



2022 Arena Grand Prix Puchar Polski  
Lublin, 9. - 10.4.2022

Event 8 Women, 200m Backstroke 14 years and older  
09.04.2022 - 9:42 Results

Rekord Polski Open	2:09.74	TCHÓRZ Alicja	00104	Rome (ITA)	31.07.2009
Rekord Polski 19 - 23	2:09.74	TCHÓRZ Alicja	00101	Rzym (ITA)	31.07.2009
Rekord Polski 18	2:09.74	TCHÓRZ Alicja	00104	Rzym (ITA)	31.07.2009
Rekord Polski 17	2:09.74	TCHÓRZ Alicja	00104	Rome (ITA)	31.07.2009
Rekord Polski 16	2:09.81	BERNAT Laura	03103	Lublin	28.03.2021
Rekord Polski 15	2:11.71	BERNAT Laura		Lublin	08.02.2020
Rekord Polski 14	2:14.15	BERNAT Laura	01403	Olsztyn	17.05.2019

Minimum kwal. do Uniwersjady - Chengdu Open: 2:13.00 / Minimum kwal. do ME Juniorów - Bukareszt 16 - 17: 2:16.02 /  
Minimum kwal. do M Seniorów - Budapeszt Open: 2:10.39

Points: FINA 2022

Rank	Age		Time	Pts	50m	100m	150m	200m
<b>JUNIOR MŁODSZY 14 LAT</b>								
1.	14	MKS Juvenia Białystok	<b>2:26.59</b>	595	35.85	37.64	37.36	35.74
2.	14	UKS Nawa Skierniewice	<b>2:28.91</b>	568	35.00	38.17	39.45	36.29
3.	14	UKS SP5 Swim	<b>2:35.62</b>	497	34.95	38.83	41.17	40.67
4.	14	UKS G-8 Bielany Warszawa	<b>2:36.25</b>	491	36.79	39.45	40.15	39.86
5.	14	MKS Juvenia Białystok	<b>2:37.15</b>	483	37.15	39.57	41.68	38.75
6.	14	Uks „Pingwiny”	<b>2:41.05</b>	449	37.70	40.96	42.53	39.86
7.	14	UKS „MANTA” Kochlowice	<b>2:41.41</b>	446	37.62	40.86	41.74	41.19
8.	14	Uks Cityzen	<b>2:41.48</b>	445	36.30	40.43	43.49	41.26
9.	14	UKS „Dragon” Bedzin	<b>2:42.23</b>	439	38.27	41.14	41.66	41.16
10.	14	UKP Bychawa	<b>2:42.73</b>	435	37.82	41.66	42.76	40.49
11.	14	Uks „Pingwiny”	<b>2:43.20</b>	431	37.71	40.86	43.37	41.26
12.	14	UKS SP5 Swim	<b>2:45.91</b>	410	37.23	41.34	43.18	44.16
13.	14	UKS „Dragon” Bedzin	<b>2:47.57</b>	398	38.58	43.04	44.56	41.39
14.	14	UKS „GIM 92 Ursynow”	<b>2:56.19</b>	343	42.10	43.90	45.61	44.58
15.	14	UKS Siodemka Gdynia	<b>3:20.37</b>	233	45.54	50.21	53.14	51.48

