | | BEL | M 18-24 | 01:14:17 | 01:20:43 | 02:24:28 |
| 11 | BUCCARELLA LUCA | 1151 | | | DEN | M 18-24 | 01:16:44 | 01:23:25 | 02:22:12 |
| 12 | DEMONTY NICOLAS | 1161 | | | BEL | M 18-24 | 01:16:43 | 01:23:26 | 03:31:39 |
| 13 | KUIK THOMAS | 1140 | | | NED | M 18-24 | 01:18:02 | 01:25:00 | 02:18:17 |
| 14 | WISPELWEIJ SEM | 1142 | | | NED | M 18-24 | 01:18:09 | 01:25:00 | 02:32:05 |
| 15 | DRÁBEK LUKÁŠ | 1147 | | | CZE | M 18-24 | 01:20:10 | 01:26:25 | 03:34:36 |
| 16 | DEMONTY LOIC | 1160 | | | BEL | M 18-24 | 01:22:03 | 01:29:42 | 02:50:23 |
| 17 | ALMERSKÅR VIKTOR | 1150 | | | SWE | M 18-24 | 01:23:22 | 01:30:36 | 02:25:32 |
| 18 | KERSTEN MAX | 1153 | | | NED | M 18-24 | 01:23:45 | 01:31:00 | 03:29:52 |
| 19 | ROBBRECHT CHRIS | 1156 | | | GER | M 18-24 | 01:36:55 | 01:44:39 | 05:39:19 |
| DNC | PELIZZA MATTEO | 1145 | | | ITA | M 18-24 | 01:10:30 | 01:15:57 | 02:49:34 |
| DNC | UMLAUFT TIM | 1141 | | | GER | M 18-24 | 01:46:58 | 01:53:55 | 08:31:36 |
| DNC | OLSSON LUCAS | 1157 | | | SWE | M 18-24 | 01:55:45 | 02:03:22 | 03:00:58 |
| DNC | PALERMO MATHIAS | 1143 | | | ESP | M 18-24 | 02:13:31 | 02:23:40 | 05:09:21 |
| DNC | PANIN EGOR | 1162 | | | RUS | M 18-24 | | | |

OCREC2019 - STANDARD COURSE, 10:04

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | WILK SYLWESTER | 1189 | | | POL | M 18-24 | 01:04:42 | 01:10:18 | 02:08:16 |
| 2 | TITCOMB DANIEL | 1170 | | | M 18-24 | M 18-24 | 01:05:15 | 01:10:23 | 02:01:45 |
| 3 | MIKRUT JAKUB | 1181 | | | POL | M 18-24 | 01:07:49 | 01:13:41 | 02:01:19 |
| 4 | LINTHORST JESSE | 1192 | | | NED | M 18-24 | 01:10:21 | 01:16:24 | 02:14:50 |
| 5 | HANSEN MADSS VOSS | 1183 | | | DEN | M 18-24 | 01:11:01 | 01:17:19 | 02:38:30 |
| 6 | CLAESSON ALBIN | 1177 | | | SWE | M 18-24 | 01:11:40 | 01:18:15 | 02:02:43 |
| 7 | VILA JOSE | 1169 | | | ESP | M 18-24 | 01:13:38 | 01:20:36 | 02:14:51 |
| 8 | DAVID GROGNET | 1185 | | | FRA | M 18-24 | 01:15:33 | 01:22:17 | 02:35:57 |
| 9 | MADSEN DITLEV | 1166 | | | DEN | M 18-24 | 01:21:54 | 01:27:02 | 03:47:34 |
| 10 | TRALDI DAVIDE | 1184 | | | ITA | M 18-24 | 01:22:58 | 01:29:48 | 04:17:45 |
| 11 | ARCE DOMINGO BUENDIA | 1173 | | | ESP | M 18-24 | 01:27:08 | 01:34:27 | |
| 12 | SRNSKÝ DANIEL | 1190 | | | CZE | M 18-24 | 01:30:50 | 01:38:38 | 02:47:26 |
| DNC | ADAMEC JAKUB | 1172 | | | SVK | M 18-24 | 01:13:41 | 01:19:28 | 02:56:54 |
| DNC | PIOTROWSKI GRZEGORZ | 1187 | | | POL | M 18-24 | 01:20:16 | 01:27:10 | |
| DNC | GEOFFREY BRÉDA | 1180 | | | BEL | M 18-24 | 01:25:44 | 01:32:30 | 03:36:37 |
| DNC | STEPHAN THOMAS | 1186 | | | FRA | M 18-24 | 01:28:27 | 01:34:55 | 04:08:55 |
| DNC | CHATFIELD CONNOR | 1167 | | | M 18-24 | M 18-24 | 01:33:29 | 01:40:48 | 04:48:20 |
| DNC | MONSTAD BRAGE MALM | 1182 | | | NOR | M 18-24 | 02:04:26 | 02:08:37 | 03:18:48 |
| DNC | DOUHAN DYLAN | 1179 | | | SWE | M 18-24 | 02:04:20 | 02:15:03 | 03:36:43 |
| DNC | KIRCHHOFF ANDRE | 1168 | | | GER | M 18-24 | 02:07:54 | 02:15:04 | 03:18:06 |
| DNC | SZEPANSKI MICHAEL | 1178 | | | GER | M 18-24 | 02:48:48 | 02:55:51 | |
| DNC | TYKAL PETR | 1175 | | | CZE | M 18-24 | 03:00:00 | 03:08:38 | 06:20:36 |
| DNC | GEYBELS STEF | 1174 | | | BEL | M 18-24 | 03:12:21 | 03:19:07 | 06:28:34 |
| DNC | JEZIORSKI PAWEŁ | 1191 | | | POL | M 18-24 | 03:43:44 | 03:50:20 | 05:09:32 |
| | KAZUŁA JAKUB | 1176 | | | POL | M 18-24 | 01:27:33 | 01:35:37 | DNF |
| | REDZIK MATEUSZ | 1188 | | | POL | M 18-24 | DNF | 03:05:46 | DNF |
| | | | | | | | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 10:08

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|---------|------------|----------|----------|----------|
| 1 | GORDILLO ISRAEL VARGAS | 1202 | | | ESP | M 18-24 | 01:17:28 | 01:23:50 | 02:17:23 |
| 2 | POCATERRA SIMONE | 1196 | | | ITA | M 18-24 | 01:21:40 | 01:28:44 | 04:23:04 |
| 3 | SŁODOWNIK DOMINIK | 1212 | | | POL | M 18-24 | 01:26:43 | 01:35:56 | |
| 4 | WÓJCIK ADAM | 1219 | | | POL | M 18-24 | 01:41:17 | 01:46:18 | 02:36:35 |
| DNC | BRUUN EMIL HVIDENLUND | 1195 | | | DEN | M 18-24 | 01:18:07 | 01:24:44 | 03:12:55 |
| DNC | KIRCHHÖFER NILS | 1204 | | | GER | M 18-24 | 01:20:50 | 01:27:06 | 04:22:10 |
| DNC | EBERT DAMIAN | 1213 | | | POL | M 18-24 | 01:21:15 | 01:28:02 | 03:23:01 |
| DNC | FOIS ALESSANDRO | 1205 | | | ITA | M 18-24 | 01:22:28 | 01:29:29 | 04:11:17 |
| DNC | CASTRO CHRISTIAN DANIS | 1201 | | | ESP | M 18-24 | 01:35:54 | 01:43:01 | 03:29:10 |
| DNC | GLEUT ALEXANDRE LE | 1210 | | | FRA | M 18-24 | 01:41:27 | 01:48:04 | 03:55:29 |
| DNC | WRÓBEL JACEK | 1215 | | | POL | M 18-24 | 01:52:36 | 02:00:27 | 03:22:49 |
| DNC | DĄBROWSKI RADEK | 1221 | | | POL | M 18-24 | 02:03:12 | 02:11:04 | 07:08:18 |
| DNC | ŠÍŠKA PATRIK | 1211 | | | CZE | M 18-24 | 02:12:10 | 02:21:02 | 04:13:13 |
| DNC | THOMAYER JAN | 1199 | | | CZE | M 18-24 | 02:12:11 | 02:21:02 | 04:13:13 |
| DNC | SCHLAG YANNIC | 1220 | | | GER | M 18-24 | 02:15:36 | 02:23:31 | 04:03:07 |
| DNC | JURNÍK LUKÁŠ | 1207 | | | CZE | M 18-24 | 02:16:37 | 02:26:19 | 04:03:04 |
| DNC | JANOUŠEK PETR | 1197 | | | CZE | M 18-24 | 02:16:37 | 02:26:20 | 04:02:39 |
| DNC | SIMMONS JOHN | 1203 | | | M 18-24 | M 18-24 | 02:26:41 | 02:38:22 | 03:57:26 |
| DNC | KRASOŃ JAKUB | 1216 | | | POL | M 18-24 | 02:35:58 | 02:51:57 | 04:44:56 |
| DNC | SEGARRA JOSSUAN | 1217 | | | FRA | M 18-24 | 03:02:22 | 03:08:28 | 04:12:04 |
| DNC | BURDZY DANIEL | 1200 | | | POL | M 18-24 | 03:17:27 | 03:25:03 | 04:52:20 |
| DNC | BRZEZIŃSKI BARTOSZ | 1206 | | | POL | M 18-24 | 03:39:30 | 03:45:41 | 05:05:33 |
| DNC | DIFONSO RICCARDO | 1214 | | | ITA | M 18-24 | 03:39:38 | 03:47:26 | 05:45:52 |
| DNC | YUCEL JEFFREY | 1209 | | | BEL | M | 02:24:41 | 02:32:49 | 03:39:20 |
| | | | | | | JOURNEYMAN | | | |

OCREC2019 - STANDARD COURSE, 10:08 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|---------|-----|------|--------|
| DNC | WÓJCIK MICHAŁ | 1218 | | | POL | M 18-24 | | | |

OCREC2019 - STANDARD COURSE, 10:15

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| | 1 BRZOSKWINIA WOJCIECH | 1239 | | | POL | M 25-29 | 00:59:57 | 01:05:14 | |
| | 2 VANDEWALLE BILLY | 1227 | | | BEL | M 25-29 | 01:02:13 | 01:08:15 | 01:48:06 |
| | 3 MATUSEVICH ALEXSEY | 1234 | | | BLR | M 25-29 | 01:02:58 | 01:08:36 | 01:52:22 |
| | 4 KUPIS ŁUKASZ | 1224 | | | POL | M 25-29 | 01:04:31 | 01:10:15 | 02:03:02 |
| | 5 CUENCA AITOR GARDE | 1248 | | | ESP | M 25-29 | 01:04:46 | 01:10:22 | 01:56:16 |
| | 6 CZERWIŃSKI MACIEJ | 1261 | | | POL | M 25-29 | | 01:12:21 | |
| | 7 JANUSZEWSKI BARTOSZ | 1263 | | | POL | M 25-29 | 01:06:10 | 01:12:27 | 01:57:19 |
| | 8 ZAKOŁODKIN ROMAN | 1230 | | | RUS | M 25-29 | 01:08:09 | 01:14:36 | 01:57:39 |
| | 9 RACZEK RADOŚLAW | 1260 | | | POL | M 25-29 | 01:08:44 | 01:15:06 | 02:05:15 |
| | 10 WIKTOROVICH GRUZDEV VLADIMIR | 1235 | | | RUS | M 25-29 | 01:10:09 | 01:16:43 | 02:07:57 |
| | 11 PIANO ANDREA DEL | 1254 | | | ITA | M 25-29 | 01:11:27 | 01:17:55 | 03:09:01 |
| | 12 HANYK LUKÁŠ | 1231 | | | CZE | M 25-29 | 01:11:39 | 01:18:21 | 02:01:11 |
| | 13 PRYKOWSKI TOMASZ | 1256 | | | POL | M 25-29 | 01:12:40 | 01:19:39 | 02:04:48 |
| | 14 SEMENCHENKO VLADIMIR | 1252 | | | RUS | M 25-29 | 01:14:42 | 01:20:55 | 02:04:12 |
| | 15 GUIBERT ROMAIN | 1245 | | | FRA | M 25-29 | 01:15:17 | 01:21:52 | 02:21:03 |
| | 16 YAROSLAV SLAVUSHCHEV | 1236 | | | RUS | M 25-29 | 01:14:46 | 01:22:01 | 02:20:19 |
| | 17 REZNIK ANTON | 1243 | | | RUS | M 25-29 | 01:21:06 | 01:28:35 | 02:17:37 |
| | 18 SZCZEPANIAK PAWEŁ | 1225 | | | POL | M 25-29 | 01:22:33 | 01:28:53 | 02:29:50 |
| | 19 VEPŘEK MARTIN | 1249 | | | CZE | M 25-29 | 01:23:49 | 01:30:33 | 02:48:43 |
| | 20 VOROBOK LUKÁŠ | 1241 | | | CZE | M 25-29 | 01:25:48 | 01:31:40 | 04:22:46 |
| | 21 ROSECKÝ PATRIK | 1251 | | | CZE | M 25-29 | 01:31:27 | 01:39:05 | 03:04:16 |
| | 22 LINDSTRÖM MATTIAS | 1242 | | | SWE | M 25-29 | 01:34:09 | 01:42:21 | 02:50:18 |
| | 23 HANSEN JONAS | 1237 | | | DEN | M 25-29 | 01:41:08 | 01:49:01 | 04:15:36 |
| | 24 MAKAROV ANDREI | 1246 | | | RUS | M 25-29 | 01:41:54 | 01:49:26 | 03:34:32 |
| DNC | ZIMMERMANN TILL | 1240 | | | GER | M 25-29 | 01:08:59 | 01:15:06 | 02:21:06 |
| DNC | WÁGAN ANDRÉ | 1255 | | | NOR | M 25-29 | 01:16:10 | 01:22:50 | 02:27:34 |
| DNC | MARTÍNEZ RAFAEL | 1253 | | | ESP | M 25-29 | 01:19:40 | 01:24:20 | 03:54:55 |
| DNC | MAXIMOV ANDREY | 1262 | | | RUS | M 25-29 | 01:26:10 | 01:33:01 | 03:32:42 |
| DNC | BRONS SONNY | 1244 | | | NED | M 25-29 | 01:31:05 | 01:37:57 | 03:37:24 |
| DNC | PROCHASSON BAPTISTE | 1265 | | | FRA | M 25-29 | 01:34:26 | 01:41:24 | 03:19:48 |
| DNC | FISCHER OLIVER | 1259 | | | GER | M 25-29 | 01:35:35 | 01:41:30 | |
| DNC | JOHANSSON TOM | 1238 | | | SWE | M 25-29 | 01:39:16 | 01:46:26 | 03:35:55 |
| DNC | KAUKOLA HENRI | 1232 | | | FIN | M 25-29 | 01:38:35 | 01:45:17 | 04:58:30 |
| DNC | TERETA IVAN | 1257 | | | UKR | M 25-29 | 01:41:17 | 01:48:18 | 03:47:43 |
| DNC | JOHANSEN PHILIP HUST | 1229 | | | DEN | M 25-29 | 01:49:27 | 01:56:03 | 03:45:34 |
| DNC | DENIS TIMAKOV | 1228 | | | RUS | M 25-29 | 01:47:12 | 01:53:42 | 04:57:03 |
| DNC | OSTERMEIER GABRIEL | 1264 | | | GER | M 25-29 | 01:56:43 | 02:04:52 | 04:15:43 |
| DNC | KRITIKOS ILIAS | 1233 | | | GRE | M 25-29 | 02:15:56 | 02:23:57 | 03:27:04 |
| DNC | GANOTAKIS EMMANOUIL | 1250 | | | GRE | M 25-29 | 02:39:17 | 02:45:05 | 04:31:08 |
| DNC | ЧИРКИН АЛЕКСЕЙ | 1247 | | | RUS | M 25-29 | 02:38:51 | 02:46:29 | 05:41:50 |
| DNC | LIESHOUT FRANK VAN | 1258 | | | NED | M 25-29 | 02:46:35 | 02:52:05 | 04:04:28 |
| | KANSTRUP NICOLAÏ | 1226 | | | DEN | M 25-29 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 10:18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|---------|----------|----------|----------|
| | 1 VLAM THIJS | 1275 | | | NED | M 25-29 | 01:04:36 | 01:10:21 | 01:51:26 |
| | 2 TOMASIK ALAN | 1268 | | | POL | M 25-29 | 01:05:06 | 01:11:03 | 01:55:35 |
| | 3 MUSSCHE FRANS | 1274 | | | NED | M 25-29 | 01:09:34 | 01:15:57 | 02:01:03 |

OCREC2019 - STANDARD COURSE, 10:18 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 4 | HORWARD ADRIEN | 1285 | | | BEL | M 25-29 | 01:10:49 | 01:17:06 | 02:15:58 |
| 5 | SENTEN SIMON VAN | 1298 | | | NED | M 25-29 | 01:14:36 | 01:21:09 | 02:17:33 |
| 6 | MAES MICHAËL | 1266 | | | BEL | M 25-29 | 01:16:40 | 01:23:01 | 02:26:19 |
| 7 | MARTYIN LÁSZLÓ | 1279 | | | HUN | M 25-29 | 01:17:50 | 01:24:02 | 02:38:58 |
| 8 | MĘDYGRAŁ KRYSZTIAN | 1290 | | | POL | M 25-29 | 01:19:31 | 01:26:00 | |
| 9 | GRZONDKO MATEUSZ | 1272 | | | POL | M 25-29 | 01:19:44 | 01:26:44 | |
| 10 | BUYLE MICHIEL | 1273 | | | BEL | M 25-29 | 01:20:23 | 01:27:11 | 02:51:43 |
| 11 | JAGODZIŃSKI KAROL | 1293 | | | POL | M 25-29 | 01:21:29 | 01:27:57 | |
| 12 | TOMAKA TOMASZ | 1284 | | | POL | M 25-29 | 01:23:49 | 01:30:54 | 02:26:11 |
| 13 | MÓWIŃSKI PATRYK | 1277 | | | POL | M 25-29 | 01:24:43 | 01:31:08 | 02:32:58 |
| 14 | KEANE JOSH | 1278 | | | | M 25-29 | 01:26:34 | 01:34:08 | 03:20:21 |
| 15 | TIMMERMANS GEERT | 1280 | | | BEL | M 25-29 | 01:28:53 | 01:35:40 | 02:34:12 |
| 16 | CRESPO ANTONIO RUBIO | 1303 | | | ESP | M 25-29 | 01:34:57 | 01:41:52 | 03:00:04 |
| 17 | LENOIR CYRIL | 1283 | | | BEL | M 25-29 | 01:38:47 | 01:46:40 | 02:51:14 |
| 18 | POŚPIECH KRZYSZTOF PAWŁAK | 1296 | | | POL | M 25-29 | 01:48:08 | 01:54:33 | 03:13:02 |
| 19 | TRUJILLO FERNANDO PAJUELO | 1287 | | | ESP | M 25-29 | 02:04:00 | 02:12:28 | 04:04:34 |
| 20 | FIGUEIREDO RUI PEDRO CRUZ | 1302 | | | POR | M 25-29 | 02:04:43 | 02:13:27 | 03:40:45 |
| DNC | CHRISTOPHER BAILLY | 1286 | | | FRA | M 25-29 | 01:21:55 | 01:27:32 | 02:39:07 |
| DNC | OCHERETIUK ANDRII | 1271 | | | UKR | M 25-29 | 01:22:00 | 01:28:13 | 03:01:47 |
| DNC | KAMIONKA MATEUSZ | 1269 | | | POL | M 25-29 | 01:29:01 | 01:35:54 | 03:53:33 |
| DNC | DMUCH JAKUB | 1267 | | | POL | M 25-29 | 01:29:24 | 01:36:11 | 03:45:12 |
| DNC | SANTOS LUIS | 1292 | | | POR | M 25-29 | 01:39:51 | 01:47:07 | 03:04:10 |
| DNC | DUUREN RUBEN VAN | 1294 | | | NED | M 25-29 | 01:45:24 | 01:52:16 | 03:38:49 |
| DNC | BENICEWICZ KACPER | 1299 | | | | M 25-29 | 01:53:20 | 02:00:46 | 03:03:00 |
| DNC | ŻOŁNIEREK WOJCIECH | 1291 | | | POL | M 25-29 | 01:55:33 | 02:03:18 | 04:42:54 |
| DNC | JACOBSEN PETER | 1276 | | | DEN | M 25-29 | 01:55:22 | 02:03:36 | 04:48:34 |
| DNC | PEÑA MIGUEL | 1306 | | | ESP | M 25-29 | 01:58:02 | 02:04:03 | 04:17:46 |
| DNC | ČERVENÁK RADIM | 1295 | | | CZE | M 25-29 | 02:02:17 | 02:08:36 | 04:07:24 |
| DNC | ALEXANDRE RENATO | 1305 | | | POR | M 25-29 | 02:07:52 | 02:16:58 | 03:50:14 |
| DNC | TIMSIT ROMAIN | 1300 | | | FRA | M 25-29 | 02:12:53 | 02:20:50 | 06:46:14 |
| DNC | ARONSSON ALEXANDER | 1301 | | | SWE | M 25-29 | 02:17:32 | 02:24:56 | 04:09:34 |
| DNC | JAGER ROBIN DE | 1297 | | | NED | M 25-29 | 02:29:26 | 02:37:16 | 06:16:19 |
| DNC | LÜPKE SEBASTIAN | 1304 | | | GER | M 25-29 | 02:49:38 | 02:54:25 | 04:05:40 |
| DNC | GINON LOÏC | 1270 | | | FRA | M 25-29 | 02:52:22 | 02:59:49 | 05:35:21 |

