

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

Konkurencja 54  
18.01.2026

Kobiet, 400y dowolny

18 lat i starsi  
Wyniki

|                   |         |                    |           |            |
|-------------------|---------|--------------------|-----------|------------|
| Rekord BLP        | 4:25.53 | RYDYŃSKA, Marianna | Bydgoszcz | 23.02.2025 |
| Punkty: AQUA 2025 |         |                    |           |            |

|         |  |         |  |  |  |  |  |  |      |      |
|---------|--|---------|--|--|--|--|--|--|------|------|
| Pozycja |  | Rok ur. |  |  |  |  |  |  | Czas | Pkt. |
|---------|--|---------|--|--|--|--|--|--|------|------|

18 - 25 lat

|    |                     |               |                       |               |                |               |       |  |  |  |
|----|---------------------|---------------|-----------------------|---------------|----------------|---------------|-------|--|--|--|
| 1. | WITKOWSKA, Karolina | 02            | MKS ASTORIA BYDGOSZCZ |               | <b>5:04.10</b> |               |       |  |  |  |
|    | 50y: 33.25 33.25    | 150y: 1:50.88 | 39.48                 | 250y: 3:10.12 | 39.57          | 350y: 4:27.43 | 37.92 |  |  |  |
|    | 100y: 1:11.40 38.15 | 200y: 2:30.55 | 39.67                 | 300y: 3:49.51 | 39.39          | 400y: 5:04.10 | 36.67 |  |  |  |

26 - 35 lat

|    |                      |               |                        |               |                |               |       |  |  |  |
|----|----------------------|---------------|------------------------|---------------|----------------|---------------|-------|--|--|--|
| 1. | BAKUNIAK, Hanna      | 96            | CHAMPIONS SWIM         |               | <b>4:45.11</b> |               |       |  |  |  |
|    | 50y: 30.74 30.74     | 150y: 1:40.37 | 35.22                  | 250y: 2:54.34 | 37.11          | 350y: 4:09.29 | 37.91 |  |  |  |
|    | 100y: 1:05.15 34.41  | 200y: 2:17.23 | 36.86                  | 300y: 3:31.38 | 37.04          | 400y: 4:45.11 | 35.82 |  |  |  |
| 2. | FRĄCKOWIAK, Agata    | 97            | SHARK - SWIM           |               | <b>5:40.19</b> |               |       |  |  |  |
|    | 50y: 36.69 36.69     | 150y: 2:01.98 | 43.37                  | 250y: 3:29.63 | 44.07          | 350y: 4:56.76 | 43.32 |  |  |  |
|    | 100y: 1:18.61 41.92  | 200y: 2:45.56 | 43.58                  | 300y: 4:13.44 | 43.81          | 400y: 5:40.19 | 43.43 |  |  |  |
| 3. | PAWEŁCZAK, Katarzyna | 99            | Bydgoska Liga Pływacka |               | <b>6:30.09</b> |               |       |  |  |  |
|    | 50y: 40.95 40.95     | 150y: 2:18.03 | 49.79                  | 250y: 3:59.92 | 50.71          | 350y: 5:41.71 | 50.85 |  |  |  |
|    | 100y: 1:28.24 47.29  | 200y: 3:09.21 | 51.18                  | 300y: 4:50.86 | 50.94          | 400y: 6:30.09 | 48.38 |  |  |  |

36 - 45 lat

|    |                     |               |                               |               |                |               |       |  |  |  |
|----|---------------------|---------------|-------------------------------|---------------|----------------|---------------|-------|--|--|--|
| 1. | NAPIERAŁA, Marta    | 89            | Enea Bydgoszcz Triathlon Team |               | <b>4:45.44</b> |               |       |  |  |  |
|    | 50y: 32.06 32.06    | 150y: 1:41.15 | 35.04                         | 250y: 2:54.70 | 37.04          | 350y: 4:09.87 | 37.73 |  |  |  |
|    | 100y: 1:06.11 34.05 | 200y: 2:17.66 | 36.51                         | 300y: 3:32.14 | 37.44          | 400y: 4:45.44 | 35.57 |  |  |  |
| 2. | LOOSE, Anna         | 89            | wTLENIE                       |               | <b>5:46.73</b> |               |       |  |  |  |
|    | 50y: 37.72 37.72    | 150y: 2:02.66 | 43.21                         | 250y: 3:31.63 | 44.57          | 350y: 5:02.32 | 45.64 |  |  |  |
|    | 100y: 1:19.45 41.73 | 200y: 2:47.06 | 44.40                         | 300y: 4:16.68 | 45.05          | 400y: 5:46.73 | 44.41 |  |  |  |

