

January 2026



# Barometer of mobile Internet connections in Poland

01/01/2025 - 12/31/2025



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### Expert in the telecom network optimization

nPerf is an independent French company based in Lyon (France). For over a decade, nPerf has been a trusted partner for both fixed and mobile operators, providing comprehensive network testing solutions and analysis. Our mission is to accurately measure, evaluate, and enhance the understanding of Internet connectivity around the world.



**300k+** tests daily  
worldwide.



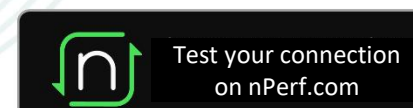
**26Md+** coverage  
scans in total.



**3k+** servers all  
around the world.

### Test your Internet connection with nPerf!

nPerf allows you to test the quality of your fixed, mobile, or Wi-Fi Internet connections up to 10 Gb/s! Download our app or visit our website!



## 2. Executive Summary

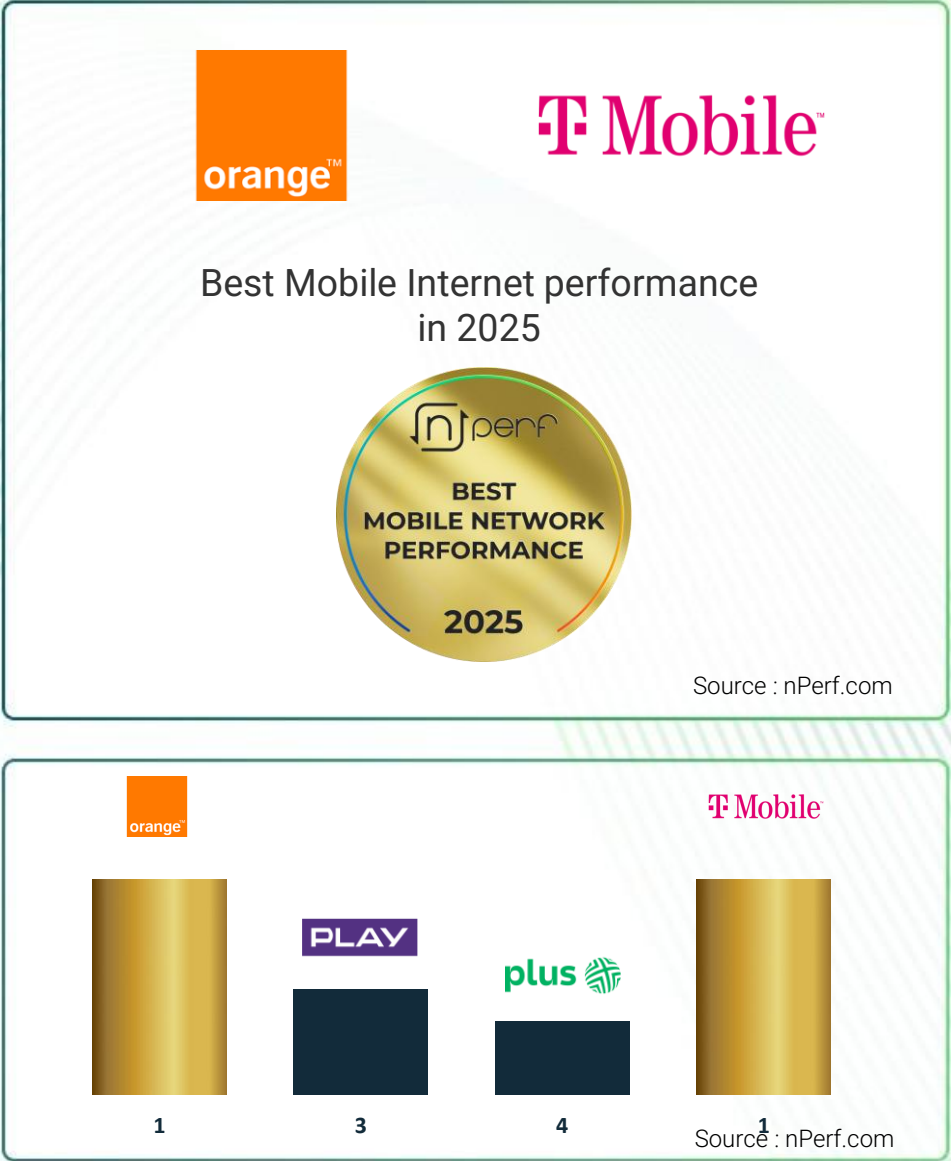


The subscribers of Orange and T-Mobile enjoyed the best Mobile Internet performances in 2025 in Poland.