OCREC2019 - STANDARD COURSE, 10:21

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LORIS PINTARELLI | 1310 | | | ITA | M 25-29 | 01:05:40 | 01:11:09 | 01:56:14 |
| 2 | SCHINA LORIS | 1344 | | | ITA | M 25-29 | 01:05:42 | 01:11:33 | 02:05:35 |
| 3 | BLANKENBURGH DAVID | 1317 | | | NED | M 25-29 | 01:12:56 | 01:19:23 | 02:09:30 |
| 4 | MARTIN DARREN | 1311 | | | | M 25-29 | 01:14:33 | 01:21:11 | 02:33:07 |
| 5 | MACÍAS DAVID DELGADO | 1335 | | | ESP | M 25-29 | 01:15:12 | 01:21:32 | 02:09:28 |
| 6 | FRANCESCHI MARCO | 1313 | | | ITA | M 25-29 | 01:17:21 | 01:23:14 | 02:25:24 |
| 7 | NITTIS ANDREA DE | 1328 | | | ITA | M 25-29 | 01:18:32 | 01:24:30 | 02:17:54 |
| 8 | VERHEUL PAUL PIETER CORNELIS | 1316 | | | NED | M 25-29 | 01:18:41 | 01:25:40 | |
| 9 | NUTIL MICHAL | 1345 | | | CZE | M 25-29 | 01:19:52 | 01:25:58 | 02:54:14 |
| 10 | MARCO BISCHOF | 1338 | | | GER | M 25-29 | 01:19:39 | 01:26:23 | 02:45:54 |
| 11 | LEGANDER SIMON | 1324 | | | SWE | M 25-29 | 01:24:27 | 01:32:07 | 02:53:11 |
| 12 | LLAPASSET VICTOR | 1314 | | | FRA | M 25-29 | 01:26:59 | 01:34:30 | 02:47:58 |
| 13 | LARSSON JOHANNES | 1327 | | | SWE | M 25-29 | 01:30:17 | 01:36:59 | 02:42:30 |
| 14 | ATAZ DANIEL BLANCO | 1341 | | | ESP | M 25-29 | 01:33:30 | 01:40:01 | 03:11:19 |
| 15 | FLEISCHHAUER FELIX | 1312 | | | GER | M 25-29 | 01:35:36 | 01:42:55 | 03:27:31 |
| 16 | MANTYCKI RAFAŁ | 1329 | | | POL | M 25-29 | 01:36:18 | 01:43:08 | 03:21:47 |
| 17 | ZHVIKOV OLEG | 1321 | | | RUS | M 25-29 | 02:06:28 | 02:14:16 | 03:25:06 |
| DNC | GIANNETTONI LORENZO | 1339 | | | ITA | M 25-29 | 01:20:25 | 01:27:31 | 03:54:44 |

OCREC2019 - STANDARD COURSE, 10:21 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | TAMBURLANI FILIPPO | 1333 | | | ITA | M 25-29 | 01:30:58 | 01:37:45 | 05:28:22 |
| DNC | MARONGIU ANDREA | 1322 | | | ITA | M 25-29 | 01:37:28 | 01:45:08 | 03:33:17 |
| DNC | RAYNAUD JIMMY | 1331 | | | FRA | M 25-29 | 01:39:00 | 01:46:02 | 06:01:18 |
| DNC | SCHEFER ERIK | 1319 | | | GER | M 25-29 | 01:46:46 | 01:53:35 | 03:17:06 |
| DNC | KORTHOUT BRUCE | 1315 | | | NED | M 25-29 | 01:47:44 | 01:54:18 | 03:17:02 |
| DNC | BONDARENKO ANDRIY | 1323 | | | UKR | M 25-29 | 01:57:05 | 02:04:36 | 04:01:41 |
| DNC | HEATH DANIEL | 1332 | | | | M 25-29 | 02:02:38 | 02:08:51 | 05:06:06 |
| DNC | SVENSSON NICKLAS | 1347 | | | SWE | M 25-29 | 02:04:05 | 02:10:34 | 03:41:07 |
| DNC | MACIEJEWSKI KRYSZTIAN | 1334 | | | POL | M 25-29 | 02:12:58 | 02:18:59 | 03:17:26 |
| DNC | CHILDS JAKE | 1320 | | | | M 25-29 | 02:11:30 | 02:20:46 | 03:40:02 |
| DNC | TORESÁTER LUDVIG "LUDDET" | 1325 | | | SWE | M 25-29 | 02:20:28 | 02:28:57 | 03:55:10 |
| DNC | PHILLIPS ALASTAIR | 1326 | | | | M 25-29 | 02:43:43 | 02:51:59 | 04:15:15 |
| DNC | JOBANPUTRA MAYOOR | 1309 | | | | M 25-29 | 02:53:42 | 03:00:05 | 06:03:04 |
| DNC | KOZIOŁ KAMIL | 1330 | | | POL | M 25-29 | 03:40:50 | 03:46:42 | 07:25:36 |
| DNC | CRISCI MARCO | 1340 | | | ITA | M 25-29 | 03:53:10 | 04:02:11 | 05:37:10 |
| DNC | NAVARRO CRISTIAN MANUEL MADRID | 1337 | | | ESP | M 25-29 | 03:56:24 | 04:04:21 | 08:15:28 |
| DNC | MARTOS EDUARDO | 1346 | | | ESP | M 25-29 | 03:56:25 | 04:04:24 | 06:21:07 |
| DNC | BELLIDO DAVID FERNÁNDEZ | 1336 | | | ESP | M 25-29 | 03:56:24 | 04:04:25 | 06:53:15 |
| DNC | RUKATUKL ALEXANDER | 1342 | | | GER | M 25-29 | 04:46:03 | 04:51:54 | 07:25:01 |

OCREC2019 - STANDARD COURSE, 10:24

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | GUIJARRO VICTOR PEZONAGA | 1391 | | | ESP | M 25-29 | 01:20:30 | 01:26:54 | |
| 2 | JUSTESEN SIMON | 1384 | | | SWE | M 25-29 | 01:23:51 | 01:30:56 | 02:29:35 |
| 3 | CAVICCHIOLO LUCA | 1355 | | | ITA | M 25-29 | 01:25:27 | 01:31:53 | 03:01:39 |
| 4 | LEJK BENIAMIN | 1357 | | | POL | M 25-29 | 01:26:00 | 01:32:54 | 02:40:52 |
| 5 | VERLAAT KEES | 1388 | | | NED | M 25-29 | 01:26:21 | 01:33:34 | 04:40:48 |
| 6 | SCHWEIGERT MATTHIAS | 1377 | | | GER | M 25-29 | 01:28:48 | 01:35:40 | 03:38:37 |
| 7 | WAKTER JACOB | 1385 | | | SWE | M 25-29 | 01:34:04 | 01:42:10 | 03:28:16 |
| 8 | PETERKA TOMÁŠ | 1368 | | | CZE | M 25-29 | 01:37:43 | 01:44:43 | 03:16:32 |
| 9 | LARSSON TONI | 1378 | | | SWE | M 25-29 | 01:37:35 | 01:45:08 | 02:55:07 |
| 10 | DIETRICH RAPHAËL | 1371 | | | SUI | M 25-29 | 01:38:24 | 01:45:15 | 04:37:29 |
| 11 | ZAWILIŃSKI MATEUSZ | 1351 | | | POL | M 25-29 | 01:38:45 | 01:45:19 | 02:55:27 |
| 12 | DIMITRY DOTRIMONT | 1367 | | | BEL | M 25-29 | 01:39:10 | 01:45:40 | 03:07:40 |
| 13 | WITEK PAWEŁ | 1373 | | | POL | M 25-29 | 01:38:29 | 01:45:54 | 03:09:57 |
| 14 | ELSGART NIKLAS | 1352 | | | DEN | M 25-29 | 01:40:01 | 01:47:03 | 03:33:16 |
| 15 | HORÁK JAROMÍR | 1362 | | | CZE | M 25-29 | 01:47:39 | 01:55:51 | 03:56:34 |
| 16 | JACIÓW PAWEŁ | 1389 | | | BEL | M 25-29 | 01:51:56 | 01:59:40 | 05:25:41 |
| 17 | BURANI CRISTIAN | 1369 | | | ITA | M 25-29 | 01:52:46 | 02:00:57 | 04:19:53 |
| 18 | PELUSI JACOPO | 1381 | | | ITA | M 25-29 | 01:56:16 | 02:04:17 | 04:15:06 |
| 19 | ZIELIŃSKI BARTOSZ | 1350 | | | POL | M 25-29 | 01:59:19 | 02:07:40 | 04:49:34 |
| 20 | RODRIGUES ALEXANDRE | 1366 | | | FRA | M 25-29 | 02:42:34 | 02:52:13 | |
| 21 | DENTALE ARMANDO | 1379 | | | ITA | M 25-29 | | | 03:13:28 |
| 22 | PONTICELLI LUIGI | 1380 | | | ITA | M 25-29 | | | 02:47:31 |
| DNC | LEDO ADRIÁN | 1364 | | | ESP | M 25-29 | 01:12:51 | 01:19:28 | |
| DNC | PÉREZ SERGIO GÓMEZ | 1382 | | | ESP | M 25-29 | 01:18:32 | 01:24:46 | 02:36:43 |
| DNC | STENGER MORTEN | 1358 | | | DEN | M 25-29 | 01:29:27 | 01:36:37 | 05:04:12 |
| DNC | DESCHAMPS EMMANUEL | 1363 | | | FRA | M 25-29 | 01:39:07 | 01:45:22 | 03:41:18 |
| DNC | BRACCAIOLI LORENZO | 1374 | | | ITA | M 25-29 | 01:38:38 | 01:45:32 | 06:47:18 |
| DNC | ZALEWSKI MICHAŁ | 1372 | | | POL | M 25-29 | 01:39:28 | 01:46:11 | 03:43:42 |
| DNC | PEDERSEN PEDER EJSING | 1359 | | | DEN | M 25-29 | 01:51:28 | 01:57:20 | 05:31:54 |
| DNC | MELIS GIACOMO | 1370 | | | ITA | M 25-29 | 01:51:30 | 01:57:44 | 03:30:03 |
| DNC | FELLDIN MARKUS | 1387 | | | SWE | M 25-29 | 01:54:49 | 02:01:37 | 03:06:35 |
| DNC | OSTE MAARTEN | 1353 | | | BEL | M 25-29 | 01:56:49 | 02:03:45 | 05:26:31 |
| DNC | ROEFAERS SANDER | 1376 | | | BEL | M 25-29 | 01:55:52 | 02:04:56 | 03:23:29 |

OCREC2019 - STANDARD COURSE, 10:24 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | NOWAK LUKASZ | 1354 | | | POL | M 25-29 | 01:58:07 | 02:05:34 | 03:11:37 |
| DNC | ENDEJANN RAPHAEL | 1360 | | | GER | M 25-29 | 02:07:06 | 02:14:55 | 03:39:54 |
| DNC | TEJERO JAVIER CASADO | 1375 | | | ESP | M 25-29 | 02:13:27 | 02:23:04 | 04:05:12 |
| DNC | RECHENBACH TIM | 1356 | | | GER | M 25-29 | 02:22:05 | 02:30:06 | 04:52:21 |
| DNC | MIKEL MAREK | 1386 | | | CZE | M 25-29 | 02:35:47 | 02:43:08 | 04:17:41 |
| DNC | BRORSSON SEBASTIAN | 1390 | | | SWE | M 25-29 | 02:40:33 | 02:47:12 | 04:10:45 |
| DNC | WUNDERLICH TOBIAS | 1361 | | | GER | M 25-29 | 03:12:59 | 03:20:08 | 05:01:30 |
| DNC | DAVIDSON RICHARD | 1383 | | | SWE | M 25-29 | 03:22:54 | 03:30:24 | 05:21:20 |

OCREC2019 - STANDARD COURSE, 10:30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | KRAWIECKI MATEUSZ | 1424 | | | POL | M 30-34 | 01:02:20 | 01:07:27 | 01:48:57 |
| 2 | KRÓL PIOTR | 1421 | | | POL | M 30-34 | 01:02:38 | 01:08:06 | 01:56:09 |
| 3 | SITKEVICH ANTON | 1427 | | | BLR | M 30-34 | 01:02:52 | 01:08:11 | 01:50:39 |
| 4 | PRUSAK PIOTR | 1413 | | | POL | M 30-34 | 01:02:55 | 01:08:55 | 01:47:12 |
| 5 | SHERETOV EUGENE | 1030 | | | UKR | M 30-34 | 01:03:42 | 01:09:20 | 01:47:38 |
| 6 | OSHKIN EGOR | 1419 | | | RUS | M 30-34 | 01:06:56 | 01:10:59 | 01:59:22 |
| 7 | CARMIGNANI ALESSIO | 1401 | | | ITA | M 30-34 | 01:05:59 | 01:11:54 | |
| 8 | DANIELKIEWICZ TOMASZ | 1422 | | | POL | M 30-34 | 01:06:03 | 01:12:42 | 02:13:10 |
| 9 | ASMUSSEN ANDREAS MUNK | 1398 | | | DEN | M 30-34 | 01:07:54 | 01:14:12 | |
| 10 | SETTELE STEFAN | 1429 | | | GER | M 30-34 | 01:11:53 | 01:17:38 | |
| 11 | WAGEMANS TOM | 1426 | | | NED | M 30-34 | 01:11:47 | 01:18:00 | 02:54:46 |
| 12 | CAUDELI JOSE MIGUEL PERICÁS | 1409 | | | ESP | M 30-34 | 01:09:41 | 01:18:48 | 02:41:32 |
| 13 | PELISSIER BENOIT | 1423 | | | FRA | M 30-34 | 01:13:49 | 01:20:06 | 02:03:03 |
| 14 | KATOLIKAU RAMAN | 1400 | | | BLR | M 30-34 | 01:16:55 | 01:22:47 | 02:56:26 |
| 15 | SHIPLEY CHRIS | 1410 | | | | M 30-34 | 01:17:43 | 01:23:36 | 02:28:01 |
| 16 | LIUTKUS DAINIUS | 1397 | | | LTU | M 30-34 | 01:19:15 | 01:24:24 | 02:53:40 |
| 17 | MEEL JIM VAN DER | 1399 | | | NED | M 30-34 | 01:20:40 | 01:26:40 | 02:29:56 |
| 18 | MYKOLA FOMISHKIN | 1411 | | | UKR | M 30-34 | 01:21:34 | 01:27:51 | 03:21:46 |
| 19 | SHKURLOV ALEKSANDR | 1402 | | | RUS | M 30-34 | 01:25:11 | 01:30:57 | 02:22:29 |
| 20 | SAVIN ALEKSEI | 1408 | | | RUS | M 30-34 | 01:24:54 | 01:31:56 | 02:41:18 |
| 21 | VRIES FLORIAN DE | 1420 | | | NED | M 30-34 | 01:24:51 | 01:32:24 | 02:36:26 |
| 22 | BÄR MARCEL | 1430 | | | GER | M 30-34 | 01:27:02 | 01:33:33 | 02:32:32 |
| 23 | PROKOPENKO VADIM | 1416 | | | RUS | M 30-34 | 01:27:58 | 01:34:09 | 03:31:01 |
| 24 | ORKE EINAR | 1425 | | | NOR | M 30-34 | 01:28:20 | 01:34:46 | 03:25:45 |
| 25 | GARCIA ADRIÁN RUIZ | 1405 | | | ESP | M 30-34 | 01:34:46 | 01:42:05 | 03:06:28 |
| 26 | ANANIN ARTEM | 1406 | | | RUS | M 30-34 | 01:38:42 | 01:45:42 | 02:57:21 |
| 27 | FABRÈGUE RÉMI | 1395 | | | FRA | M 30-34 | 01:39:30 | 01:46:27 | 03:11:44 |
| DNC | ČERNÝ VACLAV | 1403 | | | CZE | M 30-34 | 01:23:52 | 01:30:03 | 03:13:52 |
| DNC | RAEYMAEKERS SIEBE | 1415 | | | BEL | M 30-34 | 01:30:16 | 01:36:17 | 03:08:27 |
| DNC | ILNICKI DAREK | 1418 | | | POL | M 30-34 | 01:39:55 | 01:46:31 | 03:28:55 |
| DNC | KRÜGER TIM | 1412 | | | GER | M 30-34 | 01:41:58 | 01:47:13 | 02:52:08 |
| DNC | CHRISTENSEN MICHAEL | 1396 | | | DEN | M 30-34 | 01:52:09 | 01:59:39 | 03:05:39 |
| DNC | RATEL VINCENT | 1394 | | | FRA | M 30-34 | 01:58:55 | 02:07:30 | 03:18:41 |
| DNC | ROTH ZDENĚK | 1393 | | | CZE | M 30-34 | 02:04:52 | 02:11:16 | 03:15:51 |
| DNC | POMBO VALENTIN AMIGO | 1414 | | | ESP | M 30-34 | 02:06:25 | 02:17:05 | 06:02:17 |
| DNC | SINNING FABIAN | 1407 | | | GER | M 30-34 | 03:01:58 | 03:09:20 | 05:27:37 |

OCREC2019 - STANDARD COURSE, 10:32

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | COLETTA ALESSANDRO | 1448 | | | ITA | M 30-34 | 01:01:09 | 01:06:16 | 01:49:21 |
| 2 | JOLES ROËL | 1452 | | | NED | M 30-34 | 01:10:37 | 01:16:58 | 02:03:03 |

OCREC2019 - STANDARD COURSE, 10:32 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 3 | KALUŻNY ADAM | 1466 | | | POL | M 30-34 | 01:12:50 | 01:18:39 | 02:08:54 |
| 4 | MENSINK NICK | 1455 | | | NED | M 30-34 | 01:12:32 | 01:18:47 | 02:03:18 |
| 5 | KOŁODZIEJCZYK KAMIL | 1460 | | | POL | M 30-34 | 01:14:53 | 01:21:06 | 02:26:59 |
| 6 | MÉDARD OLIVIER | 1446 | | | FRA | M 30-34 | 01:18:44 | 01:24:26 | 02:18:53 |
| 7 | PASTUSZKA PAWEŁ | 1449 | | | POL | M 30-34 | 01:22:25 | 01:28:13 | 02:23:18 |
| 8 | REKUTIN IVAN | 1451 | | | RUS | M 30-34 | 01:26:14 | 01:33:00 | 02:50:34 |
| 9 | BRÄHMIG MATTES | 1458 | | | GER | M 30-34 | 01:34:30 | 01:41:17 | 04:36:37 |
| 10 | PLÓCIENNIK PIOTR | 1461 | | | POL | M 30-34 | 01:37:46 | 01:44:28 | 02:40:14 |
| 11 | GESSLER SERGEJ | 1447 | | | GER | M 30-34 | 01:40:08 | 01:47:42 | 02:56:37 |
| 12 | DUBROVIN VALENTIN | 1436 | | | RUS | M 30-34 | 01:41:04 | 01:48:32 | 03:32:30 |
| 13 | BERKES MARTON | 1442 | | | HUN | M 30-34 | 01:45:31 | 01:52:45 | 03:03:29 |
| 14 | VERBEERST TOMMY | 1470 | | | BEL | M 30-34 | 01:58:40 | 02:06:15 | 03:33:08 |
| DQ | RADAMM FILIP | 1462 | | | GER | M 30-34 | 01:48:37 | 01:57:22 | 03:16:06 |
| | | | | | | | DQ | DQ | DQ |
| DNC | MAWLAM JASON | 1459 | | | | M 30-34 | 01:14:45 | 01:21:15 | 02:22:30 |
| DNC | BUGYS RENALDAS | 1434 | | | DEN | M 30-34 | 01:16:30 | 01:22:24 | 01:58:44 |
| DNC | PETERSEN THOMAS | 1454 | | | DEN | M 30-34 | 01:28:12 | 01:35:30 | 03:35:18 |
| DNC | AVRAMIOTIS KONSTANTINOS | 1468 | | | GRE | M 30-34 | 01:31:09 | 01:37:22 | 02:56:03 |
| DNC | LACOUR RENAUD | 1443 | | | FRA | M 30-34 | 01:32:40 | 01:39:17 | 04:09:37 |
| DNC | HOWARD JOHN | 1435 | | | | M 30-34 | 01:45:23 | 01:52:33 | 03:21:50 |
| DNC | BEELEN TIMOTHY VAN | 1445 | | | NED | M 30-34 | 01:46:32 | 01:53:41 | 03:19:48 |
| DNC | PALMA PEDRO | 1433 | | | POR | M 30-34 | 01:55:48 | 02:02:41 | 05:42:42 |
| DNC | HUTCHISON CHRISTOPHER | 1464 | | | | M 30-34 | 02:12:48 | 02:22:28 | 03:59:38 |
| DNC | CADDICK JAMES | 1467 | | | | M 30-34 | 02:13:39 | 02:23:18 | 03:43:29 |
| DNC | ARTZ CLAUS | 1440 | | | GER | M 30-34 | 02:20:50 | 02:27:52 | 03:39:08 |
| DNC | BECKS JOSE | 1456 | | | ESP | M 30-34 | 02:25:40 | 02:32:20 | 03:49:53 |
| DNC | MOBERG LINUS | 1441 | | | SWE | M 30-34 | 02:27:51 | 02:34:36 | 04:39:33 |
| DNC | RUDY RYCHLINSKI | 1465 | | | FRA | M 30-34 | 02:29:42 | 02:37:35 | 03:48:16 |
| DNC | GRILOT FABIEN | 1437 | | | FRA | M 30-34 | 02:29:42 | 02:37:37 | 03:49:44 |
| DNC | STRNAD SEBASTIAN | 1463 | | | GER | M 30-34 | 03:05:01 | 03:11:59 | 04:53:32 |
| DNC | VERBESSEM BART | 1438 | | | BEL | M 30-34 | 03:52:47 | 04:01:04 | 06:00:35 |
| DNC | KOLB LARS | 1457 | | | GER | M 30-34 | | | 02:00:01 |
| DNC | HORSCH STEFAN | 1469 | | | GER | M 30-34 | | | 02:01:29 |