**JUNIOR MŁODSZY 15 LAT**

1.	15	UKS Nawa Skierniewice	<b>2:24.70</b>	619	33.62	36.43	37.23	37.42
2.	15	MKP Gdansk	<b>2:29.05</b>	566	34.06	36.91	39.22	38.86
3.	15	DOKiS SP Vega Dobrodzier	<b>2:29.57</b>	560	34.56	38.19	39.35	37.47
4.	15	GKS „CARTUSIA” w Kartuz	<b>2:31.18</b>	543	34.86	38.21	39.43	38.68
5.	15	UKP Fala Krasnik	<b>2:31.75</b>	537	35.19	38.54	40.19	37.83
6.	15	UKS SMS Galicja Krakow	<b>2:32.88</b>	525	34.82	39.29	40.58	38.19
7.	15	UKS Zabianka Gdansk	<b>2:33.73</b>	516	35.47	39.58	40.16	38.52
8.	15	UKS Nawa Skierniewice	<b>2:34.02</b>	513	36.03	39.63	40.23	38.13
9.	15	UKS „Dragon” Bedzin	<b>2:34.58</b>	508	36.51	39.58	40.42	38.07
10.	15	UKS G-8 Bielany Warszawa	<b>2:35.32</b>	500	34.52	38.79	40.96	41.05
11.	15	KS „OLIMPIA” Lublin	<b>2:35.62</b>	497	35.73	39.84	40.75	39.30
12.	15	RWKS Sparta Bilgoraj	<b>2:37.16</b>	483	36.76	39.75	40.59	40.06
13.	15	GKS „CARTUSIA” w Kartuz	<b>2:37.92</b>	476	35.38	39.88	42.16	40.50
14.	15	KU AZS UMCS Lublin	<b>2:37.92</b>	476	34.95	40.01	42.10	40.86
15.	15	UKS G-8 Bielany Warszawa	<b>2:38.35</b>	472	36.44	40.46	41.54	39.91
16.	15	UKS "Feniks" Debica	<b>2:38.86</b>	468	35.83	40.49	41.49	41.05
17.	15	Swim Team Lubartow	<b>2:40.03</b>	457	38.01	41.42	41.36	39.24
18.	15	UKS Nawa Skierniewice	<b>2:41.45</b>	445	37.40	41.38	42.47	40.20
19.	15	UKS „ORKA” Zamosc	<b>2:55.52</b>	347	40.29	44.88	46.40	43.95
20.	15	UKS SP-149 Lodz	<b>2:57.68</b>	334	43.19	45.68	46.32	42.49



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Event 8, Women, 200m Backstroke

JUNIOR MŁODSZY 16 LAT

1.	SMURZYNSKA Julia	16	UKS SMS Galicja Krakow	<b>2:18.03</b>	713	32.50	34.64	35.78	35.11
2.	RYFKA Maja	16	UKP Fala Krasnik	<b>2:24.07</b>	627	33.46	36.66	37.26	36.69
3.	WŁODARCZYK Elena	16	AZS AWF Warszawa	<b>2:25.96</b>	603	32.41	36.80	38.41	38.34
4.	SZARGIEJ Aleksandra	16	UKS Zabianka Gdansk	<b>2:28.62</b>	571	34.50	38.24	39.29	36.59
5.	MILEK Alicja	16	MKS Jedyńka Lodz	<b>2:29.57</b>	560	34.18	37.53	39.57	38.29
6.	PROBA Oliwia	16	UKS G-8 Bielany Warszawa	<b>2:31.10</b>	544	37.46	39.05	38.95	35.64
7.	JASINSKA Michalina	16	Mokotowski UKP Warszawa	<b>2:31.39</b>	540	35.44	40.19	38.67	37.09
8.	JANIK Julia	16	UKS 190 Lodz	<b>2:31.81</b>	536	34.43	38.36	38.91	40.11
9.	HRYMALIUK Anastasiia	16	MKS Trojka Lodz	<b>2:32.58</b>	528	35.74	38.79	39.67	38.38
10.	CYRAN Julia	16	KP Sokol Rzeszow	<b>2:33.31</b>	520	35.52	39.13	40.48	38.18
11.	ZABOROWSKA Natalia	16	KP Pletwal Mlawa	<b>2:34.61</b>	507	35.59	38.84	40.38	39.80
12.	DOBROWOLSKA Magdalena	16	MTS Kwidzyn	<b>2:36.33</b>	491	36.06	39.86	40.81	39.60
13.	DUDEK Paulina	16	UKS Nawa Skierniewice	<b>2:36.63</b>	488	35.50	39.58	41.31	40.24
14.	DOBOSIEWICZ Marta	16	UKS Manta Warszawa Wlocl	<b>2:37.75</b>	478	36.48	40.77	40.43	40.07
15.	SOLINSKA Patrycja	16	UKP „Polonia Warszawa”	<b>2:38.46</b>	471	37.07	40.82	41.16	39.41
16.	JARZEWICZ Klaudia	16	Mokotowski UKP Warszawa	<b>2:39.06</b>	466	36.76	39.78	42.19	40.33
17.	PARADOWSKA Oliwia	16	UKS Zabianka Gdansk	<b>2:39.55</b>	462	36.41	40.29	41.50	41.35
18.	KARCZMARCZYK Julia	16	UKS Delfin Garwolin	<b>2:40.64</b>	452	37.95	41.15	42.42	39.12
19.	RUCINSKA Helena	16	Mokotowski UKP Warszawa	<b>2:41.22</b>	447	34.92	40.72	43.43	42.15
20.	PIETRAS Hanna	16	UKS Manta Warszawa Wlocl	<b>2:43.18</b>	431	36.58	41.41	42.49	42.70

