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|----------|---------------|---------------|--------------------------------|---------|------------|------|-------------|---------|
| 9 | 12:45 | PC K-1 | 1st to Final, 2/7 to SF | | | | | |
| | 200m | | 1 | Albert | Orlov | 2003 | Pirita | 48.30 |
| | Heat 3 | | 2 | Martin | Koltsov | 2003 | Põhjakotkas | 49.60 |
| | | | 3 | Aleksei | Rumjantsev | 2003 | Narva | 52.40 |
| | | | 4 | Hannes | Laar | 2003 | Pärnu | 57.10 |
| | | | 5 | Tõnn | Alas | 2004 | Viljandi | 58.10 |
| | | | 6 | Markus | Karu | 2003 | Viljandi | 59.20 |
| | | | 7 | Anton | Truss | 2004 | Põhjakotkas | 1:06.70 |
| | | | 8 | Edgar | Sobolevski | 2004 | Pirita | 1:20.50 |