OCREC2019 - STANDARD COURSE, 10:34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | FARKOWSKI KONRAD | 1475 | | | POL | M 30-34 | 01:12:56 | 01:19:07 | 02:11:06 |
| 2 | SINIGAGLIA WILLIAM | 1505 | | | ITA | M 30-34 | 01:17:38 | 01:24:26 | 02:21:30 |
| 3 | SJÖLIN JOHAN | 1487 | | | SWE | M 30-34 | 01:21:34 | 01:27:27 | 02:17:46 |
| 4 | PIOMBONI NICOLÒ | 1474 | | | ITA | M 30-34 | 01:21:52 | 01:27:43 | 03:20:28 |
| 5 | SALAŁATA MARCIN | 1478 | | | POL | M 30-34 | 01:22:53 | 01:28:46 | 02:18:32 |
| 6 | BYRCZEK MICHAŁ | 1493 | | | POL | M 30-34 | 01:30:58 | 01:38:13 | 02:43:58 |
| 7 | NIELSEN DANIEL BIRK | 1548 | | | DEN | M 30-34 | 01:40:56 | 01:48:32 | 03:42:27 |
| 8 | SÉBASTIEN GALDEANO | 1502 | | | FRA | M 30-34 | 01:50:50 | 01:58:56 | 04:46:22 |
| 9 | DZMITRY GIDLEVSKI | 1476 | | | BLR | M 30-34 | 01:57:47 | 02:04:23 | 05:08:07 |
| 10 | THONON SIMON | 1479 | | | BEL | M 30-34 | 02:16:46 | 02:26:06 | 05:32:35 |
| DNC | NIELSEN DENNIS | 1480 | | | DEN | M 30-34 | 01:26:09 | 01:32:15 | 04:00:02 |
| DNC | TYL LUKÁŠ | 1500 | | | CZE | M 30-34 | 01:27:36 | 01:33:57 | 02:59:52 |
| DNC | PANITZ ERICH | 1490 | | | CZE | M 30-34 | 01:32:15 | 01:39:06 | 02:46:12 |
| DNC | KILIMNIK TOMASZ | 1484 | | | POL | M 30-34 | 01:35:53 | 01:42:50 | 03:00:14 |
| DNC | CHOŁUJ ŁUKASZ | 1472 | | | POL | M 30-34 | 01:41:22 | 01:48:04 | 03:12:57 |
| DNC | BALASHOV ROMAN | 1477 | | | RUS | M 30-34 | 01:47:54 | 01:55:06 | 03:18:40 |
| DNC | LARSEN ØYSTEIN HØINES | 1483 | | | NOR | M 30-34 | 01:48:45 | 01:55:16 | 03:26:54 |
| DNC | PABLO | 1498 | | | ESP | M 30-34 | 01:59:26 | 02:07:46 | 07:25:51 |
| DNC | GUILLAUMIN THOMAS | 1497 | | | FRA | M 30-34 | 02:01:04 | 02:08:43 | 05:45:11 |

OCREC2019 - STANDARD COURSE, 10:34 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | KONIČEK FILIP | 1491 | | | CZE | M 30-34 | 02:05:33 | 02:13:22 | 03:25:23 |
| DNC | PUCHACZ MICHAEL | 1481 | | | POL | M 30-34 | 02:05:18 | 02:14:56 | 03:23:54 |
| DNC | PEÑARANDA IVAN CERVERA | 1499 | | | ESP | M 30-34 | 02:09:47 | 02:17:39 | 05:04:31 |
| DNC | HORBACH LARS | 1501 | | | NED | M 30-34 | 02:14:41 | 02:20:18 | 03:43:36 |
| DNC | JANUSZEWSKI ANDRZEJ | 1473 | | | POL | M 30-34 | 02:15:05 | 02:21:56 | 03:33:57 |
| DNC | HANBURY DANIEL | 1506 | | | | M 30-34 | 02:15:43 | 02:23:03 | 05:20:30 |
| DNC | WACKER LUKAS | 1494 | | | CZE | M 30-34 | 02:24:15 | 02:31:54 | 03:48:46 |
| DNC | HEIDER FLORIAN | 1488 | | | GER | M 30-34 | 02:32:32 | 02:39:32 | 04:05:53 |
| DNC | MATSSON CHRISTIAN | 1486 | | | SWE | M 30-34 | 02:38:00 | 02:44:14 | 04:17:16 |
| DNC | GEREIN BENJAMIN | 1503 | | | BEL | M 30-34 | 02:53:15 | 03:04:16 | 04:33:45 |
| DNC | CARUSO DARIO | 1495 | | | ITA | M 30-34 | 03:08:27 | 03:14:37 | 05:25:31 |
| DNC | IHECHERENOMA UCHE | 1496 | | | | M 30-34 | 03:16:49 | 03:24:40 | 05:03:41 |
| DNC | GUSTAVSSON JAKOB | 1489 | | | SWE | M 30-34 | 03:18:18 | 03:24:43 | 04:41:30 |
| DNC | POZO JUAN CARLOS CONTADOR | 1492 | | | ESP | M 30-34 | 03:58:10 | 04:05:46 | 07:19:15 |
| DNC | DOODY KELVIN | 1485 | | | | M 30-34 | 04:03:22 | 04:11:34 | 05:26:20 |
| DNC | KIRILL BELKIN | 1507 | | | RUS | M 30-34 | 04:07:37 | 04:16:49 | 05:45:27 |
| DNC | KOVÁČIK BRANISLAV | 1504 | | | SVK | M 30-34 | 04:36:27 | 04:43:34 | 06:56:20 |

OCREC2019 - STANDARD COURSE, 10:36

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LEMA DAMIÁN ESPASANDIN | 1541 | | | ESP | M 30-34 | 01:12:48 | 01:18:36 | |
| 2 | JEVTIC SASA | 1518 | | | GER | M 30-34 | 01:17:15 | 01:23:11 | 02:19:18 |
| 3 | MOSE KRISTIAN | 1513 | | | DEN | M 30-34 | 01:19:03 | 01:25:28 | 02:25:08 |
| 4 | BERTOLASI MARCO | 1535 | | | ITA | M 30-34 | 01:20:23 | 01:26:16 | 02:25:20 |
| 5 | KOŁODZIEJ KRYSZTIAN | 1510 | | | POL | M 30-34 | 01:26:27 | 01:32:51 | 02:30:10 |
| 6 | COMMANDEUR TJEERD | 1522 | | | NED | M 30-34 | 01:30:06 | 01:37:28 | 02:45:56 |
| 7 | NIELSEN SØREN | 1543 | | | DEN | M 30-34 | 01:31:39 | 01:38:33 | 03:02:52 |
| 8 | OLSEN MADS-CHRISTIAN BRILL | 1516 | | | DEN | M 30-34 | 01:32:54 | 01:40:21 | 03:16:18 |
| 9 | ÖBERG ROBIN | 1515 | | | SWE | M 30-34 | 01:35:33 | 01:42:27 | 02:49:14 |
| 10 | MATUSIK ADAM | 1534 | | | POL | M 30-34 | 01:36:16 | 01:43:16 | 02:57:01 |
| 11 | REMMER THOMAS | 1545 | | | DEN | M 30-34 | 01:39:29 | 01:44:39 | 03:57:58 |
| 12 | BELLODI ANDREA | 1547 | | | ITA | M 30-34 | 01:41:38 | 01:47:30 | 03:34:31 |
| 13 | YANN CHAMBERT | 1526 | | | FRA | M 30-34 | 01:40:57 | 01:47:58 | |
| 14 | HERNANDEZ ERIC SERES | 1527 | | | ESP | M 30-34 | 01:43:42 | 01:49:51 | 03:28:16 |
| 15 | VALERII KALDIN | 1536 | | | RUS | M 30-34 | 01:45:36 | 01:53:42 | 03:32:10 |
| 16 | BOMBA PIOTR | 1528 | | | POL | M 30-34 | 01:48:33 | 01:56:28 | 03:08:09 |
| 17 | URBANO DAVID QUINTANA | 1533 | | | ESP | M 30-34 | 01:52:45 | 02:00:13 | 04:00:14 |
| 18 | ZIMMER MARKUS | 1540 | | | GER | M 30-34 | 01:53:00 | 02:01:06 | 03:19:27 |
| 19 | ŁUCZAK ŁUKASZ | 1525 | | | POL | M 30-34 | 01:57:45 | 02:05:09 | 03:37:14 |
| 20 | ZAPPA STEFANO | 1539 | | | ITA | M 30-34 | 02:04:32 | 02:11:27 | 04:01:37 |
| 21 | MANNO MARCO | 1521 | | | ITA | M 30-34 | 02:07:10 | 02:14:06 | 06:09:01 |
| DNC | TRIBAN MATTEO | 1531 | | | ITA | M 30-34 | 01:29:48 | 01:35:47 | |
| DNC | LARNEMARK DAVID | 1523 | | | SWE | M 30-34 | 01:36:16 | 01:43:20 | 02:47:15 |
| DNC | SZUMLAŃSKI MARCIN | 1520 | | | POL | M 30-34 | 01:46:39 | 01:54:17 | 02:46:52 |
| DNC | HARTLEY ROBERT JAMES | 1532 | | | | M 30-34 | 01:49:53 | 01:58:11 | 03:01:37 |
| DNC | SCHOUTEN WIM | 1512 | | | NED | M 30-34 | 01:55:43 | 02:02:55 | |
| DNC | RAVENZWAAY JEROEN VAN | 1529 | | | NED | M 30-34 | 02:00:53 | 02:07:20 | 04:28:49 |
| DNC | RIHA ZDENEK | 1538 | | | CZE | M 30-34 | 02:04:41 | 02:11:21 | 04:26:13 |
| DNC | COLIZZI RENATO | 1530 | | | ITA | M 30-34 | 02:04:33 | 02:12:06 | 05:13:24 |
| DNC | KASCHE DENNY | 1542 | | | GER | M 30-34 | 02:12:33 | 02:24:01 | 03:38:45 |
| DNC | CHRISTOPHER MICHEL | 1537 | | | BEL | M 30-34 | 02:14:46 | 02:24:05 | 04:20:59 |
| DNC | GLACNER JIŘÍ | 1519 | | | CZE | M 30-34 | 02:23:48 | 02:30:29 | 04:28:09 |
| DNC | POULTER MARK | 1511 | | | | M 30-34 | 02:23:58 | 02:34:07 | 03:56:15 |
| DNC | NIELSEN NIKLAS | 1517 | | | SWE | M 30-34 | 02:32:48 | 02:41:05 | 07:52:25 |
| DNC | HAWKINS NATHAN | 1514 | | | | M 30-34 | 02:30:22 | 02:42:01 | 04:00:50 |

OCREC2019 - STANDARD COURSE, 10:36 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | DIEGO RAUL DE | 1524 | | | ESP | M 30-34 | 05:18:03 | 05:29:12 | 07:21:12 |

OCREC2019 - STANDARD COURSE, 10:38

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | GYÖMREI MÁTÉ | 1557 | | | HUN | M 30-34 | 01:19:24 | 01:25:35 | 02:12:00 |
| 2 | JAROSZ DAWID | 1555 | | | POL | M 30-34 | 01:22:04 | 01:28:05 | 02:16:37 |
| 3 | BANNISTER ALEX | 1564 | | | | M 30-34 | 01:25:10 | 01:31:25 | 02:35:37 |
| 4 | LARSEN GLEN | 1562 | | | DEN | M 30-34 | 01:27:17 | 01:34:28 | 03:30:33 |
| 5 | WALTILLA MARCUS | 1578 | | | SWE | M 30-34 | 01:28:41 | 01:35:37 | 02:39:09 |
| 6 | CATELLANI MIRCO | 1581 | | | ITA | M 30-34 | 01:30:20 | 01:35:51 | 02:34:35 |
| 7 | JAKOBSSON NIKLAS | 1559 | | | SWE | M 30-34 | 01:30:10 | 01:36:29 | 02:59:15 |
| 8 | SILVA ANDRÉ | 1572 | | | POR | M 30-34 | 01:30:27 | 01:38:23 | 02:37:52 |
| 9 | HRABÁK PETR | 1561 | | | CZE | M 30-34 | 01:34:03 | 01:40:04 | 03:30:25 |
| 10 | KUBER ANDRZEJ | 1569 | | | POL | M 30-34 | 01:45:39 | 01:52:11 | 03:35:54 |
| 11 | REGNELL FREDRICK | 1579 | | | SWE | M 30-34 | 01:46:26 | 01:53:30 | 03:01:27 |
| 12 | BUGAJ MARIUSZ | 1552 | | | POL | M 30-34 | 01:48:39 | 01:55:51 | 03:19:21 |
| 13 | SUCHNA DAVID | 1563 | | | CZE | M 30-34 | 01:53:49 | 02:01:25 | 04:46:42 |
| 14 | ZANONI MATTEO | 1580 | | | ITA | M 30-34 | 02:02:15 | 02:10:51 | 03:51:42 |
| 15 | DYSZKIEWICZ GRZEGORZ | 1553 | | | POL | M 30-34 | 02:15:23 | 02:23:48 | 04:21:53 |
| DNC | KOČVARA LUBOŠ | 1560 | | | CZE | M 30-34 | 01:24:24 | 01:30:18 | 02:38:19 |
| DNC | MOLGORA GABRIELE | 1577 | | | ITA | M 30-34 | 01:32:28 | 01:38:32 | 03:43:50 |
| DNC | PRZYSTAW MAXIM | 1574 | | | GER | M 30-34 | 01:45:26 | 01:53:38 | 02:54:25 |
| DNC | BEASTS JAKUB STEC BEST | 1556 | | | | M 30-34 | 01:46:59 | 01:53:42 | 05:02:04 |
| DNC | HAAN JOHN DE | 1575 | | | NED | M 30-34 | 01:54:23 | 02:02:16 | |
| DNC | REINHOLD JOSEF | 1551 | | | SWE | M 30-34 | 01:57:57 | 02:04:59 | 03:49:36 |
| DNC | GIACONE MASSIMO | 1568 | | | ITA | M 30-34 | 01:59:06 | 02:06:18 | 03:14:27 |
| DNC | SCHERBA KAMIL | 1573 | | | GER | M 30-34 | 01:59:12 | 02:05:15 | 03:31:13 |
| DNC | PALUCH EDDY | 1558 | | | FRA | M 30-34 | 02:23:42 | 02:31:35 | 03:43:43 |
| DNC | UHLIG RONNY | 1570 | | | GER | M 30-34 | 02:34:24 | 02:39:33 | 03:56:33 |
| DNC | AUBRIOT PIERRE CHARLES | 1571 | | | BEL | M 30-34 | 02:30:31 | 02:40:55 | |
| DNC | PLATA ARKADIUSZ | 1554 | | | POL | M 30-34 | 02:41:59 | 02:47:30 | 04:00:23 |

OCREC2019 - STANDARD COURSE, 10:40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | CAZZAVACCA ALESSANDRO | 1609 | | | ITA | M 30-34 | 01:18:46 | 01:24:05 | 02:10:04 |
| 2 | JONSSON NILS | 1595 | | | SWE | M 30-34 | 01:20:41 | 01:26:04 | 03:24:23 |
| 3 | CAMBRIDGE LUKE | 1605 | | | NOR | M 30-34 | 01:23:22 | 01:29:25 | 02:19:56 |
| 4 | OPIAŁ GRZEGORZ | 1615 | | | POL | M 30-34 | 01:26:05 | 01:30:56 | 03:31:51 |
| 5 | GAWRYLUK MARCIN | 1587 | | | POL | M 30-34 | 01:26:06 | 01:32:41 | 02:59:23 |
| 6 | JOHNSTON KEITH | 1594 | | | | M 30-34 | 01:28:06 | 01:34:10 | 03:06:12 |
| 7 | SCHUTTEN RUTGER | 1599 | | | SWE | M 30-34 | 01:43:05 | 01:49:04 | 03:23:06 |
| 8 | STEC JAKUB | 1582 | | | POL | M 30-34 | 01:44:51 | 01:52:46 | 04:57:20 |
| 9 | ULDYNOWICZ BARTOSZ | 1584 | | | POL | M 30-34 | 01:50:50 | 01:58:32 | 04:25:09 |
| 10 | ZIMON NORBERT | 1604 | | | POL | M 30-34 | 01:50:39 | 01:58:34 | 03:30:35 |
| 11 | DEDIEU SEMI | 1600 | | | BEL | M 30-34 | 01:54:27 | 02:02:10 | 03:26:46 |
| 12 | ALONSO JOSE BRUNO | 1607 | | | ESP | M 30-34 | 01:54:58 | 02:02:55 | 04:58:38 |
| 13 | CASTILLO AYTHAMI CASTILLA DEL | 1598 | | | ESP | M 30-34 | 01:59:10 | 02:07:57 | 03:34:53 |
| 14 | DELSÓ MARKUS | 1596 | | | SWE | M 30-34 | 02:05:56 | 02:14:49 | 05:30:33 |
| 15 | ALEKSANDR ANOKHIN | 1614 | | | RUS | M 30-34 | 02:18:47 | 02:25:47 | 04:52:55 |
| DNC | VAZQUEZ JESUS MONTOTO | 1612 | | | ESP | M 30-34 | 01:19:34 | 01:26:08 | |
| DNC | GÓMEZ SERGIO MORALES | 1602 | | | ESP | M 30-34 | 01:29:56 | 01:36:27 | 03:03:44 |
| DNC | KOMOSIŃSKI ŁUKASZ | 1611 | | | POL | M 30-34 | 01:42:02 | 01:47:39 | 04:05:09 |

OCREC2019 - STANDARD COURSE, 10:40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | EASTWOOD GRAHAM | 1601 | | | | M 30-34 | 01:52:39 | 01:58:55 | 03:02:31 |
| DNC | ŁASKOWSKI PIOTR | 1588 | | | POL | M 30-34 | 02:00:21 | 02:06:00 | 03:38:19 |
| DNC | BEATTY MARK | 1591 | | | | M 30-34 | 02:04:15 | 02:12:02 | |
| DNC | DOMORÁD VOJTĚCH | 1592 | | | CZE | M 30-34 | 02:07:50 | 02:14:42 | 03:28:39 |
| DNC | GRIFFITHS JAMES | 1593 | | | | M 30-34 | 02:08:04 | 02:16:07 | 03:31:23 |
| DNC | JACKIEWICZ LUKASZ | 1589 | | | POL | M 30-34 | 02:19:55 | 02:30:03 | 03:52:12 |
| DNC | JIRKU MILAN | 1608 | | | CZE | M 30-34 | 02:28:10 | 02:34:05 | 03:47:30 |
| DNC | GRAY SCOTT | 1610 | | | | M 30-34 | 02:26:20 | 02:38:00 | 03:56:49 |
| DNC | POLSTRA BERRY | 1606 | | | NED | M 30-34 | 02:58:07 | 03:06:02 | 04:30:37 |
| DNC | LACALLE JUAN MANUEL GONZÁLEZ | 1597 | | | ESP | M 30-34 | 03:22:42 | 03:30:53 | 05:24:54 |
| DNC | KIDSTON DOUGLAS | 1613 | | | | M 30-34 | 03:36:01 | 03:44:52 | 05:19:17 |
| DNC | HAHN HENRIK | 1585 | | | DEN | M 30-34 | 04:06:45 | 04:15:35 | 07:04:09 |
| DNC | RESTUCCIA NICOLO | 1586 | | | ITA | M 30-34 | 04:24:53 | 04:33:37 | 08:17:21 |
| DNC | PÉTER GESZTI | 1590 | | | HUN | M 30-34 | 04:44:39 | 04:51:38 | 05:40:24 |
| DNC | BARALDI DAVIDE | 1603 | | | ITA | M 30-34 | | | 04:17:24 |

