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|----------|---------------|---------------|--|-----------|----------|------|-------------|---------|
| 3 | 15:30 | PB K-1 | 1/3 to Final A, 4/7 to SF + next BT | | | | | |
| | 1000m | | 1 | Vladyslav | Kapinos | 2008 | Pärnu | 4:07.42 |
| | Heat 2 | | 2 | Alex | Jurjev | 2009 | Narva | 4:17.23 |
| | | | 3 | Akim | Šilin | 2009 | Põhjakotkas | 4:21.63 |
| | | | 4 | Joonatan | Kummer | 2010 | Pirita | 4:23.50 |
| | | | 5 | Sergei | Ogoltsov | 2009 | Põhjakotkas | 4:40.47 |
| | | | 6 | Makar | Jeremin | 2008 | Narva | 5:05.08 |
| | | | 7 | Igor | Kolpakov | 2008 | Põhjakotkas | 5:16.65 |