Mobile Internet performance in Poland

	Orange	Play	Plus	T-Mobile
▼ Download bitrates (Mb/s)	112.50	73.72	42.48	119.24
▲ Upload bitrates (Mb/s)	15.44	15.28	9.35	15.35
◀▶ Latency (ms)	40.49	38.44	48.53	38.42
🌐 Web browsing (%)	67.26	64.02	60.01	66.70
📺 Youtube streaming (%)	77.90	74.19	72.20	77.69
📶 nPerf Score (nPoints)	84 588	76 529	62 300	85 443

Source : nPerf.com



The subscribers of Orange and T-Mobile enjoyed the best 5G Internet in 2025 in Poland.

Mobile Internet performance in Poland

	Orange	Play	Plus	T-Mobile
▼ Download bitrates (Mb/s)	209.97	136.88	87.04	240.73
▲ Upload bitrates (Mb/s)	29.34	27.33	20.07	28.88
◀▶ Latency (ms)	41.38	35.71	38.23	38.70
🌐 Web browsing (%)	73.21	71.52	73.21	68.74
🎬 Youtube streaming (%)	79.78	77.23	79.86	80.03
🔄 nPerf Score (nPoints)	100 226	94 010	88 468	99 856

Source : nPerf.com



The Polish mobile Internet sector displays an average score of 77,213 nPoints. T-Mobile and Orange share leadership ex-aequo with 85,443 and 84,588 nPoints respectively, dominating on 5G performance and user experience. The sector is characterised by intense competition on upload speeds, where three operators achieve ex-aequo leadership at over 15 Mbps.

#### **T-Mobile: leadership consolidated across all metrics**

T-Mobile shares the top position ex-aequo with 85,443 nPoints and leads the 5G focus ranking. The operator dominates download speeds with 119.24 Mbps, ideal for HD streaming and fast downloads. It achieves the best latency in the sector at 38.42 ms, ensuring optimal online gaming and real-time communications. T-Mobile shares ex-aequo leadership on upload speeds (15.35 Mbps), browsing (66.70%) and video streaming (77.69%), delivering a well-balanced user experience.

#### **Orange: strong performance across key indicators**

Orange shares the top position ex-aequo with 84,588 nPoints and ranks second on download speeds with 112.50 Mbps. The operator shares ex-aequo leadership on three key metrics: upload speeds (15.44 Mbps),

browsing (67.26%) and video streaming (77.90%). This balanced performance ensures quality video conferencing and smooth content viewing.

#### **Play: competitive upload speeds**

Play ranks third with 76,529 nPoints and shares ex-aequo leadership on upload speeds with 15.28 Mbps, guaranteeing efficient content sharing. The operator achieves second place on latency with 38.44 ms, ideal for gaming and real-time applications.

#### **Plus: solid positioning**

Plus ranks fourth with 62,300 nPoints. The operator displays consistent performance across browsing (60.01%) and video streaming (72.20%).

T-Mobile and Orange consolidate their co-leadership with strong performances across all indicators. The sector shows intense competition particularly on upload speeds and user experience metrics. Polish users benefit from increasingly efficient mobile services, particularly for streaming and video conferencing.

## 4. Methodology



nPerf provides a free application to assess Internet connection quality via its website and mobile apps (Android, iOS). Daily, thousands of people rely on nPerf for speed tests in their country, contributing to a comprehensive crowdsourced database covering all operators.

The study employs a strong filtering method to reflect real customer experiences on a specific network (mobile or fixed line). Measures are taken to prevent probes and measurement robots from affecting the results.

We assess:

### ▼ Download bitrate

Indicates the amount of data your connection can receive in one second from the nPerf server. The highest the measured value, the best is the bitrate of your connection.

### ▲ Upload bitrate

Indicates the amount of data your connection can send in one second to the nPerf server. The highest the measured value, the best is the bitrate of your connection.

### ◄► Latency (ping)

It indicated the delay a small packet of data requires to make a round-trip from your computer to the nPerf server. The shorter the delay, the most reactive your connection is. The mean is the minimum value.

### Browsing performance

The browsing test assesses the load time of the fully loaded pages, including images, javascript, CSS, and fonts, for the five most popular sites. This indicator reflects the perceived quality by the user.