OCREC2019 - STANDARD COURSE, 10:45

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | MADSEN TOMMY | 1631 | | | SWE | M 35-39 | 01:12:28 | 01:18:22 | 02:15:13 |
| 2 | BURTON JAMES | 1630 | | | | M 35-39 | 01:13:14 | 01:19:04 | 02:39:50 |
| 3 | NIKONOV MAKSIM | 1640 | | | BLR | M 35-39 | 01:15:11 | 01:20:48 | 02:10:26 |
| 4 | KRAUCHANKA ALIAKSANDR | 1649 | | | BLR | M 35-39 | 01:16:36 | 01:22:40 | 02:05:48 |
| 5 | BURÉN JOHAN | 1639 | | | SWE | M 35-39 | 01:17:52 | 01:23:44 | 02:18:31 |
| 6 | HANSEN STEFAN | 1650 | | | DEN | M 35-39 | 01:19:15 | 01:24:56 | 02:34:57 |
| 7 | MARUSZEWSKI MARCIN | 1624 | | | POL | M 35-39 | 01:24:50 | 01:31:00 | 02:23:59 |
| 8 | TRABIŃSKI GRZEGORZ | 1638 | | | POL | M 35-39 | 01:27:14 | 01:33:55 | 02:31:32 |
| 9 | WINTERS ARJAN | 1619 | | | NED | M 35-39 | 01:35:30 | 01:40:56 | 03:32:27 |
| 10 | BRITO MATEO FERNANDES | 1644 | | | ESP | M 35-39 | 01:35:21 | 01:41:12 | 03:42:02 |
| 11 | MIKLÓS FÁBIÁN | 1623 | | | HUN | M 35-39 | 01:39:21 | 01:46:57 | 03:28:05 |
| 12 | YANIN DENIS | 1651 | | | RUS | M 35-39 | 01:46:36 | 01:53:17 | 04:14:40 |
| 13 | SLUIS RICHARD | 1637 | | | NED | M 35-39 | 01:49:43 | 01:57:27 | 03:19:36 |
| 14 | KRUS VIKTOR | 1620 | | | BLR | M 35-39 | 01:53:10 | 02:00:30 | 03:07:17 |
| 15 | CAJDERT JOHAN | 1636 | | | SWE | M 35-39 | 01:55:47 | 02:04:56 | 03:44:20 |
| 16 | GARCIA MANUEL CAAMAÑO | 1643 | | | ESP | M 35-39 | 02:09:40 | 02:17:47 | 04:51:43 |
| DNC | BIEDERMANN STEFAN | 1618 | | | GER | M 35-39 | 01:22:09 | 01:28:59 | 04:41:07 |
| DNC | DIJKSTRA DOOITZE | 1647 | | | NED | M 35-39 | 01:23:12 | 01:29:28 | 03:14:00 |
| DNC | WOODS JASON RYAN | 1635 | | | DEN | M 35-39 | 01:32:51 | 01:39:28 | 03:50:00 |
| DNC | HOLUBAR MARTIN | 1622 | | | CZE | M 35-39 | 01:44:48 | 01:51:11 | 03:22:39 |
| DNC | SJÖGREN NIKLAS | 1621 | | | SWE | M 35-39 | 01:49:09 | 01:54:58 | 05:21:02 |
| DNC | MATVIEVSKI DMITRY | 1629 | | | RUS | M 35-39 | 01:54:44 | 02:03:27 | 05:10:31 |
| DNC | KOPŘIVA MARTIN | 1642 | | | CZE | M 35-39 | 01:59:13 | 02:03:59 | 03:23:19 |
| DNC | BARKSKOG FREDRIK | 1627 | | | SWE | M 35-39 | 02:00:39 | 02:06:11 | 03:28:09 |
| DNC | BAKER STEPHEN | 1634 | | | | M 35-39 | 02:03:04 | 02:11:39 | 03:26:23 |
| DNC | ERIKSEN KJETIL | 1645 | | | NOR | M 35-39 | 02:06:15 | 02:12:54 | |
| DNC | BERGE KJETIL | 1628 | | | NOR | M 35-39 | 02:20:32 | 02:27:17 | 04:01:35 |
| DNC | SUBBOTINAS VITALIJUS | 1648 | | | LTU | M 35-39 | 02:26:58 | 02:32:43 | 04:41:49 |
| DNC | STEVENSON ALAN | 1646 | | | | M 35-39 | 03:52:21 | 04:00:29 | 05:15:24 |
| DNC | VLASTIMIL KREJČÍ | 1641 | | | CZE | M 35-39 | 03:54:50 | 04:01:28 | 05:28:14 |
| | PUPKOWSKI KAMIL | 1625 | | | POL | M 35-39 | 01:16:49 | 01:22:44 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, 10:48

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | BONAITA ALEX | 1668 | | | ITA | M 35-39 | 01:15:32 | 01:21:10 | 02:06:51 |
| 2 | JAKUBCZAK MARCIN | 1670 | | | POL | M 35-39 | 01:23:32 | 01:29:49 | 02:21:36 |
| 3 | FILIPOVICH ALIAKSEI | 1675 | | | BLR | M 35-39 | 01:25:18 | 01:31:35 | 02:41:43 |
| 4 | ONISZCZUK BARTOSZ | 1687 | | | POL | M 35-39 | 01:28:58 | 01:35:13 | 02:36:32 |
| 5 | IBBOTSON RYAN | 1658 | | | M 35-39 | M 35-39 | 01:28:57 | 01:35:15 | 03:19:12 |
| 6 | PODGORSKI MAREK | 1679 | | | POL | M 35-39 | 01:33:11 | 01:40:45 | 04:05:58 |
| 7 | WISSING ARJAN | 1659 | | | NED | M 35-39 | 01:37:23 | 01:44:56 | 03:02:12 |
| 8 | HENDZEL MIŁOSZ | 1667 | | | POL | M 35-39 | 01:39:42 | 01:46:16 | 03:04:00 |
| 9 | OVECHKIN TARAS | 1686 | | | RUS | M 35-39 | 01:39:15 | 01:46:19 | 02:54:16 |
| 10 | MIODEK ADRIAN | 1665 | | | M 35-39 | M 35-39 | 01:41:13 | 01:48:57 | 04:36:24 |
| 11 | TOLAK MICHAŁ | 1689 | | | IRL | M 35-39 | 01:42:28 | 01:50:12 | 03:46:58 |
| 12 | PAPPERMANN JENS | 1672 | | | GER | M 35-39 | 01:45:34 | 01:53:23 | 03:43:25 |
| 13 | RYDSTRÖM JOHAN | 1674 | | | SWE | M 35-39 | 01:46:46 | 01:54:36 | 03:06:30 |
| 14 | CARRASCO MANUEL | 1677 | | | ESP | M 35-39 | 01:51:04 | 01:57:45 | 04:13:30 |
| 15 | VOSSLER MARTIN | 1688 | | | GER | M 35-39 | 02:18:31 | 02:25:39 | 03:46:57 |
| DNC | GREINER DANIEL | 1666 | | | GER | M 35-39 | 01:24:59 | 01:30:09 | 03:42:05 |
| DNC | MOROZOV STEPAN | 1657 | | | RUS | M 35-39 | 01:33:30 | 01:39:56 | 03:01:00 |
| DNC | ZEMAN DAVID | 1681 | | | CZE | M 35-39 | 01:51:40 | 01:59:34 | 04:02:02 |
| DNC | BRØDLØS KRISTIAN | 1663 | | | DEN | M 35-39 | 01:53:16 | 02:00:29 | 03:16:58 |
| DNC | DĄBROWSKI PRZEMYSŁAW | 1685 | | | POL | M 35-39 | 02:10:20 | 02:17:33 | 03:54:47 |
| DNC | ARUSZTOWICZ BARTOSZ | 1683 | | | POL | M 35-39 | 02:10:19 | 02:17:35 | 03:55:35 |
| DNC | MIODEK ADRIAN | 1664 | | | POL | M 35-39 | 02:09:44 | 02:19:23 | 03:45:25 |
| DNC | JUSZCZYK JAROSLAW | 1661 | | | POL | M 35-39 | 02:15:13 | 02:22:02 | 03:31:55 |
| DNC | HINTON MIKE | 1662 | | | M 35-39 | M 35-39 | 02:11:41 | 02:19:21 | 03:31:20 |
| DNC | SWART MAARTEN | 1673 | | | NED | M 35-39 | 02:14:58 | 02:22:49 | 04:12:04 |
| DNC | MIKUŠ MICHAL | 1680 | | | CZE | M 35-39 | 02:19:08 | 02:25:22 | 03:39:30 |
| DNC | STRÖM TOMAS | 1678 | | | SWE | M 35-39 | 02:31:41 | 02:37:37 | 03:49:38 |
| DNC | MILLS LEROY | 1682 | | | M 35-39 | M 35-39 | 02:28:41 | 02:39:00 | 04:39:01 |
| DNC | WEJKNIS KRZYSZTOF | 1684 | | | POL | M 35-39 | 02:37:21 | 02:45:40 | 05:35:53 |
| DNC | SOBRINO DAVID RUEDAS | 1676 | | | ESP | M 35-39 | 02:37:13 | 02:45:48 | 04:53:40 |
| DNC | LAGREZE SVEN | 1654 | | | GER | M 35-39 | 02:48:58 | 02:56:16 | 04:32:52 |
| DNC | DUHARTE RAUL | 1671 | | | GER | M 35-39 | 03:14:44 | 03:21:27 | 04:50:12 |
| DNC | PRA JACOPO DE | 1669 | | | ITA | M 35-39 | 03:24:08 | 03:33:22 | 05:07:47 |
| DNC | MÖTHRATH DIRK | 1655 | | | GER | M 35-39 | 04:42:24 | 04:49:09 | 05:52:52 |
| DNC | KEREK BERNHARD | 1656 | | | GER | M 35-39 | | | 01:43:59 |

OCREC2019 - STANDARD COURSE, 10:51

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | CRUZ SEBASTIEN | 1702 | | | FRA | M 35-39 | 01:20:09 | 01:25:27 | 02:54:47 |
| 2 | DOLATA KRZYSZTOF | 1695 | | | POL | M 35-39 | 01:35:03 | 01:42:23 | 02:47:12 |
| 3 | KONARSKI TOMASZ | 1716 | | | POL | M 35-39 | 01:46:44 | 01:53:43 | 03:24:32 |
| DNC | LUTA HALIL | 1717 | | | NOR | M 35-39 | 01:29:31 | 01:35:38 | 02:25:47 |
| DNC | IGNATJEVS IMANTS | 1710 | | | IRL | M 35-39 | 01:43:13 | 01:49:43 | 03:05:55 |
| DNC | MEIER ROLF | 1701 | | | DEN | M 35-39 | 01:45:09 | 01:52:14 | 04:15:33 |
| DNC | KHOSCHNUD RAMIN | 1691 | | | GER | M 35-39 | 01:48:12 | 01:54:15 | 03:14:34 |
| DNC | SHIROKOV IGOR | 1720 | | | RUS | M 35-39 | 01:48:42 | 01:54:57 | 03:02:03 |
| DNC | REINHOLD DAVID | 1714 | | | SWE | M 35-39 | 01:48:59 | 01:56:31 | 03:24:18 |
| DNC | RICHTER LUKÁŠ | 1719 | | | CZE | M 35-39 | 02:00:11 | 02:06:50 | 03:52:36 |
| DNC | BARCIKOWSKI LUKASZ | 1703 | | | POL | M 35-39 | 02:02:21 | 02:10:46 | 04:34:25 |
| DNC | GASTEL RUUD VAN | 1700 | | | NED | M 35-39 | 02:05:08 | 02:12:33 | 04:53:37 |
| DNC | JANSEN THEO | 1697 | | | NED | M 35-39 | 02:05:10 | 02:12:33 | 04:53:35 |
| DNC | HEDENVALL PIERRE | 1699 | | | DEN | M 35-39 | 02:07:01 | 02:14:44 | 05:55:32 |
| DNC | HEISS ROMAN | 1709 | | | AUT | M 35-39 | 02:07:56 | 02:15:02 | 04:20:01 |
| DNC | DERRICK ROBERT | 1712 | | | M 35-39 | M 35-39 | 02:07:13 | 02:15:23 | 04:24:54 |
| DNC | SJÖÅSEN STEFAN | 1718 | | | SWE | M 35-39 | 02:09:05 | 02:15:39 | 04:22:22 |

OCREC2019 - STANDARD COURSE, 10:51 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | JOLY ANTOINE | 1707 | | | FRA | M 35-39 | 02:07:23 | 02:15:39 | 03:30:24 |
| DNC | VERANNEMAN PAWEL | 1704 | | | POL | M 35-39 | 02:20:54 | 02:27:54 | 04:14:38 |
| DNC | MORAWSKI GRZEGORZ | 1715 | | | POL | M 35-39 | 02:21:17 | 02:29:17 | 05:23:14 |
| DNC | SKAU ANDERS | 1694 | | | SWE | M 35-39 | 02:28:41 | 02:34:53 | 04:18:50 |
| DNC | STARZYK SEBASTIAN | 1724 | | | POL | M 35-39 | 02:28:02 | 02:34:54 | 04:20:34 |
| DNC | JENSEN JAKOB LUND | 1698 | | | DEN | M 35-39 | 02:37:24 | 02:45:50 | 04:20:24 |
| DNC | GONZALEZ EUDELIO BENITEZ | 1708 | | | ESP | M 35-39 | 02:42:26 | 02:48:29 | 04:27:51 |
| DNC | WONNEBERGER LARS | 1696 | | | GER | M 35-39 | 02:45:59 | 02:53:15 | 04:35:23 |
| DNC | ANDERSSON HENRIK | 1693 | | | SWE | M 35-39 | 02:46:25 | 02:55:58 | 04:10:55 |
| DNC | TROUSIL HONZA | 1725 | | | CZE | M 35-39 | 02:49:06 | 02:57:09 | 04:34:14 |
| DNC | BOCKO KRZYSZTOF | 1713 | | | POL | M 35-39 | 02:52:52 | 03:00:23 | 05:15:47 |
| DNC | KLIUCHENIA VITALI | 1705 | | | BLR | M 35-39 | 03:26:38 | 03:36:32 | 05:36:05 |
| | WHETTON EDDIE | 1722 | | | | M 35-39 | DNF | DNF | DNF |
| | JENSEN MICHAEL DEGN | 1711 | | | DEN | M 35-39 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 10:54

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | HELTERS NIELS | 1733 | | | NED | M 35-39 | 01:19:41 | 01:26:27 | 02:36:29 |
| 2 | TROMBELLI MARCO | 1759 | | | ITA | M 35-39 | 01:32:34 | 01:39:47 | 02:43:25 |
| 3 | ANATOLI KAMYSHKAILO | 1751 | | | BLR | M 35-39 | 01:38:01 | 01:44:29 | 03:23:41 |
| 4 | BELT RICO VAN DEN | 1748 | | | NED | M 35-39 | 01:38:23 | 01:46:03 | 04:42:29 |
| 5 | MOLLOY PAUL | 1728 | | | IRL | M 35-39 | 01:40:13 | 01:46:37 | 03:19:47 |
| 6 | NOVIN THOMAS | 1747 | | | SWE | M 35-39 | 01:43:42 | 01:50:21 | 02:59:05 |
| 7 | ENDERBY RICH | 1729 | | | | M 35-39 | 01:44:31 | 01:51:53 | |
| 8 | TOMASZ TOLAK | 1739 | | | POL | M 35-39 | 01:49:23 | 01:59:50 | 03:23:58 |
| 9 | D'ODEMONT GRÉGOIRE | 1757 | | | BEL | M 35-39 | 01:56:24 | 02:05:27 | 03:41:58 |
| 10 | MEIDENBAUER JOACHIM | 1741 | | | GER | M 35-39 | 01:58:48 | 02:06:04 | 05:10:05 |
| 11 | KUMOROWSKI RAFAŁ | 1754 | | | POL | M 35-39 | 02:00:33 | 02:08:32 | 03:33:53 |
| 12 | HÖGSTRÖM ANDREAS | 1746 | | | SWE | M 35-39 | 02:03:41 | 02:11:54 | 04:00:55 |
| 13 | PORTON DAVID | 1736 | | | | M 35-39 | 02:08:44 | 02:15:22 | 03:28:18 |
| 14 | JANUS LESZEK | 1758 | | | POL | M 35-39 | 02:14:17 | 02:20:54 | 04:42:56 |
| DNC | HOGARTH GAVIN | 1737 | | | | M 35-39 | 01:10:38 | 01:15:54 | 02:53:33 |
| DNC | PULSA ARTUR | 1752 | | | LTU | M 35-39 | 01:35:20 | 01:42:19 | 04:32:49 |
| DNC | GILBERT NICOLAS | 1742 | | | BEL | M 35-39 | 02:00:58 | 02:08:07 | 03:35:02 |
| DNC | CZAPRAN MAREK | 1756 | | | POL | M 35-39 | 02:06:04 | 02:12:42 | 03:26:26 |
| DNC | JANOWSKI JANO | 1731 | | | POL | M 35-39 | 02:05:58 | 02:13:49 | 03:36:06 |
| DNC | MAND CHRISTIAN | 1735 | | | GER | M 35-39 | 02:10:21 | 02:18:16 | 05:15:38 |
| DNC | FAVA ALAN | 1743 | | | MLT | M 35-39 | 02:13:57 | 02:22:13 | 03:38:21 |
| DNC | ESTIVAL JULIEN | 1745 | | | FRA | M 35-39 | 02:16:20 | 02:23:48 | 04:30:47 |
| DNC | DELBERGHE AURÉLIEN | 1734 | | | FRA | M 35-39 | 02:17:52 | 02:24:52 | 04:11:37 |
| DNC | SWACZYNSKI KRZYSZTOF | 1761 | | | POL | M 35-39 | 02:20:25 | 02:27:59 | 05:13:33 |
| DNC | MCENHILL AARON | 1762 | | | IRL | M 35-39 | 02:38:08 | 02:47:41 | 04:33:41 |
| DNC | DAVEY JEREMY | 1738 | | | | M 35-39 | 02:44:00 | 02:48:58 | 04:06:27 |
| DNC | PIDGEON KIERAN | 1753 | | | | M 35-39 | 02:44:00 | 02:51:03 | 04:06:27 |
| DNC | MOTA CARLOS | 1760 | | | POR | M 35-39 | 02:54:38 | 03:02:16 | 05:12:32 |
| DNC | SŁONIEWSKI RAFAŁ | 1755 | | | POL | M 35-39 | 03:12:08 | 03:20:07 | 05:54:15 |
| DNC | JÓFRE EDUARDO | 1750 | | | ESP | M 35-39 | 04:02:03 | 04:07:10 | 06:07:33 |
| DNC | LEN VLAD | 1732 | | | IRL | M 35-39 | 04:30:23 | 04:39:18 | 05:57:40 |
| | GROENEVELD REMCO | 1749 | | | SWE | M 35-39 | 01:31:36 | 01:38:42 | DNF |
| | | | | | | | DNF | DNF | DNF |
| | SUESSENBACH STEFFEN | 1730 | | | GER | M 35-39 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 10:57

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | CAPPELEN DAN | 1799 | | | DEN | M 35-39 | 01:31:01 | 01:37:48 | 03:07:40 |
| 2 | SCHYBERG OSCAR | 1788 | | | SWE | M 35-39 | 01:33:20 | 01:39:13 | 02:33:33 |
| 3 | SAVITSKI ANDREI | 1766 | | | BLR | M 35-39 | 01:35:17 | 01:41:12 | 02:54:47 |
| 4 | ALEKSEI GIATCINTOV | 1770 | | | RUS | M 35-39 | 01:34:37 | 01:41:18 | 02:33:44 |
| 5 | NICOLAS JEAN-PHILIPPE | 1801 | | | BEL | M 35-39 | 01:37:26 | 01:45:06 | 05:07:18 |
| 6 | CIARDELLI DARIO | 1785 | | | ITA | M 35-39 | 01:42:06 | 01:48:10 | 05:00:46 |
| 7 | BONESI SAMUEL | 1787 | | | ITA | M 35-39 | 01:43:13 | 01:50:29 | 03:59:32 |
| 8 | TAYLOR ADAM | 1765 | | | | M 35-39 | 01:44:58 | 01:52:04 | 03:10:42 |
| 9 | RUMMEL RUNE | 1781 | | | DEN | M 35-39 | 01:50:05 | 01:56:27 | 03:18:48 |
| 10 | CHŁAD ALEKSANDER | 1798 | | | POL | M 35-39 | 01:52:37 | 02:00:40 | 04:02:26 |
| 11 | SOTO HUGO AMPUDIA | 1773 | | | ESP | M 35-39 | 01:57:39 | 02:05:45 | 04:36:08 |
| 12 | MARTÍNEZ FERNANDO GIMÉNEZ | 1790 | | | ESP | M 35-39 | 01:57:26 | 02:05:48 | 04:39:29 |
| 13 | LOVÉN JONATHAN | 1793 | | | SWE | M 35-39 | 02:05:30 | 02:12:35 | 05:11:48 |
| 14 | ROETS ELIO | 1778 | | | BEL | M 35-39 | 02:18:24 | 02:26:14 | 03:43:49 |
| DNC | DAY NICK | 1777 | | | | M 35-39 | 01:34:35 | 01:39:37 | 03:04:47 |
| DNC | DĄBROWSKI RADEK | 1794 | | | POL | M 35-39 | 01:35:42 | 01:42:53 | 05:36:42 |
| DNC | PETERSEN ULF | 1789 | | | SWE | M 35-39 | 01:37:10 | 01:42:57 | 03:38:39 |
| DNC | BRUECKER CHRISTOPH | 1786 | | | GER | M 35-39 | 02:01:05 | 02:09:20 | 03:06:55 |
| DNC | REPO ARTO | 1769 | | | SWE | M 35-39 | 02:05:30 | 02:12:36 | 04:14:30 |
| DNC | APPLETON-SMITH MARTYN | 1771 | | | | M 35-39 | 02:05:41 | 02:13:35 | 03:29:10 |
| DNC | BELLINI GIULIO | 1782 | | | ITA | M 35-39 | 02:08:54 | 02:16:36 | 04:50:38 |
| DNC | LOUCA SEBASTIAN | 1800 | | | GER | M 35-39 | 02:09:30 | 02:16:49 | 04:35:48 |
| DNC | MONTAN JOHAN | 1797 | | | SWE | M 35-39 | 02:13:28 | 02:18:51 | 04:04:12 |
| DNC | GODEC THOMAS | 1767 | | | | M 35-39 | 02:25:50 | 02:31:55 | 03:25:19 |
| DNC | VERDIJK FERRIE | 1792 | | | NED | M 35-39 | 02:25:38 | 02:31:57 | 03:45:12 |
| DNC | BAUMANN SEBASTIAN | 1780 | | | GER | M 35-39 | 02:32:57 | 02:38:04 | 07:34:14 |
| DNC | GHINZELLI DARIO | 1772 | | | ITA | M 35-39 | 02:34:17 | 02:41:40 | 04:06:28 |
| DNC | KERR STEVEN | 1775 | | | | M 35-39 | 02:32:02 | 02:41:50 | 04:02:02 |
| DNC | CANO IGNACIO PALOMO | 1779 | | | ESP | M 35-39 | 02:34:09 | 02:42:06 | 04:41:39 |
| DNC | KUBIESA JAKUB | 1796 | | | POL | M 35-39 | 03:06:50 | 03:14:14 | 07:17:46 |
| DNC | AFANASJEV GENNADIJ | 1783 | | | IRL | M 35-39 | 03:17:42 | 03:26:25 | 05:01:34 |
| DNC | BAIA RAFAEL | 1768 | | | POR | M 35-39 | | | 01:36:38 |