JUNIOR 17-18 LAT

1.	PALICKA Wiktoria	17	TP Skalar Slupsk	<b>2:19.63</b>	689	32.07	35.56	36.26	35.74
2.	PINKOWICZ Alicja	18	UKP Unia Oswiecim	<b>2:24.78</b>	618	34.30	37.20	37.91	35.37
3.	KARLINSKA Paula	17	MKP Szczecin	<b>2:25.82</b>	605	33.90	36.74	38.03	37.15
4.	WISNIEWSKA Aleksandra	18	KU AZS UMCS Lublin	<b>2:25.83</b>	605	33.44	36.97	37.58	37.84
5.	LUBINSKA Alicja	17	MKS Jedyńka Lodz	<b>2:25.97</b>	603	33.56	36.85	38.04	37.52
6.	WALENTYNOWICZ Nadia	17	WOPR Malbork	<b>2:26.26</b>	599	34.17	37.50	37.95	36.64
7.	DWOJAK Wiktoria	18	KU AZS UMCS Lublin	<b>2:28.01</b>	578	34.27	37.69	38.57	37.48
8.	SLABOSZ Emilia	17	MOSM Tychy	<b>2:29.94</b>	556	35.19	37.52	39.05	38.18
9.	BESZTERDA Maria	17	UKS G-8 Bielany Warszawa	<b>2:32.89</b>	525	35.25	38.53	40.10	39.01
10.	BIDNIK Wiktoria	18	UKS „GIM 92 Ursynow”	<b>2:33.00</b>	524	34.28	38.31	39.88	40.53
11.	GORSKA Natalia	17	UKS Nawa Skierniewice	<b>2:33.27</b>	521	35.53	39.75	40.09	37.90

OPEN

1.	HERASIMOWICZ Zuzanna	20	AZS AWF Warszawa	<b>2:13.15</b>	795	31.12	33.09	34.05	34.89
2.	PISKORSKA Adela	19	UKS Shark Rudna	<b>2:17.83</b>	716	31.10	33.75	35.60	37.38
3.	SMURZYNSKA Julia	16	UKS SMS Galicja Krakow	<b>2:18.03</b>	713	32.50	34.64	35.78	35.11
4.	PALICKA Wiktoria	17	TP Skalar Slupsk	<b>2:19.63</b>	689	32.07	35.56	36.26	35.74
5.	PIESKO Martyna	19	KU AZS UMCS Lublin	<b>2:23.65</b>	633	32.60	36.30	36.99	37.76
6.	RYFKA Maja	16	UKP Fala Krasnik	<b>2:24.07</b>	627	33.46	36.66	37.26	36.69
7.	DENISIEWICZ Zuzanna	15	UKS Nawa Skierniewice	<b>2:24.70</b>	619	33.62	36.43	37.23	37.42
8.	PINKOWICZ Alicja	18	UKP Unia Oswiecim	<b>2:24.78</b>	618	34.30	37.20	37.91	35.37
9.	KARLINSKA Paula	17	MKP Szczecin	<b>2:25.82</b>	605	33.90	36.74	38.03	37.15
10.	WISNIEWSKA Aleksandra	18	KU AZS UMCS Lublin	<b>2:25.83</b>	605	33.44	36.97	37.58	37.84
11.	WŁODARCZYK Elena	16	AZS AWF Warszawa	<b>2:25.96</b>	603	32.41	36.80	38.41	38.34
12.	LUBINSKA Alicja	17	MKS Jedyńka Lodz	<b>2:25.97</b>	603	33.56	36.85	38.04	37.52
13.	WALENTYNOWICZ Nadia	17	WOPR Malbork	<b>2:26.26</b>	599	34.17	37.50	37.95	36.64
14.	BRZOWSKA Julia	14	MKS Juwenia Bialystok	<b>2:26.59</b>	595	35.85	37.64	37.36	35.74
15.	MALEC Wiktoria	19	MKS „IKAR” Mielec	<b>2:27.00</b>	590	33.21	37.01	38.67	38.11
16.	NOWAK Maja	19	UKS 48 Warszawa Srodmie	<b>2:27.20</b>	588	33.39	37.20	38.84	37.77
17.	REDZIMSKA Wiktoria	21	KS „OLIMPIA” Lublin	<b>2:27.98</b>	579	33.69	37.11	38.56	38.62
18.	DWOJAK Wiktoria	18	KU AZS UMCS Lublin	<b>2:28.01</b>	578	34.27	37.69	38.57	37.48
19.	SZARGIEJ Aleksandra	16	UKS Zabianka Gdansk	<b>2:28.62</b>	571	34.50	38.24	39.29	36.59
20.	RODZIEWICZ Alicja	14	UKS Nawa Skierniewice	<b>2:28.91</b>	568	35.00	38.17	39.45	36.29



