

Bydgoska Liga Pływacka sezon 2025/2026  
Bydgoszcz, 26.10.2025 - 14.3.2026

Konkurencja 25  
16.11.2025

Mężczyzn, 400y dowolny

18 lat i starsi  
Wyniki

|                   |         |                 |           |            |
|-------------------|---------|-----------------|-----------|------------|
| Rekord BLP        | 4:04.35 | SZYMAŃSKI, Igor | Bydgoszcz | 11.05.2025 |
| Punkty: AQUA 2025 |         |                 |           |            |

| Pozycja         | Rok ur.               |         |         |       |                        |         |       |         | Czas     | Pkt.                   |
|-----------------|-----------------------|---------|---------|-------|------------------------|---------|-------|---------|----------|------------------------|
| 26 - 35 lat     |                       |         |         |       |                        |         |       |         |          |                        |
| 1.              | SZCZEPAŃSKI, Kacper   |         |         | 99    | MKS ASTORIA BYDGOSZCZ  |         |       |         | 4:25.24  |                        |
|                 | 50y:                  | 30.64   | 30.64   | 150y: | 1:37.13                | 33.56   | 250y: | 2:44.15 | 33.09    | 350y: 3:53.54 34.46    |
|                 | 100y:                 | 1:03.57 | 32.93   | 200y: | 2:11.06                | 33.93   | 300y: | 3:19.08 | 34.93    | 400y: 4:25.24 31.70    |
| 2.              | KRAWCZYK, Jacek       |         |         | 96    | Bydgoska Liga Pływacka |         |       |         | 4:29.89  |                        |
|                 | 50y:                  | 31.09   | 31.09   | 150y: | 1:38.49                | 34.26   | 250y: | 2:47.14 | 34.13    | 350y: 3:56.00 34.33    |
|                 | 100y:                 | 1:04.23 | 33.14   | 200y: | 2:13.01                | 34.52   | 300y: | 3:21.67 | 34.53    | 400y: 4:29.89 33.89    |
| 36 - 45 lat     |                       |         |         |       |                        |         |       |         |          |                        |
| 1.              | PORCZYŃSKI, Jacek     |         |         | 84    | Bydgoska Liga Pływacka |         |       |         | 5:00.07  |                        |
|                 | 50y:                  | 33.27   | 33.27   | 150y: | 1:45.68                | 36.70   | 250y: | 3:02.60 | 39.05    | 350y: 4:21.46 39.64    |
|                 | 100y:                 | 1:08.98 | 35.71   | 200y: | 2:23.55                | 37.87   | 300y: | 3:41.82 | 39.22    | 400y: 5:00.07 38.61    |
| 2.              | JARGIŁO, Michał       |         |         | 87    | Wiewiórki              |         |       |         | 7:06.46  |                        |
|                 | 50y:                  | 44.46   | 44.46   | 150y: | 2:26.98                | 53.00   | 250y: | 4:19.96 | 57.39    | 350y: 6:11.57 55.58    |
|                 | 100y:                 | 1:33.98 | 49.52   | 200y: | 3:22.57                | 55.59   | 300y: | 5:15.99 | 56.03    | 400y: 7:06.46 54.89    |
| 46 - 55 lat     |                       |         |         |       |                        |         |       |         |          |                        |
| 1.              | OSTROMEŃCKI, Waldemar |         |         | 74    | Bydgoska Liga Pływacka |         |       |         | 6:47.14  |                        |
|                 | 50y:                  | 45.13   | 45.13   | 150y: | 2:26.28                | 51.30   | 250y: | 4:11.34 | 53.08    | 350y: 5:57.06 52.67    |
|                 | 100y:                 | 1:34.98 | 49.85   | 200y: | 3:18.26                | 51.98   | 300y: | 5:04.39 | 53.05    | 400y: 6:47.14 50.08    |
| 56 lat i starsi |                       |         |         |       |                        |         |       |         |          |                        |
| 1.              | WEINER, Krzysztof     |         |         | 68    | Bydgoska Liga Pływacka |         |       |         | 6:17.82  |                        |
|                 | 50y:                  | 41.30   | 41.30   | 150y: | 2:19.12                | 50.35   | 250y: | 3:59.41 | 48.77    | 350y: 5:35.38 48.12    |
|                 | 100y:                 | 1:28.77 | 47.47   | 200y: | 3:10.64                | 51.52   | 300y: | 4:47.26 | 47.85    | 400y: 6:17.82 42.44    |
| 2.              | WIŚNIEWSKI, Krzysztof |         |         | 65    | Bydgoska Liga Pływacka |         |       |         | 13:17.96 |                        |
|                 | 50y:                  | 1:37.14 | 1:37.14 | 150y: | 4:55.46                | 1:39.90 | 250y: | 8:17.07 | 1:41.33  | 350y: 11:39.52 1:40.98 |
|                 | 100y:                 | 3:15.56 | 1:38.42 | 200y: | 6:35.74                | 1:40.28 | 300y: | 9:58.54 | 1:41.47  | 400y: 13:17.96 1:38.44 |