OCREC2019 - STANDARD COURSE, 11:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BLOEM MARTIJN | 1812 | | | NED | M 40-44 | 01:06:30 | 01:11:43 | 02:06:07 |
| 2 | PROKUDIN NIKOLAY | 1804 | | | RUS | M 40-44 | 01:11:36 | 01:17:09 | 02:04:59 |
| 3 | ŁUKASZ LORENC | 1830 | | | POL | M 40-44 | 01:13:21 | 01:19:44 | 02:13:47 |
| 4 | DICKSON MARK | 1807 | | | | M 40-44 | 01:14:39 | 01:20:42 | 02:12:35 |
| 5 | BUDZISZ KRZYSZTOF | 1836 | | | POL | M 40-44 | 01:15:03 | 01:20:58 | |
| 6 | CANACCINI DENIS | 1819 | | | ITA | M 40-44 | 01:17:37 | 01:23:30 | 02:19:16 |
| 7 | TARKA ANDRZEJ | 1821 | | | POL | M 40-44 | 01:18:34 | 01:24:58 | 02:11:28 |
| 8 | SAVANOVICH VITALI | 1816 | | | BLR | M 40-44 | 01:20:42 | 01:26:11 | 02:07:25 |
| 9 | BERTA PAOLO | 1827 | | | ITA | M 40-44 | 01:25:50 | 01:31:25 | 02:34:28 |
| 10 | BOARDER ROBERT | 1805 | | | | M 40-44 | 01:28:22 | 01:34:33 | 02:30:24 |
| 11 | BUENK PETER | 1815 | | | NED | M 40-44 | 01:33:38 | 01:39:25 | 02:37:48 |
| 12 | VILKOV GRIGORY | 1802 | | | GER | M 40-44 | 01:38:18 | 01:45:12 | 02:57:08 |
| 13 | LOPES PAULO ALEXANDRE COSTA | 1823 | | | POR | M 40-44 | 01:39:06 | 01:45:21 | 03:26:58 |
| 14 | GOMEZ MANUEL VALERO | 1837 | | | ESP | M 40-44 | 01:39:20 | 01:45:36 | 02:53:18 |
| 15 | KRÁSA DAVID | 1811 | | | CZE | M 40-44 | 01:40:02 | 01:47:01 | 03:00:37 |
| 16 | GREPPI NICLAS | 1833 | | | SWE | M 40-44 | 01:42:38 | 01:50:26 | 04:34:11 |
| 17 | KAMIESHKOV DENYS | 1806 | | | UKR | M 40-44 | 01:44:43 | 01:51:06 | 02:56:13 |
| 18 | TOPIĆ KAREL | 1834 | | | CZE | M 40-44 | 01:48:16 | 01:56:46 | 03:04:09 |
| 19 | GERTSEN CARSTEN | 1803 | | | DEN | M 40-44 | 01:51:35 | 01:58:01 | 03:59:28 |
| 20 | ŚWIĄDER ANDRZEJ | 1813 | | | POL | M 40-44 | 01:53:04 | 02:00:27 | 03:13:50 |

OCREC2019 - STANDARD COURSE, 11:00 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 21 | SOUSA BRUNO | 1817 | | | POR | M 40-44 | 01:55:14 | 02:01:44 | 02:58:05 |
| DQ | VEDERSØ MIK | 1828 | | | DEN | M 40-44 | 01:44:16 | 01:51:32 | 03:08:00 |
| | | | | | | | DQ | DQ | DQ |
| DNC | OOSTERS GIOVANI | 1808 | | | BEL | M 40-44 | 01:22:26 | 01:29:02 | 03:00:29 |
| DNC | TAUBE DANIEL | 1829 | | | SWE | M 40-44 | 01:25:55 | 01:31:24 | 02:42:54 |
| DNC | HELGERS MIKE | 1809 | | | NED | M 40-44 | 01:37:41 | 01:44:51 | 03:04:31 |
| DNC | NUYTS RIK | 1826 | | | BEL | M 40-44 | 01:38:09 | 01:45:16 | 03:41:42 |
| DNC | HELCL VOJTĚCH | 1831 | | | CZE | M 40-44 | 01:53:17 | 02:00:30 | 03:47:00 |
| DNC | RÓŻAŃSKI RAFAŁ | 1832 | | | POL | M 40-44 | 01:58:15 | 02:05:59 | 04:31:25 |
| DNC | GARBERG ARON | 1825 | | | SWE | M 40-44 | 02:02:18 | 02:08:06 | 04:13:18 |
| DNC | SLAMENIK BEDRICH | 1835 | | | CZE | M 40-44 | 02:03:45 | 02:10:50 | 03:23:21 |
| DNC | ŠEDA RADEK | 1820 | | | CZE | M 40-44 | 02:08:09 | 02:14:06 | 03:27:30 |
| DNC | NEAIL STUART | 1818 | | | M 40-44 | | 02:15:27 | 02:22:16 | 04:27:06 |
| DNC | O'MALLEY KEVIN | 1822 | | | IRL | M 40-44 | 02:32:31 | 02:39:53 | 04:01:44 |
| DNC | GROOTERS LEO | 1810 | | | NED | M 40-44 | 02:37:20 | 02:45:18 | 04:26:14 |
| DNC | HNETILA TOMAS | 1960 | | | CZE | M 40-44 | 03:05:07 | 03:12:41 | 05:22:38 |
| DNC | SANTANA JOSÉ LUIS CABALLERO | 1814 | | | ESP | M 40-44 | 03:08:55 | 03:16:29 | 05:16:10 |
| DNC | SANZ JOSE ROYO | 1839 | | | ESP | M 40-44 | 04:06:53 | 04:19:11 | 06:15:16 |
| | TORRES OSCAR BARRANQUERO | 1824 | | | ESP | M 40-44 | 02:04:21 | 02:11:40 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, 11:03

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | BENTO TONI | 1845 | | | | M 40-44 | 01:36:11 | 01:41:46 | 03:50:44 |
| 2 | MARCHAND MANUEL | 1855 | | | FRA | M 40-44 | 01:36:07 | 01:42:27 | 02:54:14 |
| 3 | RÖNNBERG MIKAEL | 1870 | | | SWE | M 40-44 | 01:36:43 | 01:43:09 | 02:59:20 |
| 4 | LILIENBERG JOHAN | 1842 | | | SWE | M 40-44 | 01:40:12 | 01:47:12 | 02:55:55 |
| 5 | BANDURKA VIKTOR | 1866 | | | POL | M 40-44 | 01:48:55 | 01:55:28 | 03:53:08 |
| 6 | D'ANDREA GIOVANNI | 1857 | | | ITA | M 40-44 | | 02:18:06 | |
| 7 | TAKÁČ VLADIMÍR | 1848 | | | SVK | M 40-44 | 02:14:21 | 02:20:20 | 03:59:10 |
| 8 | TULLOCH JON 'ABS' | 1861 | | | M 40-44 | | 02:13:42 | 02:21:14 | 06:07:46 |
| DNC | VERSTEGEN JURGEN | 1847 | | | NED | M 40-44 | 01:54:46 | 02:01:50 | 03:57:05 |
| DNC | SCHIPPER HENK-JAN | 1871 | | | NED | M 40-44 | 02:03:56 | 02:11:03 | |
| DNC | VOIGT STEPHAN | 1844 | | | GER | M 40-44 | 02:05:28 | 02:12:59 | 03:27:38 |
| DNC | CREVEAU ANTHONY | 1846 | | | FRA | M 40-44 | 02:00:33 | 02:10:06 | 05:58:13 |
| DNC | MAGALHÃES JOSÉ PEDRO | 1867 | | | POR | M 40-44 | 02:10:16 | 02:17:56 | 03:39:33 |
| DNC | PEDERSEN BRIAN | 1863 | | | DEN | M 40-44 | 02:14:36 | 02:22:21 | 04:08:22 |
| DNC | GUNN PAUL | 1850 | | | M 40-44 | | 02:16:45 | 02:26:16 | 03:26:33 |
| DNC | SONDA MARTIN | 1876 | | | CZE | M 40-44 | 02:19:40 | 02:27:55 | 03:44:01 |
| DNC | NEUHAUS PASCAL | 1859 | | | GER | M 40-44 | 02:28:56 | 02:36:19 | 06:29:08 |
| DNC | SAMTLEBE THOMAS HEBBE | 1873 | | | GER | M 40-44 | 02:36:36 | 02:44:54 | 04:05:55 |
| DNC | CAGLIOTI VINCENZO | 1875 | | | ITA | M 40-44 | 02:39:14 | 02:45:38 | 06:24:57 |
| DNC | MICHAŁOWSKI JACEK | 1868 | | | POL | M 40-44 | 02:38:46 | 02:46:12 | 06:29:34 |
| DNC | BERGGREEN SØREN | 1862 | | | DEN | M 40-44 | 02:41:09 | 02:48:10 | 04:24:48 |
| DNC | GRZEGORZYCA DAMIAN | 1865 | | | POL | M 40-44 | 02:49:26 | 02:56:32 | 05:02:50 |
| DNC | LANTZ ANDERS | 1874 | | | SWE | M 40-44 | 02:52:16 | 02:59:40 | 04:24:19 |
| DNC | KIELY RICHIE | 1860 | | | M 40-44 | | 02:52:17 | 02:58:45 | 04:39:41 |
| DNC | RICHARDS DAVID | 1849 | | | M 40-44 | | 02:52:19 | 03:00:40 | 04:39:43 |
| DNC | GEORGIOU VLANTISLAV | 1851 | | | GRE | M 40-44 | 03:05:56 | 03:12:23 | 04:35:08 |
| DNC | AUGUSTYNIAK MARIUSZ | 1878 | | | POL | M 40-44 | 03:11:51 | 03:19:05 | 05:47:23 |
| DNC | SANNA LUCA | 1864 | | | ITA | M 40-44 | 03:15:35 | 03:23:16 | 04:45:13 |
| DNC | LOVELOCK CHRISTIAN | 1853 | | | M 40-44 | | 03:24:22 | 03:32:22 | 04:42:13 |
| DNC | HOCHSTEIN DIRK | 1858 | | | GER | M 40-44 | 03:34:21 | 03:42:30 | 04:54:48 |
| DNC | JĄSTRZĘBSKI SŁAWOMIR | 1843 | | | POL | M 40-44 | 03:49:09 | 03:58:50 | 05:17:23 |
| DNC | HÄUSLER MARKUS | 1856 | | | GER | M 40-44 | 04:25:03 | 04:32:17 | 06:49:29 |

OCREC2019 - STANDARD COURSE, 11:03 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | MAURIZIO LAUDENZI | 1872 | | | ITA | M 40-44 | 05:05:20 | 05:11:21 | 06:55:44 |
| DNC | TORNQVIST OSCAR | 1877 | | | SWE | M 40-44 | | | 02:01:04 |

OCREC2019 - STANDARD COURSE, 11:06

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | БЕЗЛЕПКИН АНДРЕЙ | 1880 | | | BLR | M 40-44 | 01:30:51 | 01:36:54 | 02:40:42 |
| 2 | SÜHLER KIM | 1886 | | | DEN | M 40-44 | 01:31:41 | 01:37:47 | 02:45:01 |
| 3 | GERICH JAN VON | 1904 | | | FIN | M 40-44 | 01:35:32 | 01:41:10 | 02:44:02 |
| 4 | LINDBERG NICKLAS | 1905 | | | SWE | M 40-44 | 01:37:00 | 01:43:32 | 02:56:44 |
| 5 | FERRIS VÍCTOR PARRA | 1900 | | | ESP | M 40-44 | 01:45:38 | 01:52:43 | 02:56:40 |
| 6 | GUZ GRZEGORZ | 1916 | | | POL | M 40-44 | 01:47:24 | 01:53:44 | 03:15:12 |
| 7 | TURJANYI JANOS | 1889 | | | HUN | M 40-44 | 01:59:36 | 02:07:07 | 04:03:31 |
| 8 | DAELEWYN KOEN | 1885 | | | BEL | M 40-44 | 02:00:13 | 02:07:16 | 03:46:37 |
| 9 | LORENZO ALBERTO LOPEZ | 1913 | | | ESP | M 40-44 | 02:00:54 | 02:08:06 | 04:13:21 |
| 10 | WIŚNIEWSKI NORBERT | 1914 | | | POL | M 40-44 | 02:04:03 | 02:12:59 | 04:29:39 |
| 11 | GALLI DARIO | 1892 | | | ITA | M 40-44 | 02:11:19 | 02:18:58 | 03:37:47 |
| 12 | BERGSTRÖM ROBERT | 1915 | | | SWE | M 40-44 | 02:15:03 | 02:22:18 | 04:12:59 |
| DNC | LOEVE MARC | 1895 | | | NED | M 40-44 | 01:46:09 | 01:53:08 | 03:20:16 |
| DNC | WAHLUND JESPER | 1884 | | | SWE | M 40-44 | 01:55:33 | 02:02:45 | 04:20:12 |
| DNC | CLARKE KEITH | 1906 | | | | M 40-44 | 01:56:15 | 02:03:31 | 04:58:56 |
| DNC | STEEN ARIE VAN DER | 1899 | | | NED | M 40-44 | 01:57:00 | 02:04:50 | 03:54:05 |
| DNC | FERRIS MIGUEL | 1887 | | | ESP | M 40-44 | 02:01:15 | 02:08:56 | 04:36:10 |
| DNC | BÜHRING SVEN | 1879 | | | GER | M 40-44 | 02:02:28 | 02:09:55 | 03:24:38 |
| DNC | ARROYO ÁNGEL RIVAS | 1911 | | | ESP | M 40-44 | 02:02:58 | 02:10:03 | 05:51:20 |
| DNC | WĘGLARZ WALDEMAR | 1910 | | | POL | M 40-44 | 02:03:52 | 02:11:24 | 04:17:23 |
| DNC | GALLE WOUTER | 1903 | | | BEL | M 40-44 | 02:06:01 | 02:11:58 | 04:55:40 |
| DNC | VINCK MARK | 1890 | | | NED | M 40-44 | 02:11:50 | 02:19:44 | 04:26:05 |
| DNC | HEIMBURG STEFAN VON | 1912 | | | GER | M 40-44 | 02:30:58 | 02:38:16 | 03:28:21 |
| DNC | CAMPBELL COLIN | 1891 | | | | M 40-44 | 02:32:28 | 02:39:20 | 04:00:52 |
| DNC | NIELSEN RENE | 1894 | | | DEN | M 40-44 | 02:31:25 | 02:40:58 | 04:46:19 |
| DNC | EVALDSSON DANIEL | 1907 | | | SWE | M 40-44 | 02:33:30 | 02:41:42 | 04:04:54 |
| DNC | GIRAUDO FEDERICO | 1917 | | | ITA | M 40-44 | 02:39:41 | 02:48:17 | 05:09:17 |
| DNC | NÄRVÄ ANDREAS | 1901 | | | FIN | M 40-44 | 02:43:40 | 02:50:37 | 04:18:08 |
| DNC | BOBBY SELIMIR SASKIN | 1909 | | | NOR | M 40-44 | 02:43:22 | 02:51:30 | 04:00:26 |
| DNC | BROOKS JEREMY | 1882 | | | | M 40-44 | 02:46:20 | 02:53:16 | 04:12:20 |
| DNC | SAND ANDREAS | 1897 | | | SWE | M 40-44 | 02:49:16 | 02:56:39 | 04:21:18 |
| DNC | GUSTAVSSON BENNY | 1883 | | | SWE | M 40-44 | 03:12:35 | 03:18:23 | 04:38:25 |
| DNC | MUSIL MAREK | 1898 | | | CZE | M 40-44 | 05:00:58 | 05:07:59 | 06:11:25 |
| DNC | ESPINOSA JOAQUÍN MALO | 1908 | | | ESP | M 40-44 | | | 01:29:40 |
| DNC | KOENIG DIMITRI | 1888 | | | FRA | M 40-44 | | | 04:37:06 |
| | BURGESS JASON | 1896 | | | | M 40-44 | 01:18:27 | 01:23:56 | DNF |
| | | | | | | | DNF | DNF | |
| | BENTLEY ANDY | 1893 | | | | M 40-44 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 11:09

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | ЗАХАРКИН СЕРГЕЙ | 1929 | | | RUS | M 40-44 | 01:29:36 | 01:35:00 | 02:30:43 |
| 2 | "CHAPLÍN" JOSE | 1944 | | | ESP | M 40-44 | 01:30:19 | 01:36:37 | 02:37:59 |
| 3 | FAGERSTRÖM PO | 1940 | | | SWE | M 40-44 | 01:35:57 | 01:41:15 | 02:34:27 |
| 4 | ALBERTOS JAVIER | 1933 | | | ESP | M 40-44 | 01:36:49 | 01:44:02 | 02:58:04 |
| 5 | SAENZ JUANCRI | 1952 | | | ESP | M 40-44 | 01:38:20 | 01:45:13 | 02:53:03 |
| 6 | SEBASTIEN FAGE | 1941 | | | FRA | M 40-44 | 01:42:52 | 01:49:57 | 02:55:54 |