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Event 8, Women, 200m Backstroke, OPEN

Rank		Age		Time	Pts	50m	100m	150m	200m
21.	BURZAK Martyna	15	MKP Gdansk	<b>2:29.05</b>	566	34.06	36.91	39.22	38.86
22.	BADURA Oliwia	15	DOKiS SP Vega Dobrodziej	<b>2:29.57</b>	560	34.56	38.19	39.35	37.47
	MILEK Alicja	16	MKS Jedynda Lodz	<b>2:29.57</b>	560	34.18	37.53	39.57	38.29
24.	SLABOSZ Emilia	17	MOSM Tychy	<b>2:29.94</b>	556	35.19	37.52	39.05	38.18
25.	PROBA Oliwia	16	UKS G-8 Bielany Warszawa	<b>2:31.10</b>	544	37.46	39.05	38.95	35.64
26.	BURDON Paulina	15	GKS „CARTUSIA” w Kartuzi	<b>2:31.18</b>	543	34.86	38.21	39.43	38.68
27.	JASINSKA Michalina	16	Mokotowski UKP Warszawa	<b>2:31.39</b>	540	35.44	40.19	38.67	37.09
28.	SUROWIEC Gabriela	15	UKP Fala Krasnik	<b>2:31.75</b>	537	35.19	38.54	40.19	37.83
29.	JANIK Julia	16	UKS 190 Lodz	<b>2:31.81</b>	536	34.43	38.36	38.91	40.11
30.	HRYMALIUK Anastasiia	16	MKS Trojka Lodz	<b>2:32.58</b>	528	35.74	38.79	39.67	38.38
31.	STANEK Magdalena	15	UKS SMS Galicja Krakow	<b>2:32.88</b>	525	34.82	39.29	40.58	38.19
32.	BESZTERDA Maria	17	UKS G-8 Bielany Warszawa	<b>2:32.89</b>	525	35.25	38.53	40.10	39.01
33.	BIDNIK Wiktoria	18	UKS „GIM 92 Ursynow”	<b>2:33.00</b>	524	34.28	38.31	39.88	40.53
34.	GORSKA Natalia	17	UKS Nawa Skierniewice	<b>2:33.27</b>	521	35.53	39.75	40.09	37.90
35.	CYRAN Julia	16	KP Sokol Rzeszow	<b>2:33.31</b>	520	35.52	39.13	40.48	38.18
36.	ZMIERCZAK Natalia	19	MTP Kormoran Olsztyn	<b>2:33.43</b>	519	36.35	38.53	39.72	38.83
37.	SIEDLEWSKA Marcelina	15	UKS Zabianka Gdansk	<b>2:33.73</b>	516	35.47	39.58	40.16	38.52
38.	ZAKRZEWSKA Oliwia	15	UKS Nawa Skierniewice	<b>2:34.02</b>	513	36.03	39.63	40.23	38.13
39.	GREN Martyna	15	UKS „Dragon” Bedzin	<b>2:34.58</b>	508	36.51	39.58	40.42	38.07
40.	ZABOROWSKA Natalia	16	KP Pletwal Mlawa	<b>2:34.61</b>	507	35.59	38.84	40.38	39.80
41.	SCIBIOREK Dominika	15	UKS G-8 Bielany Warszawa	<b>2:35.32</b>	500	34.52	38.79	40.96	41.05
42.	DANILEWICZ Julia	15	KS „OLIMPIA” Lublin	<b>2:35.62</b>	497	35.73	39.84	40.75	39.30
	GRACZAK Oliwia	14	UKS SP5 Swim	<b>2:35.62</b>	497	34.95	38.83	41.17	40.67
44.	MIKOLAJCZYK Oliwia	14	UKS G-8 Bielany Warszawa	<b>2:36.25</b>	491	36.79	39.45	40.15	39.86
45.	DOBROWOLSKA Magdale	16	MTS Kwidzyn	<b>2:36.33</b>	491	36.06	39.86	40.81	39.60
46.	DUDEK Paulina	16	UKS Nawa Skierniewice	<b>2:36.63</b>	488	35.50	39.58	41.31	40.24
