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|----------|---------------|--------------|--|--------------|---------|------|-------------|-------|
| 3 | 11:10 | N K-1 | 1/3 to Final A, 4/7 to SF + next BT | | | | | |
| | 200m | | 1 | Anette | Baum | 1998 | TÜASK | 51.74 |
| | Heat 1 | | 2 | Polina | Parubok | 2001 | Põhjakotkas | 51.94 |
| | | | 3 | Polina-Maria | Novak | 2001 | Põhjakotkas | 52.17 |
| | | | 4 | Emilia | Gutman | 1999 | Põhjakotkas | 55.23 |
| | | | 5 | Iris | Paalmäe | 2001 | Emajõe | 55.76 |
| | | | 6 | Olga | Boiko | 1975 | Põhjakotkas | 56.19 |