46 - 55 lat

|    |                       |               |                        |               |                |               |         |  |  |  |
|----|-----------------------|---------------|------------------------|---------------|----------------|---------------|---------|--|--|--|
| 1. | JODKO, Magdalena      | 78            | KS Piranie Osielesko 1 |               | <b>5:40.71</b> |               |         |  |  |  |
|    | 50y: 37.48 37.48      | 150y: 2:02.36 | 43.57                  | 250y: 3:31.06 | 44.33          | 350y: 5:00.26 | 44.77   |  |  |  |
|    | 100y: 1:18.79 41.31   | 200y: 2:46.73 | 44.37                  | 300y: 4:15.49 | 44.43          | 400y: 5:40.71 | 40.45   |  |  |  |
| 2. | SOKOŁOWSKA, Justyna   | 75            | Bydgoska Liga Pływacka |               | <b>7:46.39</b> |               |         |  |  |  |
|    | 50y: 51.33 51.33      | 150y: 2:49.52 | 1:00.23                | 250y: 4:52.35 | 1:02.04        | 350y: 6:52.45 | 59.28   |  |  |  |
|    | 100y: 1:49.29 57.96   | 200y: 3:50.31 | 1:00.79                | 300y: 5:53.17 | 1:00.82        | 400y: 7:46.39 | 53.94   |  |  |  |
| 3. | LIEDTKE, Joanna       | 70            | Bydgoska Liga Pływacka |               | <b>8:23.38</b> |               |         |  |  |  |
|    | 50y: 53.83 53.83      | 150y: 2:59.94 | 1:04.28                | 250y: 5:08.22 | 1:04.44        | 350y: 7:19.64 | 1:06.03 |  |  |  |
|    | 100y: 1:55.66 1:01.83 | 200y: 4:03.78 | 1:03.84                | 300y: 6:13.61 | 1:05.39        | 400y: 8:23.38 | 1:03.74 |  |  |  |

56 lat i starsi

|    |                       |               |                          |               |                |               |         |  |  |  |
|----|-----------------------|---------------|--------------------------|---------------|----------------|---------------|---------|--|--|--|
| 1. | PUTOWSKA, Małgorzata  | 62            | Bydgoska Liga Pływacka** |               | <b>7:29.03</b> |               |         |  |  |  |
|    | 50y: 47.15 47.15      | 150y: 2:37.77 | 57.04                    | 250y: 4:34.87 | 59.19          | 350y: 6:32.19 | 58.32   |  |  |  |
|    | 100y: 1:40.73 53.58   | 200y: 3:35.68 | 57.91                    | 300y: 5:33.87 | 59.00          | 400y: 7:29.03 | 56.84   |  |  |  |
| 2. | DYONIZIAK, Małgorzata | 62            | Bydgoska Liga Pływacka*  |               | <b>8:13.36</b> |               |         |  |  |  |
|    | 50y: 56.49 56.49      | 150y: 3:01.71 | 1:03.70                  | 250y: 5:07.74 | 1:03.17        | 350y: 7:10.96 | 1:01.69 |  |  |  |
|    | 100y: 1:58.01 1:01.52 | 200y: 4:04.57 | 1:02.86                  | 300y: 6:09.27 | 1:01.53        | 400y: 8:13.36 | 1:02.40 |  |  |  |
| 3. | DEMBECKA, Rusłana     | 57            | Bydgoska Liga Pływacka   |               | <b>8:57.68</b> |               |         |  |  |  |
|    | 50y: 54.66 54.66      | 150y: 3:13.23 | 1:11.56                  | 250y: 5:33.23 | 1:08.28        | 350y: 7:50.44 | 1:09.32 |  |  |  |
|    | 100y: 2:01.67 1:07.01 | 200y: 4:24.95 | 1:11.72                  | 300y: 6:41.12 | 1:07.89        | 400y: 8:57.68 | 1:07.24 |  |  |  |