47.	KAMINSKA Zuzanna	14	MKS Juwenia Bialystok	<b>2:37.15</b>	483	37.15	39.57	41.68	38.75
48.	CICH Kinga	15	RWKS Sparta Bilgoraj	<b>2:37.16</b>	483	36.76	39.75	40.59	40.06
49.	DOBOSIEWICZ Marta	16	UKS Manta Warszawa Wloc	<b>2:37.75</b>	478	36.48	40.77	40.43	40.07
50.	GRZECH Michalina	15	GKS „CARTUSIA” w Kartuzi	<b>2:37.92</b>	476	35.38	39.88	42.16	40.50
	DOMORADZKA Julia	15	KU AZS UMCS Lublin	<b>2:37.92</b>	476	34.95	40.01	42.10	40.86
52.	TOMASZEWSKA Maja	15	UKS G-8 Bielany Warszawa	<b>2:38.35</b>	472	36.44	40.46	41.54	39.91
53.	SOLINSKA Patrycja	16	UKP „Polonia Warszawa”	<b>2:38.46</b>	471	37.07	40.82	41.16	39.41
54.	KOZIOL Gabriela	15	UKS "Feniks" Debica	<b>2:38.86</b>	468	35.83	40.49	41.49	41.05
55.	JARZEWICZ Klaudia	16	Mokotowski UKP Warszawa	<b>2:39.06</b>	466	36.76	39.78	42.19	40.33
56.	PARADOWSKA Oliwia	16	UKS Zabianka Gdansk	<b>2:39.55</b>	462	36.41	40.29	41.50	41.35
57.	WROBLEWSKA Kaja	15	Swim Team Lubartow	<b>2:40.03</b>	457	38.01	41.42	41.36	39.24
58.	KARCZMARCZYK Julia	16	UKS Delfin Garwolin	<b>2:40.64</b>	452	37.95	41.15	42.42	39.12
59.	TOBOLA PERTKIEWICZ E	14	Uks „Pingwiny”	<b>2:41.05</b>	449	37.70	40.96	42.53	39.86
60.	RUCINSKA Helena	16	Mokotowski UKP Warszawa	<b>2:41.22</b>	447	34.92	40.72	43.43	42.15
61.	NIEWIADOMSKA Maja	14	UKS „MANTA” Kochlowice	<b>2:41.41</b>	446	37.62	40.86	41.74	41.19
62.	SARNA Inez	15	UKS Nawa Skierniewice	<b>2:41.45</b>	445	37.40	41.38	42.47	40.20
63.	LOBODA Maria	14	Uks Cityzen	<b>2:41.48</b>	445	36.30	40.43	43.49	41.26
64.	BLAWICKA Milena	14	UKS „Dragon” Bedzin	<b>2:42.23</b>	439	38.27	41.14	41.66	41.16
65.	FRACZEK Lucja	14	UKP Bychawa	<b>2:42.73</b>	435	37.82	41.66	42.76	40.49
66.	PIETRAS Hanna	16	UKS Manta Warszawa Wloc	<b>2:43.18</b>	431	36.58	41.41	42.49	42.70
67.	ZEJGLIC Anna	14	Uks „Pingwiny”	<b>2:43.20</b>	431	37.71	40.86	43.37	41.26
68.	KAZANOWSKA Klaudia	14	UKS SP5 Swim	<b>2:45.91</b>	410	37.23	41.34	43.18	44.16
69.	STACHOWICZ Maja	14	UKS „Dragon” Bedzin	<b>2:47.57</b>	398	38.58	43.04	44.56	41.39
70.	LESZKOWICZ Nina	15	UKS „ORKA” Zamosc	<b>2:55.52</b>	347	40.29	44.88	46.40	43.95
71.	BOGUSLAWSKA Hanna	14	UKS „GIM 92 Ursynow”	<b>2:56.19</b>	343	42.10	43.90	45.61	44.58
72.	POLINSKA Natalia	15	UKS SP-149 Lodz	<b>2:57.68</b>	334	43.19	45.68	46.32	42.49
73.	WAWRZKO Wiktoria	14	UKS Siodemka Gdynia	<b>3:20.37</b>	233	45.54	50.21	53.14	51.48
EXH	PRASAL Aleksandra	13	MUKP Korona-Swim Kielce	<b>2:26.68</b>	594	33.17	36.90	38.35	38.26