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|-----------|--------------|---------------|----------------------------------|--------|-------------|------|-------------|---------|
| 10 | 12:45 | TC K-1 | 1/2 to Final A, 3/5 to SF | | | | | |
| | | 200m | 1 | Linda | Raska | 2008 | Põhjakotkas | 50.50 |
| | | Heat 2 | 2 | Taisia | Vassiljeva | 2007 | Põhjakotkas | 55.18 |
| | | | 3 | Birgit | Pärna | 2008 | Pärnu | 58.17 |
| | | | 4 | Agnes | Vengerfeldt | 2008 | Emajõe | 1:11.72 |
| | | | 5 | Neleri | Grossberg | 2007 | Emajõe | 1:26.84 |