OCREC2019 - STANDARD COURSE, 11:09 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 7 | ALFREDSSON TOBIAS | 1942 | | | SWE | M 40-44 | 01:47:15 | 01:54:05 | 03:12:25 |
| 8 | GRABARCZYK WOJCIECH | 1930 | | | POL | M 40-44 | 01:59:14 | 02:05:26 | 04:28:20 |
| 9 | PIRNER CHRISTIAN | 1935 | | | GER | M 40-44 | 01:59:27 | 02:05:51 | 03:51:54 |
| 10 | KAUFMANN NIKOLAJ | 1920 | | | DEN | M 40-44 | 02:02:47 | 02:10:12 | 03:48:18 |
| 11 | PYDZINSKI TOMASZ | 1922 | | | POL | M 40-44 | 02:03:09 | 02:10:14 | 04:38:48 |
| 12 | HANSSON RICKARD | 1947 | | | SWE | M 40-44 | 02:03:37 | 02:11:47 | 03:18:13 |
| 13 | JESKA TOMASZ | 1948 | | | POL | M 40-44 | 02:11:20 | 02:18:48 | 04:06:56 |
| 14 | RASSKAZOV DMITRIY | 1926 | | | RUS | M 40-44 | 02:28:24 | 02:36:37 | 04:00:46 |
| 15 | PIANGIAMORE IVANO | 1959 | | | ITA | M 40-44 | 01:32:38 | 01:39:40 | 04:55:02 |
| DNC | VANĚK ALEŠ | 1938 | | | CZE | M 40-44 | 01:36:21 | 01:43:46 | 02:44:47 |
| DNC | QVIST TOBIAS | 1936 | | | SWE | M 40-44 | 01:42:36 | 01:48:21 | 02:44:05 |
| DNC | STEFAN VAN DE CLOOT | 1954 | | | BEL | M 40-44 | 01:44:38 | 01:51:24 | 05:21:20 |
| DNC | DELOGE ALEXANDRE | 1931 | | | FRA | M 40-44 | 01:52:39 | 02:00:33 | 03:01:29 |
| DNC | AKIMOB ЕВГЕНИЙ | 1951 | | | RUS | M 40-44 | 01:53:56 | 02:00:43 | 03:30:10 |
| DNC | CARAFFINI ATOS | 1949 | | | ITA | M 40-44 | 01:55:18 | 02:02:07 | 06:19:18 |
| DNC | COULY CHRISTOPHE - AKIRA | 1921 | | | BEL | M 40-44 | 01:59:28 | 02:09:53 | 05:33:32 |
| DNC | LAZZAROTTI HUGUES | 1932 | | | FRA | M 40-44 | 02:07:33 | 02:14:41 | 04:44:44 |
| DNC | VIDAL RUBÉN PÉREZ | 1939 | | | ESP | M 40-44 | 02:17:36 | 02:24:34 | 05:06:56 |
| DNC | NAP FRANK | 1943 | | | NED | M 40-44 | 02:17:17 | 02:25:51 | 03:51:03 |
| DNC | WRIGHT PETE | 1919 | | | | M 40-44 | 02:22:10 | 02:29:39 | 03:48:24 |
| DNC | PETTERA STEV | 1953 | | | GER | M 40-44 | 02:30:35 | 02:38:53 | 04:59:29 |
| DNC | DENNIS | 1945 | | | NED | M 40-44 | 02:33:31 | 02:40:21 | 03:52:55 |
| DNC | LAENEN RENÉ | 1946 | | | NED | M 40-44 | 02:32:51 | 02:41:44 | 03:58:45 |
| DNC | LEICHT STEFFEN | 1924 | | | GER | M 40-44 | 02:39:09 | 02:48:38 | 04:11:52 |
| DNC | GRABNY JAROSLAW | 1925 | | | POL | M 40-44 | 02:43:25 | 02:50:38 | 03:59:38 |
| DNC | GRABAUSKAS TAUTVYDAS | 1958 | | | LTU | M 40-44 | 02:43:55 | 02:52:13 | 04:06:16 |
| DNC | PETTERSSON UFFE E | 1956 | | | SWE | M 40-44 | 02:46:07 | 02:53:32 | 04:25:07 |
| DNC | WAKE ADAM | 1928 | | | | M 40-44 | 02:52:19 | 02:58:28 | 04:39:43 |
| DNC | GUILLOUX JEAN PHILIPPE | 1934 | | | FRA | M 40-44 | 02:57:54 | 03:05:02 | 04:49:09 |
| DNC | KAMMINGA RUBEN | 1957 | | | GER | M 40-44 | 03:34:56 | 03:40:43 | 06:35:39 |
| DNC | MÜLLERS KAI | 1923 | | | GER | M 40-44 | 03:53:05 | 04:01:42 | 06:43:28 |
| DNC | ÁLVAREZ RAFITA FERNÁNDEZ | 1937 | | | ESP | M 40-44 | | | |

OCREC2019 - STANDARD COURSE, 11:15

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LAGRAND STIJN | 1962 | | | NED | M 13-17 | 01:16:34 | 01:22:08 | 02:11:24 |
| 2 | HORVAT ZSOLT | 1977 | | | HUN | M 13-17 | 01:24:40 | 01:31:16 | 02:33:29 |
| 3 | SOBIERAJSKI KRZYSZTOF | 1966 | | | POL | M 13-17 | 01:25:13 | 01:32:11 | 02:29:42 |
| 4 | POWELL ALF | 1971 | | | | M 13-17 | 01:33:42 | 01:40:31 | 02:35:26 |
| 5 | SOBIERAJSKI BOLESŁAW | 1967 | | | POL | M 13-17 | 01:38:59 | 01:47:33 | 02:43:04 |
| 6 | LEERBAEK MADS | 1965 | | | DEN | M 13-17 | 01:50:52 | 01:58:15 | 04:03:03 |
| 7 | PROKUDIN YURY | 1972 | | | RUS | M 13-17 | 01:49:34 | 01:58:20 | 02:54:13 |
| DNC | HORVÁTH RÓBERT | 1963 | | | HUN | M 13-17 | 01:23:06 | 01:29:33 | 02:51:17 |
| DNC | DAMKOT TOM | 1970 | | | NED | M 13-17 | 01:46:40 | 01:54:35 | 04:11:15 |
| DNC | JUNIOR RADEK VOSTŘEL | 1969 | | | | M 13-17 | 02:00:41 | 02:08:59 | 05:38:11 |
| DNC | JUNIOR RADEK VOSTŘEL | 1974 | | | CZE | M 13-17 | 03:15:36 | 03:19:42 | 04:46:48 |
| DNC | HANNABUSS CALLUM | 1964 | | | | M 13-17 | 03:29:22 | 03:39:39 | 05:42:01 |
| DNC | CRUICKSHANK XANDER DODD | 1961 | | | | M 13-17 | 04:00:19 | 04:13:13 | 05:50:25 |

OCREC2019 - STANDARD COURSE, 11:30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LUND MARIA | 1989 | | | DEN | W 18-24 | 01:22:49 | 01:29:48 | 04:16:43 |
| 2 | ONOFRIENKO KARINA | 1988 | | | RUS | W 18-24 | 01:28:47 | 01:36:01 | 03:27:33 |
| 3 | GROOT BO DE | 2002 | | | NED | W 18-24 | 01:33:53 | 01:41:41 | 02:50:49 |
| 4 | LOMNICKÁ TEREZA | 2009 | | | CZE | W 18-24 | 02:03:33 | 02:14:11 | 03:27:27 |
| 5 | WALNESTEDT MALIN | 1995 | | | SWE | W 18-24 | 02:25:08 | 02:32:33 | 04:15:20 |
| 6 | SAS MEREL | 1983 | | | NED | W 18-24 | 02:26:48 | 02:35:17 | 06:11:06 |
| DNC | DESOUTER MAUD | 2003 | | | BEL | W 18-24 | 01:26:32 | 01:33:24 | 06:53:31 |
| DNC | SZUBA-LATA KLAUDIA | 1984 | | | POL | W 18-24 | 01:29:11 | 01:36:55 | 04:00:57 |
| DNC | TAHIROVIC ADNA | 1981 | | | NOR | W 18-24 | 01:32:25 | 01:39:17 | 05:00:38 |
| DNC | GROBELNA ALEKSANDRA | 2001 | | | POL | W 18-24 | 01:37:10 | 01:44:51 | 05:25:34 |
| DNC | VTYURINA ANASTASIA | 1986 | | | RUS | W 18-24 | 01:39:12 | 01:46:21 | 04:14:00 |
| DNC | BÖKMAN VANJA | 1978 | | | SWE | W 18-24 | 02:06:29 | 02:14:25 | 04:41:13 |
| DNC | DRABORG HELENE | 2013 | | | DEN | W 18-24 | 02:08:04 | 02:14:48 | 03:26:59 |
| DNC | KOLLBERG LOUISE | 1992 | | | SWE | W 18-24 | 02:09:29 | 02:17:44 | 03:40:53 |
| DNC | EKLUND MALIN | 2008 | | | SWE | W 18-24 | 02:16:58 | 02:24:23 | 05:13:28 |
| DNC | TARANTINO SELENE | 1990 | | | ITA | W 18-24 | 02:20:56 | 02:29:56 | 05:27:17 |
| DNC | SANDBERG AMANDA | 1982 | | | SWE | W 18-24 | 02:26:49 | 02:34:09 | 04:14:45 |
| DNC | VERDIESEN MARLOES | 1999 | | | NED | W 18-24 | 02:26:49 | 02:35:12 | 06:11:07 |
| DNC | CASTEIJN SELMA | 1998 | | | NED | W 18-24 | 02:26:49 | 02:35:14 | 07:03:03 |
| DNC | STENBÄCK AMANDA | 1997 | | | SWE | W 18-24 | 02:29:09 | 02:35:40 | 03:56:52 |
| DNC | CAULA GIULIA | 2004 | | | ITA | W 18-24 | 02:27:47 | 02:35:47 | 04:07:26 |
| DNC | HAMMARBÄCK MOA | 1996 | | | SWE | W 18-24 | 02:29:07 | 02:38:55 | 03:57:35 |
| DNC | STØLEN GUNHILD | 2007 | | | NOR | W 18-24 | 02:40:32 | 02:46:38 | 04:21:08 |
| DNC | NOVÁ PETRA | 2006 | | | CZE | W 18-24 | 02:48:08 | 02:55:48 | 04:21:33 |
| DNC | SØRENSEN METTE | 1980 | | | DEN | W 18-24 | 02:54:11 | 03:04:37 | 05:51:57 |
| DNC | GARDABOU IBTISAM | 1985 | | | BEL | W 18-24 | 02:54:47 | 03:04:39 | 05:18:20 |
| DNC | LONKOVÁ MAGDALENA | 1991 | | | CZE | W 18-24 | 03:06:00 | 03:15:21 | 04:52:26 |
| DNC | ENDEJANN SINA | 2010 | | | GER | W 18-24 | 03:08:58 | 03:19:41 | 04:56:09 |
| DNC | DRÁBKOVÁ VERONIKA | 1987 | | | CZE | W 18-24 | 03:17:48 | 03:24:03 | |
| DNC | KOBZOVÁ KRISTÝNA | 2005 | | | CZE | W 18-24 | 03:17:48 | 03:24:08 | 05:08:10 |
| DNC | GRIMM SOPHIA | 1976 | | | GER | W 18-24 | 03:18:57 | 03:27:30 | 04:46:01 |
| DNC | GODANI FRANCESCA | 2000 | | | ITA | W 18-24 | 03:26:55 | 03:35:25 | 06:59:56 |
| DNC | BARRE ALINE | 1994 | | | GER | W 18-24 | 04:37:00 | 04:44:11 | 06:14:41 |
| DNC | ESENIA | 1993 | | | RUS | W 18-24 | | | 03:15:14 |
| DNC | KRÓLAK MARGARITA | 2011 | | | POL | W 18-24 | | | 03:31:16 |
| | CAROL ZENGA | 2012 | | | ITA | W 18-24 | 01:36:26 | 01:43:26 | DNF |
| | | | | | | | DNF | DNF | |

OCREC2019 - STANDARD COURSE, 11:45

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | PARYGINA SVETLANA | 2026 | | | RUS | W 25-29 | 01:24:21 | 01:30:49 | 02:22:44 |
| 2 | JESSING IBEN | 2014 | | | DEN | W 25-29 | 01:36:22 | 01:43:55 | 05:36:55 |
| 3 | PARKHOMCHUK SVITLANA | 2016 | | | UKR | W 25-29 | 01:38:09 | 01:46:52 | 03:25:10 |
| 4 | BOANDER CAMILLA | 2021 | | | SWE | W 25-29 | 02:13:38 | 02:22:00 | 05:37:48 |
| DNC | TATIANA SAMOROKOVA | 2034 | | | RUS | W 25-29 | 01:40:02 | 01:47:13 | 03:54:41 |
| DNC | BERLIN NANNA | 2017 | | | DEN | W 25-29 | 01:56:05 | 02:03:31 | 04:45:31 |
| DNC | MELISSA BEARZATTO | 2023 | | | BEL | W 25-29 | 02:03:10 | 02:10:24 | 04:16:55 |
| DNC | FRISARI CECILIA | 2022 | | | | W 25-29 | 02:06:04 | 02:14:32 | 04:04:56 |
| DNC | НИКУЛИНА ЕКАТЕРИНА | 2020 | | | RUS | W 25-29 | 02:06:36 | 02:16:12 | 03:34:11 |
| DNC | HARRIBEY LÉA | 2030 | | | FRA | W 25-29 | 02:12:29 | 02:18:08 | 03:39:49 |
| DNC | ROLIN ERIKA | 2036 | | | SWE | W 25-29 | 02:14:08 | 02:23:55 | 03:42:35 |
| DNC | HERNES ELISABETH | 2027 | | | NOR | W 25-29 | 02:16:31 | 02:25:33 | 04:44:04 |
| DNC | KORMESETH-RØD DAL CELINE | 2033 | | | NOR | W 25-29 | 02:22:05 | 02:28:35 | 04:06:35 |
| DNC | VAKHRAMEEVA VALENTINA | 2015 | | | RUS | W 25-29 | 02:22:36 | 02:31:56 | 04:53:22 |
| DNC | BARTOLI SARA | 2029 | | | ITA | W 25-29 | 02:29:09 | 02:38:13 | 06:44:56 |

OCREC2019 - STANDARD COURSE, 11:45 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | KRIUCHKOVA IRINA | 2024 | | | RUS | W 25-29 | 02:33:17 | 02:41:55 | 04:49:55 |
| DNC | ORASIO MARTA RELAÑO | 2032 | | | ESP | W 25-29 | 02:35:28 | 02:44:16 | 04:20:02 |
| DNC | MARTIN ASTRID | 2031 | | | DEN | W 25-29 | 02:38:48 | 02:45:40 | 04:05:17 |
| DNC | GAROFALO CLAUDIA | 2018 | | | ITA | W 25-29 | 02:35:54 | 02:46:21 | 04:21:19 |
| DNC | ŠÁRKA HOUSKOVÁ | 2028 | | | CZE | W 25-29 | 02:54:52 | 03:01:29 | 04:28:15 |
| DNC | RANGNAU OLGA | 2037 | | | GER | W 25-29 | 03:03:57 | 03:12:30 | 04:31:01 |
| DNC | WENDT NADINE | 2035 | | | GER | W 25-29 | 03:57:47 | 04:03:38 | 05:54:44 |
| DNC | RITZLER ANNA | 2019 | | | GER | W 25-29 | 03:57:51 | 04:06:52 | 05:44:36 |

OCREC2019 - STANDARD COURSE, 11:50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | LEVERAAS KATRINE HAALAND | 2043 | | | NOR | W 25-29 | 01:31:45 | 01:38:25 | 03:03:53 |
| 2 | ПАЛАНЦЕВИЧ ЯНА | 2055 | | | RUS | W 25-29 | 01:47:39 | 01:56:24 | 04:02:21 |
| 3 | MARINA LOPATINA | 2047 | | | RUS | W 25-29 | 02:06:56 | 02:15:08 | 03:36:37 |
| DNC | ESTELLÉ OLGA | 2054 | | | ESP | W 25-29 | 01:38:57 | 01:46:09 | 03:02:22 |
| DNC | FRICK EMMA | 2058 | | | SWE | W 25-29 | 01:59:13 | 02:07:35 | 03:51:18 |
| DNC | ARVIDSSON SARA | 2062 | | | SWE | W 25-29 | 02:07:11 | 02:15:41 | 03:36:51 |
| DNC | FELLDIN JENNY | 2064 | | | SWE | W 25-29 | 02:09:07 | 02:17:04 | 03:37:35 |
| DNC | NORRMAN SANDRA | 2051 | | | SWE | W 25-29 | 02:11:07 | 02:19:47 | 03:35:02 |
| DNC | KUŽELÍKOVÁ ZUZANA | 2050 | | | CZE | W 25-29 | 02:09:50 | 02:20:39 | 04:07:13 |
| DNC | JOHANSSON CAROLINE | 2041 | | | SWE | W 25-29 | 02:12:19 | 02:20:56 | 04:52:34 |
| DNC | KRAMER ELIN | 2049 | | | SWE | W 25-29 | 02:12:21 | 02:20:58 | 04:52:35 |
| DNC | ANASTASIA BONDARENKO | 2059 | | | UKR | W 25-29 | 02:19:20 | 02:28:09 | 04:04:18 |
| DNC | OROLOGIO NOEMI | 2056 | | | ITA | W 25-29 | 02:26:49 | 02:35:37 | 07:08:29 |
| DNC | HIRST LAYLA | 2063 | | | W 25-29 | W 25-29 | 02:30:21 | 02:37:01 | 04:04:28 |
| DNC | HARDY ALICE | 2048 | | | W 25-29 | W 25-29 | 02:30:21 | 02:37:29 | |
| DNC | VACKOVÁ TERKA | 2061 | | | CZE | W 25-29 | 02:43:08 | 02:49:14 | 04:10:05 |
| DNC | RODKINA ANNA | 2052 | | | RUS | W 25-29 | 02:59:47 | 03:08:10 | 04:16:57 |
| DNC | WARDA JUSTYNA | 2045 | | | POL | W 25-29 | 03:01:11 | 03:10:30 | 04:18:28 |
| DNC | MALEK HANNA | 2044 | | | POL | W 25-29 | 03:14:52 | 03:24:12 | 04:34:59 |
| DNC | LIND ULRICA | 2066 | | | SWE | W 25-29 | 03:21:42 | 03:29:11 | 04:52:35 |
| DNC | OSSOLA ELISA | 2053 | | | ITA | W 25-29 | 03:41:13 | 03:51:25 | 05:55:53 |
| DNC | MAYRHOFER JANA | 2060 | | | GER | W 25-29 | 03:52:47 | 03:59:00 | |
| DNC | KUTZ VANESSA | 2040 | | | GER | W 25-29 | 03:52:50 | 03:59:57 | 05:37:52 |

OCREC2019 - STANDARD COURSE, 12:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | PEHTSERAVA TATSIANA | 2077 | | | BLR | W 30-34 | 01:27:49 | 01:34:51 | 03:54:54 |
| 2 | JEŘÁBKOVÁ PETRA | 2080 | | | CZE | W 30-34 | 02:08:29 | 02:17:14 | |
| DNC | VLIEGEN ASTRID | 2074 | | | BEL | W 30-34 | 01:48:09 | 01:56:15 | 03:23:32 |
| DNC | KÖNIGOVÁ LUCIE | 2082 | | | CZE | W 30-34 | 01:53:41 | 02:01:24 | 04:52:10 |
| DNC | MARTIN LUCIE | 2072 | | | BEL | W 30-34 | 01:59:55 | 02:06:56 | 04:42:33 |
| DNC | RAZINKINA ANASTASIYA | 2075 | | | RUS | W 30-34 | 02:01:00 | 02:08:26 | 04:32:20 |
| DNC | STØRKSEN LOTTE | 2086 | | | NOR | W 30-34 | 02:03:26 | 02:10:48 | 03:31:05 |
| DNC | LUNDIN ALEXANDRA | 2089 | | | SWE | W 30-34 | 02:03:23 | 02:11:27 | 03:29:13 |
| DNC | LEKISHVILI SOFIYA | 2076 | | | RUS | W 30-34 | 02:08:49 | 02:16:26 | 04:35:51 |
| DNC | CATHRINEMS | 2087 | | | NOR | W 30-34 | 02:15:50 | 02:24:49 | 03:50:11 |
| DNC | LOVATO DANIELA | 2092 | | | ITA | W 30-34 | 02:26:25 | 02:37:01 | 06:58:29 |
| DNC | ÖLUND EMMA | 2070 | | | FIN | W 30-34 | 02:28:40 | 02:38:03 | 04:00:23 |
| DNC | KIRKWOOD EMMA | 2081 | | | W 30-34 | W 30-34 | 02:28:09 | 02:38:36 | 03:54:26 |
| DNC | MARTIN FLORE | 2071 | | | BEL | W 30-34 | 02:31:11 | 02:39:04 | 04:42:33 |
| DNC | POLYAKOVA ALEXANDRA | 2084 | | | RUS | W 30-34 | 02:32:42 | 02:39:36 | 03:47:57 |

OCREC2019 - STANDARD COURSE, 12:00 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | SOCARRADES BIBIANA | 2078 | | | ESP | W 30-34 | 02:51:21 | 03:01:51 | 04:25:52 |
| DNC | REMØ HILDE THERESE | 2083 | | | NOR | W 30-34 | 03:08:31 | 03:16:33 | 04:27:44 |
| DNC | FEIGH MAYA | 2091 | | | DEN | W 30-34 | 03:11:26 | 03:20:43 | 04:31:15 |
| DNC | FREDRIKSSON ELIN | 2090 | | | SWE | W 30-34 | 03:14:14 | 03:21:42 | 04:58:36 |
| DNC | TARYBA MARYNA | 2079 | | | POR | W 30-34 | 03:38:21 | 03:48:24 | 06:10:21 |
| DNC | KASTSIUCHENKA VOLHA | 2073 | | | BLR | W 30-34 | | | |
| DNC | DZIDT MAŁGORZATA | 2069 | | | POL | W 30-34 | | | 02:38:07 |
| DNC | MARRAS CINZIA | 2085 | | | ITA | W 30-34 | | | 02:38:58 |
| | HAGLUND CECILIA | 2088 | | | SWE | W 30-34 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 12:05

