

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

Konkurencja 10
26.10.2025

M czynn, 400y dowolny

18 lat i starsi
Wyniki

Rekord BLP 4:04.35 SZYMA SKI, Igor Bydgoszcz 11.05.2025

Punkt: AQUA 2025

| Pozycja | Rok ur. | Czas | Pkt. |
|--------------------------|-----------------------|-----------------------|------------------------|
| 26 - 35 lat | | | |
| 1. SZCZEPA SKI, Kacper | 99 | 4:20.59 | |
| 50y: 29.33 29.33 | 150y: 1:33.98 32.49 | 250y: 2:40.14 32.93 | 350y: 3:47.07 33.30 |
| 100y: 1:01.49 32.16 | 200y: 2:07.21 33.23 | 300y: 3:13.77 33.63 | 400y: 4:20.59 33.52 |
| 2. KRAWCZYK, Jacek | 96 | 4:27.54 | |
| 50y: 30.05 30.05 | 150y: 1:36.59 33.79 | 250y: 2:44.81 34.08 | 350y: 3:53.10 34.61 |
| 100y: 1:02.80 32.75 | 200y: 2:10.73 34.14 | 300y: 3:18.49 33.68 | 400y: 4:27.54 34.44 |
| 36 - 45 lat | | | |
| 1. KUBICA, Przemysław | 82 | 4:51.71 | |
| 50y: 32.45 32.45 | 150y: 1:44.28 36.40 | 250y: 2:58.50 37.40 | 350y: 4:14.08 37.97 |
| 100y: 1:07.88 35.43 | 200y: 2:21.10 36.82 | 300y: 3:36.11 37.61 | 400y: 4:51.71 37.63 |
| 2. KARACZKO, Radosław | 87 | 4:58.16 | |
| 50y: 34.20 34.20 | 150y: 1:49.27 37.78 | 250y: 3:04.83 37.74 | 350y: 4:21.88 38.16 |
| 100y: 1:11.49 37.29 | 200y: 2:27.09 37.82 | 300y: 3:43.72 38.89 | 400y: 4:58.16 36.28 |
| 3. SPYCHALSKI, Tomasz | 80 | 5:02.32 | |
| 50y: 33.51 33.51 | 150y: 1:48.15 38.24 | 250y: 3:06.31 39.20 | 350y: 4:26.23 40.05 |
| 100y: 1:09.91 36.40 | 200y: 2:27.11 38.96 | 300y: 3:46.18 39.87 | 400y: 5:02.32 36.09 |
| 4. PORCZY SKI, Jacek | 84 | 5:05.30 | |
| 50y: 34.36 34.36 | 150y: 1:48.90 37.73 | 250y: 3:06.88 39.24 | 350y: 4:26.41 39.80 |
| 100y: 1:11.17 36.81 | 200y: 2:27.64 38.74 | 300y: 3:46.61 39.73 | 400y: 5:05.30 38.89 |
| 5. KUBI SKI, Jakub | 87 | 5:22.15 | |
| 50y: 34.84 34.84 | 150y: 1:54.48 40.37 | 250y: 3:16.93 41.72 | 350y: 4:41.71 42.70 |
| 100y: 1:14.11 39.27 | 200y: 2:35.21 40.73 | 300y: 3:59.01 42.08 | 400y: 5:22.15 40.44 |
| 6. POLOCH, Paweł | 83 | 5:28.17 | |
| 50y: 35.00 35.00 | 150y: 1:55.48 41.77 | 250y: 3:23.08 44.27 | 350y: 4:50.14 42.75 |
| 100y: 1:13.71 38.71 | 200y: 2:38.81 43.33 | 300y: 4:07.39 44.31 | 400y: 5:28.17 38.03 |
| 7. JARGIŁO, Michał | 87 | 7:04.89 | |
| 50y: 44.60 44.60 | 150y: 2:30.76 54.25 | 250y: 4:21.86 55.60 | 350y: 6:11.94 54.17 |
| 100y: 1:36.51 51.91 | 200y: 3:26.26 55.50 | 300y: 5:17.77 55.91 | 400y: 7:04.89 52.95 |
| 46 - 55 lat | | | |
| 1. CIEPŁOWSKI, Robert | 77 | 5:44.80 | |
| 50y: 37.70 37.70 | 150y: 2:04.55 44.11 | 250y: 3:34.74 45.16 | 350y: 5:03.95 44.41 |
| 100y: 1:20.44 42.74 | 200y: 2:49.58 45.03 | 300y: 4:19.54 44.80 | 400y: 5:44.80 40.85 |
| 2. OSTROM CKI, Waldemar | 74 | 6:39.85 | |
| 50y: 44.35 44.35 | 150y: 2:22.79 50.81 | 250y: 4:06.44 52.64 | 350y: 5:50.47 51.14 |
| 100y: 1:31.98 47.63 | 200y: 3:13.80 51.01 | 300y: 4:59.33 52.89 | 400y: 6:39.85 49.38 |
| 56 - 65 lat | | | |
| 1. PARADOWSKI, Krzysztof | 68 | 5:10.84 | |
| 50y: 35.18 35.18 | 150y: 1:52.81 39.22 | 250y: 3:12.34 39.94 | 350y: 4:32.16 40.01 |
| 100y: 1:13.59 38.41 | 200y: 2:32.40 39.59 | 300y: 3:52.15 39.81 | 400y: 5:10.84 38.68 |
| 2. WEINER, Krzysztof | 68 | 6:18.16 | |
| 50y: 41.06 41.06 | 150y: 2:16.75 48.81 | 250y: 3:54.94 49.09 | 350y: 5:33.07 48.52 |
| 100y: 1:27.94 46.88 | 200y: 3:05.85 49.10 | 300y: 4:44.55 49.61 | 400y: 6:18.16 45.09 |
| 3. WI NIEWSKI, Krzysztof | 65 | 12:59.18 | |
| 50y: 1:38.41 1:38.41 | 150y: 4:57.14 1:39.22 | 250y: 8:09.26 1:35.17 | 350y: 11:21.52 1:36.33 |
| 100y: 3:17.92 1:39.51 | 200y: 6:34.09 1:36.95 | 300y: 9:45.19 1:35.93 | 400y: 12:59.18 1:37.66 |