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|-----------|---------------|---------------|----------------------------------|----------|----------|------|-------------|-------|
| 12 | 12:55 | TB K-1 | 1/2 to Final A, 3/5 to SF | | | | | |
| | 200m | | 1 | Mirjam | Aasaru | 2009 | SAK Tartu | 50.45 |
| | Heat 1 | | 2 | Sofia | Mikson | 2009 | Põhjakotkas | 53.39 |
| | | | 3 | Sofja | Fedorova | 2009 | Narva | 54.36 |
| | | | 4 | Annika | Peensalu | 2008 | Põhjakotkas | 57.61 |
| | | | 5 | Viktoria | Liuklian | 2009 | Dünamo | 57.76 |
| | | | | Carola | Mitt | 2008 | Pärnu | DNF |