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LUNDBERG SARA | 2106 | | | SWE | W 30-34 | 01:52:22 | 02:00:41 | 03:19:33 |
| 2 | SKRATAAS HELLE | 2110 | | | NOR | W 30-34 | 02:05:32 | 02:13:13 | 04:40:09 |
| DNC | GREIBIG MICHAELA | 2108 | | | GER | W 30-34 | 01:43:46 | 01:51:40 | 02:45:42 |
| DNC | PÁDER ZSÓFIA | 2100 | | | HUN | W 30-34 | 01:55:47 | 02:03:14 | 04:15:34 |
| DNC | SCHUTTRUPS MARGREET | 2099 | | | NED | W 30-34 | 01:55:46 | 02:04:02 | 06:27:39 |
| DNC | BLADIN EMELIE | 2105 | | | SWE | W 30-34 | 02:03:18 | 02:11:16 | 04:37:35 |
| DNC | RYLKOVA KATERINA | 2109 | | | CZE | W 30-34 | 02:03:35 | 02:12:15 | 03:34:51 |
| DNC | SCHREUDER MYRTE | 2101 | | | NED | W 30-34 | 02:08:40 | 02:17:23 | 03:50:40 |
| DNC | SELSTØ TONJE | 2112 | | | NOR | W 30-34 | 02:10:36 | 02:19:44 | 04:40:09 |
| DNC | IJZENDOORN CHARISSA | 2111 | | | NED | W 30-34 | 02:19:46 | 02:28:08 | 04:03:57 |
| DNC | KRŠMARU BARBORA | 2120 | | | CZE | W 30-34 | 02:23:14 | 02:30:57 | 03:46:56 |
| DNC | BORG CHIARA | 2098 | | | | W 30-34 | 02:26:00 | 02:31:03 | 03:49:27 |
| DNC | WILKINSON BECCA | 2096 | | | | W 30-34 | 02:25:58 | 02:32:38 | 03:49:28 |
| DNC | GOFFIN ANNELEEN | 2119 | | | BEL | W 30-34 | 02:33:57 | 02:40:17 | 05:07:50 |
| DNC | BARDELLINI PAOLA | 2121 | | | ITA | W 30-34 | 02:40:14 | 02:48:02 | 06:53:30 |
| DNC | RENGREN LINN | 2102 | | | SWE | W 30-34 | 02:42:39 | 02:50:37 | 04:37:35 |
| DNC | HEIJKENSKJÖLD FENJA | 2117 | | | SWE | W 30-34 | 02:45:32 | 02:52:41 | 05:06:15 |
| DNC | CARACCIOLO CONCETTINA | 2118 | | | ITA | W 30-34 | 03:23:51 | 03:32:24 | 05:14:34 |
| DNC | VYUGINA EKATERINA | 2107 | | | RUS | W 30-34 | 03:25:35 | 03:32:42 | |
| DNC | VERSEPUECH ADÉLIE | 2097 | | | FRA | W 30-34 | 03:33:37 | 03:42:24 | 05:47:31 |
| DNC | HAMANN MAREN | 2104 | | | GER | W 30-34 | 04:21:07 | 04:27:48 | 05:47:30 |
| DNC | MANDAS EMANUELA | 2113 | | | ITA | W 30-34 | | | 02:33:59 |
| DNC | CARBONI LETIZIA | 2114 | | | ITA | W 30-34 | | | 02:33:58 |
| DNC | BELOEIL JENNY DREANO | 2116 | | | FRA | W 30-34 | | | 03:38:13 |
| DNC | SCHLAEPFER TAMARA | 2095 | | | SUI | W 30-34 | | | 01:58:54 |
| | JOHANSSON ELLEN | 2103 | | | SWE | W 30-34 | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 12:15

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | LARSSON MADELEINE | 2123 | | | SWE | W 35-39 | 01:25:40 | 01:32:50 | 04:15:35 |
| 2 | DERMER JOHANNA | 2125 | | | SWE | W 35-39 | 01:47:16 | 01:54:55 | 04:55:51 |
| 3 | PARAMONOVA IRINA | 2133 | | | RUS | W 35-39 | 01:47:40 | 01:55:47 | 04:41:03 |
| 4 | YANINA ELENA | 2130 | | | RUS | W 35-39 | 01:51:34 | 01:59:03 | 04:59:17 |
| 5 | ELENA LADNAYA | 2152 | | | RUS | W 35-39 | 01:53:03 | 02:01:12 | 03:24:39 |
| 6 | GOLUBEVA SVETLANA | 2138 | | | RUS | W 35-39 | 03:36:20 | 03:45:29 | 04:58:37 |
| DNC | VICO JENNY | 2160 | | | GER | W 35-39 | 01:29:12 | 01:34:20 | 02:27:25 |
| DNC | RAMOS PAULA ESTEIRO | 2143 | | | ESP | W 35-39 | 01:29:55 | 01:37:15 | 04:17:15 |
| DNC | ALIJA FLORIANA | 2156 | | | NOR | W 35-39 | 01:44:44 | 01:51:43 | 04:12:41 |
| DNC | HERMANSEN SACHA | 2131 | | | DEN | W 35-39 | 01:45:17 | 01:52:51 | 05:14:17 |
| DNC | BOZIC SARAH | 2129 | | | GER | W 35-39 | 01:56:11 | 02:02:32 | 03:18:30 |

OCREC2019 - STANDARD COURSE, 12:15 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| DNC | WEMHÖNER IDA | 2146 | | | SWE | W 35-39 | 02:02:08 | 02:09:33 | 04:16:48 |
| DNC | TRAJKOVSKA MARTA KRUSZCZYNSKA | 2128 | | | SWE | W 35-39 | 02:04:45 | 02:12:12 | 03:24:57 |
| DNC | ŠAŠKOVÁ ZUZANA | 2142 | | | CZE | W 35-39 | 02:13:02 | 02:19:49 | |
| DNC | LINDSKOG CECILIA | 2155 | | | SWE | W 35-39 | 02:14:14 | 02:20:32 | 03:54:23 |
| DNC | DONALD LEE | 2126 | | | W 35-39 | W 35-39 | 02:15:56 | 02:23:34 | 03:39:26 |
| DNC | KYRYCH MICHAELA | 2157 | | | CZE | W 35-39 | 02:17:17 | 02:25:06 | 03:43:37 |
| DNC | PAPLICKA KATARZYNA | 2158 | | | POL | W 35-39 | 02:17:52 | 02:25:51 | 04:24:31 |
| DNC | PINHAL GISELA | 2144 | | | POR | W 35-39 | 02:35:23 | 02:43:28 | 04:02:13 |
| DNC | SERRÃO TÂNIA | 2154 | | | POR | W 35-39 | 02:35:16 | 02:43:29 | 04:02:13 |
| DNC | RANNIKKO EMMY | 2132 | | | SWE | W 35-39 | 02:38:36 | 02:46:33 | 05:02:09 |
| DNC | ACQUADRO ELENA | 2139 | | | ITA | W 35-39 | 02:38:23 | 02:46:54 | 06:43:30 |
| DNC | RUFETE MARIBEL CABANES | 2145 | | | ESP | W 35-39 | 02:40:51 | 02:47:05 | 04:46:33 |
| DNC | GIATSINTOVA IRINA | 2159 | | | RUS | W 35-39 | 02:42:41 | 02:53:26 | 04:20:38 |
| DNC | KOERMENDI CSILLA | 2124 | | | HUN | W 35-39 | 02:59:52 | 03:07:50 | |
| DNC | BIELEC KINGA | 2141 | | | POL | W 35-39 | 03:03:44 | 03:11:09 | 04:50:34 |
| DNC | KEPA JUSTYNA | 2162 | | | POL | W 35-39 | 03:03:32 | 03:11:10 | 04:19:25 |
| DNC | DITTMANN KERSTIN | 2148 | | | GER | W 35-39 | 03:21:16 | 03:29:55 | 04:43:28 |
| DNC | KOLIC MONIKA | 2153 | | | GER | W 35-39 | 03:27:50 | 03:36:56 | 05:37:28 |
| DNC | FAVINI BEATRICE FANTONI | 2147 | | | ITA | W 35-39 | 03:35:47 | 03:42:16 | 05:35:57 |
| DNC | MAGOMEDOVA LEYLA | 2136 | | | BEL | W 35-39 | 03:34:08 | 03:43:46 | 05:42:06 |
| DNC | FRANCZYSZYN-PORTKA MAGDALENA | 2149 | | | POL | W 35-39 | 03:48:14 | 03:56:06 | 06:07:31 |
| DNC | CROESE CLAIRE | 2150 | | | NED | W 35-39 | | | 02:03:49 |
| DNC | PROPERZI VALENTINA | 2151 | | | ITA | W 35-39 | | | 03:50:07 |
| DNC | BELLOMI LAURA | 2140 | | | ITA | W 35-39 | | | 06:43:29 |
| DNC | SELYMES KINGA | 2135 | | | HUN | W 35-39 | | | 03:37:29 |

OCREC2019 - STANDARD COURSE, 12:30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | BABUŠKOVÁ STANISLAVA | 2171 | | | CZE | W 40-44 | 01:20:58 | 01:28:23 | 03:47:25 |
| 2 | JOULIN LISA | 2170 | | | SWE | W 40-44 | 01:33:02 | 01:40:01 | 03:01:25 |
| 3 | LINDSGREN CHRISTINA | 2165 | | | DEN | W 40-44 | 01:36:33 | 01:44:31 | 03:00:53 |
| 4 | KIND PIA | 2173 | | | SWE | W 40-44 | 01:49:18 | 01:56:41 | 03:55:59 |
| DNC | VRIES LISAN DE | 2175 | | | NED | W 40-44 | 01:29:54 | 01:37:00 | 04:07:32 |
| DNC | ROSTOVTSEVA ANASTASIA | 2177 | | | RUS | W 40-44 | 01:32:36 | 01:39:17 | 04:14:34 |
| DNC | DIJK SANDRA VAN | 2174 | | | NED | W 40-44 | 01:33:32 | 01:40:47 | 02:49:07 |
| DNC | BJERRE SECILIE VICKTORIA | 2183 | | | DEN | W 40-44 | 01:38:11 | 01:44:36 | 05:04:35 |
| DNC | KORYTOVA KATERINA | 2178 | | | CZE | W 40-44 | 01:52:47 | 02:00:01 | 03:06:30 |
| DNC | SVENSSON LINDA | 2181 | | | SWE | W 40-44 | 01:59:48 | 02:07:37 | 03:39:45 |
| DNC | JANSSON VICTORIA | 2169 | | | SWE | W 40-44 | 02:17:03 | 02:24:09 | 03:41:44 |
| DNC | SPÅNG MALIN | 2184 | | | SWE | W 40-44 | 02:20:22 | 02:31:32 | 04:03:41 |
| DNC | FERRARI SABRINA | 2176 | | | ITA | W 40-44 | 02:26:53 | 02:35:24 | 05:04:54 |
| DNC | GLETTTE SUSANNE | 2182 | | | GER | W 40-44 | 02:36:47 | 02:43:49 | 04:15:53 |
| DNC | DAVIS HELEN | 2187 | | | GBR | W 40-44 | 02:42:03 | 02:50:38 | 04:26:04 |
| DNC | ULVEGREN ALBINA | 2167 | | | SWE | W 40-44 | 02:49:42 | 02:55:05 | 04:35:53 |
| DNC | KARLSSON GUNILLA | 2179 | | | SWE | W 40-44 | 03:06:24 | 03:16:29 | 04:59:46 |
| DNC | NADIA AMRI | 2188 | | | FRA | W 40-44 | 03:08:35 | 03:17:25 | 05:22:32 |
| DNC | BERGSTRÖM EWA | 2180 | | | SWE | W 40-44 | 03:42:46 | 03:52:37 | |

OCREC2019 - STANDARD COURSE, 12:45

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | KRZYSZYŃIAK ROBERT | 2195 | | | POL | M 45-49 | 01:06:21 | 01:12:58 | 01:58:43 |
| 2 | HEJLIGER DAAN | 2192 | | | NED | M 45-49 | 01:14:54 | 01:21:05 | 02:25:23 |

OCREC2019 - STANDARD COURSE, 12:45 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 3 | ZGUTKA TOMASZ | 2212 | | | POL | M 45-49 | 01:18:22 | 01:24:28 | 02:24:53 |
| 4 | HELLSTRAND RICKARD | 2211 | | | SWE | M 45-49 | 01:17:52 | 01:24:50 | 03:07:56 |
| 5 | PETELCZYC PIOTR | 2201 | | | POL | M 45-49 | 01:21:48 | 01:28:57 | 02:26:33 |
| 6 | PEDERSEN CHRISTIAN | 2190 | | | DEN | M 45-49 | 01:26:57 | 01:34:12 | 02:39:14 |
| 7 | RAMOS SÉRGIO | 2196 | | | POR | M 45-49 | 01:30:49 | 01:38:19 | 02:36:30 |
| 8 | TEUNISSEN DONAR | 2198 | | | NED | M 45-49 | 01:32:27 | 01:39:25 | 04:15:58 |
| 9 | ROBBEMOND ROBIN | 2203 | | | NED | M 45-49 | 01:32:21 | 01:40:43 | 02:51:21 |
| 10 | LOZANO MIGUEL ÁNGEL CHARRO | 2205 | | | ESP | M 45-49 | 01:41:40 | 01:48:55 | 04:01:58 |
| 11 | YVES PUGLIARI | 2199 | | | BEL | M 45-49 | 02:01:23 | 02:09:35 | 04:53:49 |
| DNC | EISSMANN JÖRG | 2193 | | | GER | M 45-49 | 01:06:19 | 01:12:58 | 02:45:42 |
| DNC | JONSSON DANIEL | 2202 | | | SWE | M 45-49 | 01:31:22 | 01:38:03 | 03:10:10 |
| DNC | JANSEN ROEL | 2213 | | | NED | M 45-49 | 01:34:26 | 01:42:36 | 02:41:52 |
| DNC | KVIKSTAD RUNE | 2191 | | | NOR | M 45-49 | 01:37:45 | 01:43:26 | 02:36:26 |
| DNC | BATES DANIEL | 2208 | | | SWE | M 45-49 | 01:39:44 | 01:46:12 | 03:10:10 |
| DNC | ERIKSSON STEFAN | 2209 | | | SWE | M 45-49 | 01:59:17 | 02:06:38 | |
| DNC | SCHIRMER THORSTEN | 2194 | | | GER | M 45-49 | 02:17:20 | 02:25:51 | |
| DNC | SCHMIDT HOLGER | 2210 | | | GER | M 45-49 | 02:21:48 | 02:28:02 | 04:05:04 |
| DNC | WROBBEL MICHAEL | 2200 | | | GER | M 45-49 | 03:05:58 | 03:13:16 | 04:34:44 |
| DNC | VLADIMIR LARIONOV | 2207 | | | RUS | M 45-49 | | | 01:54:10 |

OCREC2019 - STANDARD COURSE, 12:49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------------|------|------|-----------|---------|---------|----------|----------|----------|
| 1 | DEERY CRAIG | 2219 | | | IRL | M 45-49 | 01:19:38 | 01:25:55 | 03:12:30 |
| 2 | MACHTYL ZYGMUNT | 2235 | | | POL | M 45-49 | 01:23:45 | 01:30:50 | 02:40:44 |
| 3 | PERSSON ROBERT | 2221 | | | SWE | M 45-49 | 01:26:42 | 01:34:14 | 03:34:02 |
| 4 | BERGLIND THOBAS OLSSON | 2228 | | | SWE | M 45-49 | 01:38:16 | 01:45:45 | 03:52:28 |
| 5 | PARET ARNAULT | 2238 | | | FRA | M 45-49 | 01:44:52 | 01:52:26 | 03:47:13 |
| DNC | ROGERS DAVE | 2237 | | | M 45-49 | | 01:17:02 | 01:23:16 | 02:24:26 |
| DNC | SÖDERSTRÖM ANDREAS | 2223 | | | SWE | M 45-49 | 01:27:50 | 01:34:03 | 03:37:55 |
| DNC | STEPHANE TCHIKNAVORIAN | 2224 | | | FRA | M 45-49 | 01:36:02 | 01:42:01 | 05:45:49 |
| DNC | WRIGHT JASON | 2233 | | | M 45-49 | | 01:40:19 | 01:48:35 | 03:20:08 |
| DNC | ALESSANDRO PILOTTA | 2226 | | | ITA | M 45-49 | 01:41:54 | 01:49:58 | 03:40:55 |
| DNC | ROSA DOMENICO DE | 2225 | | | ITA | M 45-49 | 01:49:28 | 01:58:11 | 04:39:41 |
| DNC | RAVIZZA MARCO ALFREDO | 2230 | | | ITA | M 45-49 | 02:16:32 | 02:24:23 | 03:42:00 |
| DNC | PARTNERS ARJAN HOEKSTRA - BI | 2218 | | | NED | M 45-49 | 02:36:51 | 02:43:59 | 04:12:42 |
| DNC | OLDHAM JUSTIN | 2231 | | | M 45-49 | | 02:31:45 | 02:41:58 | 04:21:13 |
| DNC | DUURSMA PAUL | 2239 | | | NED | M 45-49 | 02:44:42 | 02:51:02 | 04:11:57 |
| DNC | HANNABUSS DANIEL | 2232 | | | M 45-49 | | 02:46:57 | 02:54:35 | |
| DNC | CAMMAROTA FABIO | 2234 | | | ITA | M 45-49 | 03:20:55 | 03:29:38 | 05:01:39 |

OCREC2019 - STANDARD COURSE, 12:53

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | FIŠER ROSTISLAV | 2270 | | | CZE | M 45-49 | 01:13:57 | 01:20:17 | 02:33:52 |
| 2 | CHRISTENSEN BRIAN VIBORG | 2242 | | | DEN | M 45-49 | 01:15:41 | 01:21:54 | 02:11:31 |
| 3 | PELLEREI LUCA | 2267 | | | ITA | M 45-49 | 01:26:00 | 01:32:29 | 02:50:03 |
| DNC | BALOGH ZSOLT | 2251 | | | HUN | M 45-49 | 01:18:33 | 01:26:10 | 02:36:21 |
| DNC | CHOUVARDAS EFSTRATIOS | 2266 | | | GRE | M 45-49 | 01:36:19 | 01:42:18 | 02:38:56 |
| DNC | NICO DUCOUROY | 2256 | | | FRA | M 45-49 | 01:40:52 | 01:47:15 | 04:36:23 |
| DNC | GRESZTA WALDEMAR | 2268 | | | POL | M 45-49 | 01:47:05 | 01:54:30 | 04:05:42 |
| DNC | PENNISI DARIO | 2260 | | | ITA | M 45-49 | 02:00:34 | 02:08:30 | 03:37:24 |
| DNC | TAUER TOMÁŠ | 2259 | | | CZE | M 45-49 | 01:54:09 | 02:02:11 | 03:05:03 |
| DNC | LINDBERG KIM | 2257 | | | SWE | M 45-49 | 02:01:00 | 02:09:36 | 04:53:13 |

OCREC2019 - STANDARD COURSE, 12:53 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | MACH MARTIN | 2254 | | | CZE | M 45-49 | 02:04:09 | 02:11:25 | 03:45:09 |
| DNC | WILLIS RICHARD | 2248 | | | | M 45-49 | 02:10:59 | 02:16:53 | 03:28:43 |
| DNC | JÜRGENS FRIEDRICH | 2264 | | | GER | M 45-49 | 02:09:20 | 02:17:39 | 03:44:51 |
| DNC | PAL MARIO | 2252 | | | GER | M 45-49 | 02:09:19 | 02:17:39 | |
| DNC | DALKIEWICZ DAREK | 2246 | | | POL | M 45-49 | 02:18:33 | 02:25:56 | 03:57:22 |
| DNC | PUTMAN DAVID | 2269 | | | NED | M 45-49 | 02:21:31 | 02:29:29 | 03:50:24 |
| DNC | WELLS ROBERT | 2247 | | | | M 45-49 | 02:31:44 | 02:41:56 | 04:21:11 |
| DNC | ANDYHOLMES7 | 2253 | | | | M 45-49 | 02:42:58 | 02:50:38 | 04:03:29 |
| DNC | ALEXANDER ALEXANDER | 2244 | | | | M 45-49 | 02:57:59 | 03:05:17 | 04:26:45 |
| DNC | NAZHA ALI | 2263 | | | ITA | M 45-49 | 02:58:33 | 03:06:05 | 05:15:33 |
| DNC | MASSOUF FRED | 2265 | | | FRA | M 45-49 | 02:58:29 | 03:06:12 | 05:37:58 |
| DNC | LUCIANO CECCONI | 2262 | | | ITA | M 45-49 | 03:04:32 | 03:12:19 | 05:27:18 |
| DNC | MARINI ALESSANDRO | 2245 | | | ITA | M 45-49 | 03:05:43 | 03:13:12 | 04:46:33 |
| DNC | SPORTÍ DANIEL | 2261 | | | ESP | M 45-49 | 03:06:07 | 03:13:57 | 04:39:00 |

