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|----------|--------------|---------------|-----------------------------|--------|----------|------|-------------|---------|
| 8 | 12:35 | TC K-1 | 1/3 to SF + 3next BT | | | | | |
| | | 200m | 1 | Sofia | Mikson | 2009 | Põhjakotkas | 57.07 |
| | | Heat 3 | 2 | Ksenia | Mazalova | 2008 | Pirita | 58.90 |
| | | | 3 | Sofia | Homenski | 2008 | Pirita | 1:00.97 |
| | | | 4 | Ene-Ly | Leppik | 2009 | Pärnu | 1:12.98 |