

I etapi tulemused, 13.01.2019

| Koht | Koht vanuseklassis | Eesnimi | Perenimi | Vanuseklass | Distsants | Aeg | Aja punktid | 10 km keskm. W | W/kg | W/kg punktid | Kokku | Etapi punktid |
|------|--------------------|-------------|------------|-------------|-----------|----------|-------------|----------------|------|--------------|-------|---------------|
| 1 | 1 | Stefan | Lootus | M18 | 10 km | 13:05,59 | 157 | 360 | 4,76 | 175 | 332 | 175 |
| 1 | 1 | Indrek | Vait | M põhiklass | 10 km | 12:14,46 | 175 | 427 | 4,50 | 157 | 332 | 175 |
| 3 | 1 | Aivar | Jürgenson | M senior 3 | 10 km | 12:25,68 | 168 | 413 | 4,24 | 150 | 318 | 162 |
| 4 | 2 | Imre | Ojavere | M põhiklass | 10 km | 13:18,97 | 146 | 342 | 4,68 | 168 | 314 | 157 |
| 5 | 2 | Matvei | Tarassov | M18 | 10 km | 13:18,36 | 148 | 343 | 4,66 | 162 | 310 | 153 |
| 6 | 3 | Karel-Georg | Nõmm | M põhiklass | 10 km | 12:58,96 | 162 | 371 | 4,05 | 142 | 304 | 150 |
| 7 | 4 | Kristo | Sepp | M põhiklass | 10 km | 13:13,45 | 150 | 349 | 4,41 | 153 | 303 | 148 |
| 8 | 5 | Valdur | Jaht | M põhiklass | 10 km | 13:19,27 | 144 | 339 | 4,11 | 144 | 288 | 146 |
| 9 | 6 | Priit | Prous | M põhiklass | 10 km | 13:35,09 | 139 | 324 | 4,19 | 148 | 287 | 144 |
| 10 | 1 | Jannar | Tähepõld | M senior 2 | 10 km | 13:10,94 | 153 | 358 | 3,44 | 133 | 286 | 142 |
| 11 | 1 | Indrek | Otsus | M senior 4 | 10 km | 14:18,96 | 134 | 280 | 4,13 | 146 | 280 | 140 |
| 12 | 2 | Kaido | Voogla | M senior 2 | 10 km | 13:27,99 | 140 | 333 | 4,00 | 140 | 280 | 139 |
| 13 | 2 | Reigo | Väli | M senior 3 | 10 km | 13:22,15 | 142 | 338 | 3,51 | 134 | 276 | 138 |
| 14 | 7 | Valdeko | Vesterblom | M põhiklass | 10 km | 13:37,81 | 138 | 322 | 3,74 | 137 | 275 | 137 |
| 15 | 8 | Mihkel | Kalja | M põhiklass | 10 km | 14:16,42 | 135 | 283 | 3,97 | 139 | 274 | 136 |
| 16 | 3 | Sergei | Kljujev | M senior 2 | 10 km | 14:04,63 | 136 | 295 | 3,72 | 136 | 272 | 134 |
| 17 | 1 | Hendri | Kask | M16 | 10 km | 13:54,31 | 137 | 304 | 3,53 | 135 | 272 | 135 |
| 18 | 2 | Ragnar | Sirk | M16 | 10 km | 14:55,28 | 132 | 253 | 3,97 | 138 | 270 | 133 |
| 19 | 4 | Valdek | Rohtma | M senior 2 | 10 km | 14:22,67 | 133 | 281 | 3,18 | 132 | 265 | 132 |
| 20 | 3 | Ott | Eensalu | M16 | 10 km | 15:48,62 | 130 | 216 | 2,96 | 130 | 260 | 131 |
| 21 | 1 | Piret | Pung | N18 | 10 km | 16:54,86 | 128 | 178 | 2,99 | 131 | 259 | 130 |
| 22 | 9 | Kristian | Eenkivi | M põhiklass | 10 km | 16:16,17 | 129 | 200 | 2,88 | 129 | 258 | 128 |
| 23 | 3 | Jaanus | Prükkel | M senior 3 | 10 km | 15:47,91 | 131 | 220 | 2,27 | 127 | 258 | 129 |
| 24 | 1 | Katrin | Rohtma | N põhiklass | 10 km | 17:41,18 | 127 | 138 | 2,41 | 128 | 255 | 127 |
| 25 | 1 | Aali | Lilleorg | N senior | 10 km | 18:05,87 | 126 | 151 | 2,27 | 126 | 252 | 126 |
| 26 | 2 | Mari | Puhang | N senior* | 10 km | 19:23,49 | 124 | 125 | 2,17 | 125 | 249 | 125 |
| 27 | 3 | Anne | Menert | N senior | 10 km | 18:33,64 | 125 | 140 | 1,82 | 124 | 249 | 124 |

* kuulub parasportlaste hulka