OCREC2019 - STANDARD COURSE, 13:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | HEER ERIK DE | 2285 | | | NED | M 50-54 | 01:22:13 | 01:28:44 | 02:50:48 |
| 2 | SLITS PETER | 2273 | | | NED | M 50-54 | 01:24:44 | 01:31:21 | 02:40:31 |
| 3 | LEARY TONY | 2295 | | | | M 50-54 | 01:27:02 | 01:33:54 | 03:22:39 |
| 4 | MILHANO CARLOS | 2299 | | | POR | M 50-54 | 01:35:16 | 01:41:40 | 02:49:26 |
| 5 | KURACH STANISLAW | 2288 | | | POL | M 50-54 | 01:36:33 | 01:44:17 | 02:58:53 |
| 6 | ANDRESEN PETTER | 2294 | | | NOR | M 50-54 | 01:42:59 | 01:51:02 | |
| 7 | BRUNO MANCA | 2302 | | | ITA | M 50-54 | 01:46:33 | 01:55:02 | 04:30:30 |
| 8 | LIND MAGNUS | 2315 | | | SWE | M 55+ | 01:50:15 | 01:58:56 | 04:06:22 |
| 9 | MALUENDA JUAN | 2281 | | | SWE | M 50-54 | 01:50:24 | 02:01:35 | 03:26:47 |
| 10 | JANISZEWSKI GRZEGORZ | 2284 | | | POL | M 50-54 | 01:53:14 | 02:01:40 | 04:16:06 |
| 11 | BLEYS PASCAL | 2274 | | | BEL | M 50-54 | 01:58:09 | 02:05:58 | |
| 12 | DEVILLIER GÉRARD | 2282 | | | FRA | M 50-54 | 02:04:58 | 02:12:09 | 04:16:44 |
| 13 | EMMANUEL ROSZAK | 2292 | | | FRA | M 50-54 | 02:08:29 | 02:16:01 | 05:07:38 |
| DNC | BERGKULLA ROBERT PETER | 2298 | | | FIN | M 50-54 | 01:29:16 | 01:33:49 | 02:23:29 |
| DNC | RASMUSSEN BJARNE | 2276 | | | DEN | M 50-54 | 01:30:51 | 01:37:26 | 03:49:49 |
| DNC | CEDERHOLM JONNY | 2316 | | | SWE | M 55+ | 01:45:40 | 01:53:48 | 04:05:25 |
| DNC | BROUWER ROBERT | 2306 | | | NED | M 50-54 | 01:52:15 | 02:01:41 | |
| DNC | BIGLANDS STEVE | 2275 | | | | M 50-54 | 01:57:10 | 02:04:28 | 03:57:01 |
| DNC | JOHANSSON BILLY | 2283 | | | SWE | M 50-54 | 02:00:35 | 02:08:27 | 03:33:09 |
| DNC | GATZ DETLEF | 2297 | | | GER | M 50-54 | 02:02:33 | 02:10:47 | 03:37:50 |
| DNC | VOS MICHEL DE | 2305 | | | NED | M 50-54 | 02:03:26 | 02:11:22 | 05:32:38 |
| DNC | PEIRO JAVIER SIGNES | 2313 | | | ESP | M 55+ | 02:07:37 | 02:16:49 | 05:14:42 |
| DNC | SERNBO JENS | 2296 | | | SWE | M 50-54 | 02:10:38 | 02:18:09 | 03:25:36 |
| DNC | FIORIO DAVIDE | 2301 | | | ITA | M 50-54 | 02:14:13 | 02:22:51 | 03:34:47 |
| DNC | MATYASI GÁBOR | 2278 | | | HUN | M 50-54 | 02:20:42 | 02:27:33 | 05:17:12 |
| DNC | CRUICKSHANK PHIL | 2280 | | | | M 50-54 | 02:15:18 | 02:28:11 | 04:05:23 |
| DNC | FRANCK DELOMENIE | 2289 | | | FRA | M 50-54 | 02:25:50 | 02:32:16 | 04:40:08 |
| DNC | HORSTEN JAN VON | 2286 | | | GER | M 50-54 | 02:26:35 | 02:35:56 | 04:26:38 |
| DNC | BENGTSSON PER | 2314 | | | SWE | M 55+ | 02:37:32 | 02:46:34 | 04:08:34 |
| DNC | UTTENDORFER JÜRGEN | 2310 | | | GER | M 55+ | 02:45:05 | 02:51:13 | 04:29:09 |
| DNC | LOBODA VADIM | 2279 | | | IRL | M 50-54 | 02:50:17 | 02:58:14 | 05:37:15 |
| DNC | FABIANI MARCO | 2312 | | | ITA | M 55+ | 02:50:49 | 02:58:25 | 04:17:05 |
| DNC | CARSTAIRS JOHN | 2291 | | | GER | M 50-54 | 02:53:49 | 03:03:39 | 04:52:29 |
| DNC | LIGORIO LUIGI | 2293 | | | ITA | M 50-54 | 02:58:43 | 03:06:14 | 04:39:25 |
| DNC | CONVERS JEAN-LUC | 2317 | | | FRA | M 55+ | 03:02:04 | 03:10:04 | 04:45:40 |
| DNC | ANDERSSON DAN | 2303 | | | SWE | M 50-54 | 03:07:57 | 03:15:08 | 05:06:18 |
| DNC | BLICK TOMMY | 2300 | | | SWE | M 50-54 | 03:07:56 | 03:15:09 | 05:06:18 |
| DNC | CAMPATELLI ROBERTO | 2304 | | | ITA | M 50-54 | 03:09:56 | 03:18:41 | 04:50:45 |

OCREC2019 - STANDARD COURSE, 13:00 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | WALWYN ANTHONY | 2287 | | | | M 50-54 | 03:16:14 | 03:25:45 | 05:07:18 |
| DNC | KRITIKOS VASILIS | 2290 | | | GRE | M 50-54 | | | 01:39:08 |
| DNC | LEVY PHILIPPE | 2309 | | | BEL | M 55+ | | | 02:22:05 |
| | WEETS MARC | 2311 | | | BEL | M 55+ | DNF | DNF | DNF |

OCREC2019 - STANDARD COURSE, 13:05

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|---------------------|------|------|-----------|------|---------|----------|----------|----------|
| 1 | GIESBERTS VALÉRIE | 2320 | | | NED | W 13-17 | 01:39:19 | 01:48:22 | 02:55:09 |
| 2 | JOHANSSON IRMA | 2329 | | | SWE | W 13-17 | 01:46:53 | 01:53:43 | 04:11:09 |
| 3 | CARDINALI REBECCA | 2321 | | | ITA | W 13-17 | 02:23:33 | 02:30:41 | 05:53:13 |
| DNC | MUL ELISA | 2327 | | | NED | W 13-17 | 01:45:42 | 01:53:34 | 04:51:38 |
| DNC | JASIŃSKA ALICJA | 2324 | | | POL | W 13-17 | 02:03:34 | 02:11:32 | 03:50:35 |
| DNC | MISSALA MAGDA | 2325 | | | POL | W 13-17 | 02:03:34 | 02:11:32 | 03:52:26 |
| DNC | DRUIJFF MEIKE | 2323 | | | NED | W 13-17 | 02:06:33 | 02:18:02 | 05:02:34 |
| DNC | ZEBERG ALICIA | 2322 | | | SWE | W 13-17 | 02:15:58 | 02:27:58 | 04:03:05 |
| DNC | VEČERNÍKOVÁ BARBORA | 2328 | | | CZE | W 13-17 | 02:37:54 | 02:48:25 | 04:05:18 |
| DNC | JONSSON HANNA | 2326 | | | SWE | W 13-17 | 02:50:25 | 03:00:01 | 04:12:20 |

OCREC2019 - STANDARD COURSE, 13:10

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------|------|------|-----------|------|---------|----------|----------|----------|
| DNC | HEIBØ GUNN ELIN | 2337 | | | NOR | W 45-49 | | 01:49:49 | 02:49:21 |
| DNC | NATALI MONICA | 2347 | | | ITA | W 55+ | 01:46:56 | 01:54:34 | 03:20:16 |
| DNC | KJELLIN TINI | 2343 | | | SWE | W 50-54 | 02:24:50 | 02:33:19 | 03:48:42 |
| DNC | OLESEN CHRISTINA | 2348 | | | SWE | W 55+ | 02:30:32 | 02:39:59 | 04:05:45 |
| DNC | JÜRGENS MARTINA | 2333 | | | GER | W 45-49 | 02:32:51 | 02:41:03 | 04:17:52 |
| DNC | UTTENDORFER ANDREA | 2341 | | | GER | W 50-54 | 02:35:05 | 02:41:17 | 04:19:09 |
| DNC | JACKSON TRACEY | 2338 | | | | W 45-49 | 02:34:02 | 02:41:32 | 04:11:12 |
| DNC | SPIJKER DAYEN | 2334 | | | NED | W 45-49 | 02:39:10 | 02:48:46 | 04:46:45 |
| DNC | JONSSON SARA | 2336 | | | SWE | W 45-49 | 02:45:26 | 02:55:04 | 04:07:21 |
| DNC | GODFREY MAGGIE | 2344 | | | | W 50-54 | 02:48:48 | 03:00:25 | 04:43:32 |
| DNC | OLEFELDT TERESA | 2335 | | | SWE | W 45-49 | 03:02:25 | 03:10:55 | 05:18:24 |

OCREC2019 - STANDARD COURSE, 13:15

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-------------------------|------|------|-----------|------|------|----------|----------|----------|
| 1 | KOCZOROWSKI PAWEL | 2363 | | | POL | M | 01:44:36 | 01:52:22 | 04:02:25 |
| 2 | CHRISTIANSEN ALLAN | 2366 | | | DEN | M | 01:46:44 | 01:54:06 | |
| 3 | WOJAS JAKUB | 2378 | | | POL | M | 02:00:16 | 02:08:51 | 03:13:38 |
| 4 | BLAZQUEZ IVAN HERNANDEZ | 2380 | | | ESP | M | 01:59:34 | 02:09:07 | 03:27:12 |
| 5 | REDDAWAY MILO | 2367 | | | | M | 02:01:45 | 02:12:35 | 03:19:52 |
| 6 | ANDERSEN STEEN | 2355 | | | DEN | M | 02:05:52 | 02:14:06 | |
| 7 | LINDSTRÖM ALGOT | 2374 | | | SWE | M | 02:06:37 | 02:14:37 | 03:41:51 |
| 8 | LUDVIGSSON ANTONIO | 2371 | | | SWE | M | 02:06:41 | 02:15:11 | 03:41:50 |

OCREC2019 - STANDARD COURSE, 13:15 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 9 | NORDH STEFAN | 2383 | | | SWE | M JOURNEYMAN | 02:06:39 | 02:15:11 | 03:41:49 |
| 10 | SHTYPULIAK SERGII | 2375 | | | UKR | M JOURNEYMAN | 02:08:30 | 02:15:22 | 03:32:00 |
| 11 | SAAL PATRICK | 2364 | | | GER | M JOURNEYMAN | 02:07:01 | 02:16:26 | 03:31:37 |
| 12 | KREBS MARCEL | 2360 | | | GER | M JOURNEYMAN | 02:07:01 | 02:16:26 | 03:31:37 |
| 13 | LYNG RASMUS | 2353 | | | DEN | M JOURNEYMAN | 02:12:14 | 02:18:24 | |
| 14 | JØRGENSEN MICHAEL | 2358 | | | DEN | M JOURNEYMAN | 02:12:15 | 02:20:20 | 03:34:19 |
| 15 | MORIES ARTURO SAEZ | 2381 | | | ESP | M JOURNEYMAN | 02:21:49 | 02:29:06 | 04:00:15 |
| 16 | SANZ PABLO LÓPEZ | 2385 | | | ESP | M JOURNEYMAN | 02:21:50 | 02:29:33 | 04:00:16 |
| 17 | JOHN MINAKAKIS | 2376 | | | GRE | M JOURNEYMAN | 02:22:10 | 02:29:51 | 03:52:30 |
| 18 | RAMOS KEVIN DO COITO | 2372 | | | POR | M JOURNEYMAN | 02:22:53 | 02:30:02 | 04:59:34 |
| 19 | SMORON MARCIN | 2370 | | | POL | M JOURNEYMAN | 02:22:53 | 02:31:12 | 03:43:40 |
| 20 | AMBROSE PAUL | 2359 | | | | M JOURNEYMAN | 02:22:23 | 02:32:07 | 04:03:00 |
| 21 | RANDRUP-THOMSEN RUNE | 2373 | | | DEN | M JOURNEYMAN | 02:27:09 | 02:34:50 | 04:53:25 |
| 22 | FOLGADO JOÃO | 2369 | | | POR | M JOURNEYMAN | 02:27:21 | 02:36:42 | 04:59:38 |
| 23 | VARAKSA SIARHEI | 2362 | | | BLR | M JOURNEYMAN | 02:27:54 | 02:36:49 | 04:50:28 |
| 24 | ANTSI SIARHEI | 2361 | | | BLR | M JOURNEYMAN | 02:30:07 | 02:37:36 | 03:50:31 |
| 25 | NILSSON OSCAR | 2357 | | | SWE | M JOURNEYMAN | 02:39:32 | 02:50:00 | 05:13:49 |
| 26 | RIMONDI ALAN | 2377 | | | ITA | M JOURNEYMAN | 02:48:45 | 02:57:12 | 05:17:15 |
| 27 | GULLAUD AUDRIC | 2365 | | | BEL | M JOURNEYMAN | 02:49:58 | 02:58:48 | 05:20:11 |
| 28 | SEBASTIAN JUAN PEDRO MURGA SAN | 2379 | | | ESP | M JOURNEYMAN | | | 04:00:16 |
| 29 | LINDBERG MADS | 2352 | | | DEN | M JOURNEYMAN | | | 01:45:19 |
| 30 | GANE MR JAMIE | 2368 | | | | M JOURNEYMAN | | | 02:00:57 |
| 31 | CUESTA ALBERTO SANZ | 2384 | | | ESP | M JOURNEYMAN | | | 03:04:00 |

OCREC2019 - STANDARD COURSE, 13:20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 1 | SALOMÁKI VILLE | 2398 | | | SWE | M JOURNEYMAN | 01:22:56 | 01:29:39 | 02:34:45 |
| 2 | MAKARSKI SIARHEI | 2409 | | | BLR | M JOURNEYMAN | 01:30:20 | 01:37:02 | 02:33:40 |
| 3 | KÖNIG ALEXANDER | 2412 | | | GER | M JOURNEYMAN | 01:34:24 | 01:39:16 | 02:57:58 |

OCREC2019 - STANDARD COURSE, 13:20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|--------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 4 | SLIEPKA IVAN | 2410 | | | SVK | M JOURNEYMAN | 01:35:17 | 01:41:59 | 02:34:13 |
| 5 | MASŁOWSKI WOJCIECH | 2416 | | | POL | M JOURNEYMAN | 01:44:47 | 01:50:55 | 03:06:27 |
| 6 | NOVOSEL MARIO | 2419 | | | AUT | M JOURNEYMAN | 01:49:04 | 01:57:54 | 02:54:20 |
| 7 | TREZISE THOMAS | 2388 | | | DEN | M JOURNEYMAN | 01:51:38 | 01:58:55 | 04:09:16 |
| 8 | EMMERUD KAI ROGER | 2405 | | | NOR | M JOURNEYMAN | 01:59:56 | 02:08:32 | 04:05:27 |
| 9 | WAWRZYNIAK SŁAWO | 2401 | | | POL | M JOURNEYMAN | 02:01:32 | 02:10:27 | 03:41:58 |
| 10 | TROKHYMETS OLEKSANDR | 2403 | | | UKR | M JOURNEYMAN | 02:03:32 | 02:11:12 | 03:22:48 |
| 11 | NAJDEREK MICHAŁ | 2395 | | | POL | M JOURNEYMAN | 02:14:22 | 02:20:24 | 03:41:24 |
| 12 | HOŁOWACZ KAMIL | 2396 | | | POL | M JOURNEYMAN | 02:16:33 | 02:25:47 | 03:42:35 |
| 13 | CHRZĄSTEK MACIEK | 2397 | | | POL | M JOURNEYMAN | 02:17:57 | 02:25:54 | 03:43:07 |
| 14 | BROOKSON MERVYN | 2415 | | | NED | M JOURNEYMAN | 02:21:15 | 02:28:13 | 03:40:57 |
| 15 | GALLE RUBEN | 2392 | | | BEL | M JOURNEYMAN | 02:22:23 | 02:31:07 | 03:59:49 |
| 16 | ALEXEEV ALEXEY | 2400 | | | BLR | M JOURNEYMAN | 02:25:04 | 02:31:29 | 03:45:31 |
| 17 | RENIRIE INGMAR | 2393 | | | NED | M JOURNEYMAN | 02:22:25 | 02:31:31 | 03:39:06 |
| 18 | VAVŘIČKA STANISLAV | 2411 | | | CZE | M JOURNEYMAN | 02:36:05 | 02:43:08 | |
| 19 | ZIOBRO CHRIS | 2402 | | | POL | M JOURNEYMAN | 02:43:20 | 02:50:02 | 04:23:16 |
| 20 | GODFREY STANLEY | 2394 | | | | M JOURNEYMAN | 02:38:47 | 02:50:25 | 04:33:30 |
| 21 | ALEXEY DAVYDOV | 2389 | | | RUS | M JOURNEYMAN | 02:47:04 | 02:54:04 | 04:18:37 |
| 22 | PIZZO SEBASTIANO ANTONIO | 2421 | | | ITA | M JOURNEYMAN | 02:47:56 | 02:55:23 | 04:19:34 |
| 23 | NORDAHL TOBIAS | 2407 | | | SWE | M JOURNEYMAN | 02:56:25 | 03:03:36 | 04:57:04 |
| 24 | KACPERSKI JACEK | 2408 | | | POL | M JOURNEYMAN | 02:59:33 | 03:06:36 | 04:24:40 |
| 25 | LIBERADZKI MARCIN | 2417 | | | POL | M JOURNEYMAN | 03:07:27 | 03:14:22 | 04:20:58 |
| 26 | KOLAŘÍK LUKÁŠ | 2414 | | | CZE | M JOURNEYMAN | 03:11:05 | 03:18:24 | 04:38:40 |
| 27 | SHELLHAAS SVEN | 2413 | | | GER | M JOURNEYMAN | 03:10:22 | 03:20:11 | 05:00:53 |
| 28 | GUMPRECHT HANNES | 2420 | | | GER | M JOURNEYMAN | 03:10:22 | 03:20:12 | 05:00:53 |
| 29 | MILBRANT MICHAŁ | 2399 | | | POL | M JOURNEYMAN | 03:09:53 | 03:20:33 | 04:31:02 |
| 30 | FARINELLA RICCARDO | 2391 | | | ITA | M JOURNEYMAN | | | 03:44:41 |
| 31 | SPATARO ORAZIO | 2390 | | | ITA | M JOURNEYMAN | | | 01:52:29 |
| DQ | MIERZICKI MARCEL | 2404 | | | POL | M JOURNEYMAN | 02:22:29 | 02:31:11 | 03:47:05 |
| | | | | | | | DQ | DQ | DQ |

OCREC2019 - STANDARD COURSE, 13:30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|----------------------------------|------|------|-----------|------|-----------------|----------|----------|----------|
| 1 | KORBAL EWELINA | 2427 | | | GER | W JOURNEYMAN | 02:01:28 | 02:12:14 | 03:21:29 |
| 2 | BENITEZ ESTEFANIA DEL PINO RAMOS | 2430 | | | ESP | W JOURNEYMAN | 02:06:50 | 02:14:28 | 03:45:16 |
| 3 | RODRIGUEZ YESSICA IZQUIERDO | 2434 | | | ESP | W JOURNEYMAN | 02:15:15 | 02:25:40 | 05:06:26 |
| 4 | ANASTASIA PAPADOGIANNI | 2431 | | | GRE | W JOURNEYMAN | 02:23:35 | 02:30:42 | 03:48:52 |
| 5 | STRANDBERG PETRA | 2440 | | | SWE | W JOURNEYMAN | 02:25:46 | 02:35:02 | 03:47:17 |
| 6 | KARLSSON LINE | 2425 | | | DEN | W JOURNEYMAN | 02:33:29 | 02:40:12 | 04:14:08 |
| 7 | AINSWORTH CARA | 2437 | | | | W JOURNEYMAN | 02:28:32 | 02:40:26 | 04:10:36 |
| 8 | DITLEV DITTE BRUUN | 2429 | | | DEN | W JOURNEYMAN | 02:33:28 | 02:40:50 | 04:14:07 |
| 9 | MANGANO VALENTINA | 2432 | | | ITA | W JOURNEYMAN | 02:33:46 | 02:42:11 | 05:02:15 |
| 10 | VANBERSY MORGANE | 2439 | | | BEL | W JOURNEYMAN | 02:34:58 | 02:43:47 | 05:04:36 |
| 11 | SMITH LORRAINE | 2426 | | | | W JOURNEYMAN | 02:35:07 | 02:46:44 | 04:22:45 |
| 12 | VELDE JULIE VAN DE | 2436 | | | BEL | W JOURNEYMAN | 03:06:03 | 03:14:59 | 04:34:01 |
| 13 | BROCK KELLY | 2435 | | | BEL | W JOURNEYMAN | 03:04:58 | 03:17:05 | 05:01:06 |
| 14 | BRUINING KIRSTEN | 2438 | | | NED | W JOURNEYMAN | 03:14:12 | 03:23:46 | 05:16:45 |
| 15 | RAMAS ANDREA MARTÍNEZ | 2433 | | | ESP | W JOURNEYMAN | 03:42:36 | 03:49:32 | 05:21:53 |
| DNC | CRUZ AZAHARA FERNANDEZ | 2441 | | | ESP | W JOURNEYMAN | 02:32:09 | 02:45:49 | 04:16:13 |

OCREC2019 - STANDARD COURSE,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | 9km | 10km | 14.9km |
|------|-----------------|------|------|-----------|------|------|----------|----------|----------|
| DNC | BONFANTI ANDREA | 1774 | | | ITA | | 01:50:04 | 01:56:53 | 05:33:16 |