Ref. link: <http://dev.goshoom.net/2018/10/printing-reports-from-code-in-d365fo/>

To open report in excel we will need to do changes of print destination settings. In controller class, add highlighted lines before startoperation.

SrsReportRunController controller = new SrsReportRunController();

SysUserLicenseCountRDPContract rdpContract = new SysUserLicenseCountRDPContract();

SRSPrintDestinationSettings settings;

// Define report and report design to use

controller.parmReportName(ssrsReportStr(SysUserLicenseCountReport, Report));

// Use execution mode appropriate to your situation

controller.parmExecutionMode(SysOperationExecutionMode::Synchronous);

// Suppress report dialog

controller.parmShowDialog(false);

// Explicitly provide all required parameters

rdpContract.parmReportStateDate(systemDateGet());

controller.parmReportContract().parmRdpContract(rdpContract);

// Change print settings as needed

settings = controller.parmReportContract().parmPrintSettings();

settings.printMediumType(SRSPrintMediumType::File);

settings.fileFormat(SRSReportFileFormat::Excel);

settings.fileName('UserLicenseCount.xlsx');

// Execute the report

controller.startOperation();