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|----------|--------------|---------------|--------------------------------|-----------|----------|------|-------------|---------|
| 7 | 11:20 | TB K-1 | 1/3 to Final A Rest out | | | | | |
| | | 1000m | 1 | Mirjam | Aasaru | 2009 | SAK Tartu | 4:45.01 |
| | | SF 1 | 2 | Sofja | Fedorova | 2009 | Narva | 4:48.13 |
| | | | 3 | Sofia | Mikson | 2009 | Põhjakotkas | 4:48.63 |
| | | | 4 | Carola | Mitt | 2008 | Pärnu | 4:50.92 |
| | | | 5 | Mia | Elmet | 2009 | SAK Tartu | 4:51.24 |
| | | | 6 | Viktoriia | Liuklian | 2009 | Dünamo | 5:10.10 |