### Streaming performance

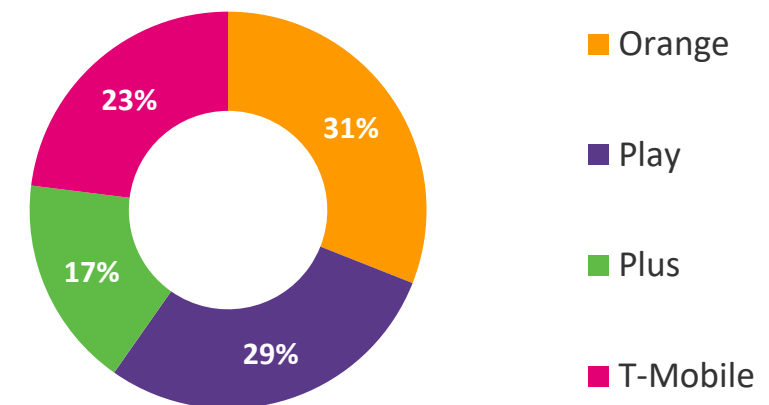
The video streaming test gauges the load time of a fully loaded video in three resolutions on YouTube, considering stalls during playback. This indicator reflects the perceived quality by the user.

Statistical precision is crucial in accurately determining winners. At nPerf, we prioritize test quality, precise reporting, and transparency. Analyzing a large volume of tests in this study, we've achieved 1.5% precision for absolute values and 1% point for percentage-based results, highlighting the reliability and accuracy of our data.

For a more comprehensive understanding of the user experience, our report features test results during both Busy hours (6 PM to 11 PM) and Idle hours (the rest of the day). Busy hours, marked by network strain, can impact user experience through congestion. This approach helps in understanding how network performance fluctuates throughout the day.

We only include national Internet service providers with test share above 5% share. The chart below shows the overall test distribution for each service provider.

Overall distribution of the tests per provider (ISPs Share)



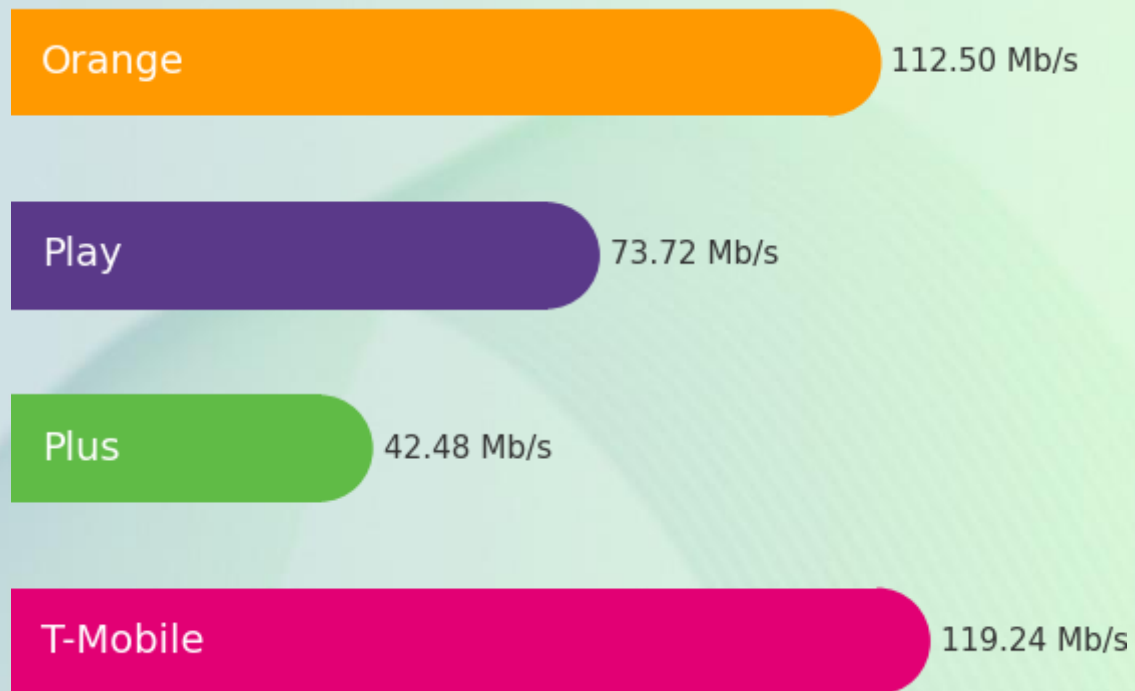
Source : nPerf.com



## Download Speed



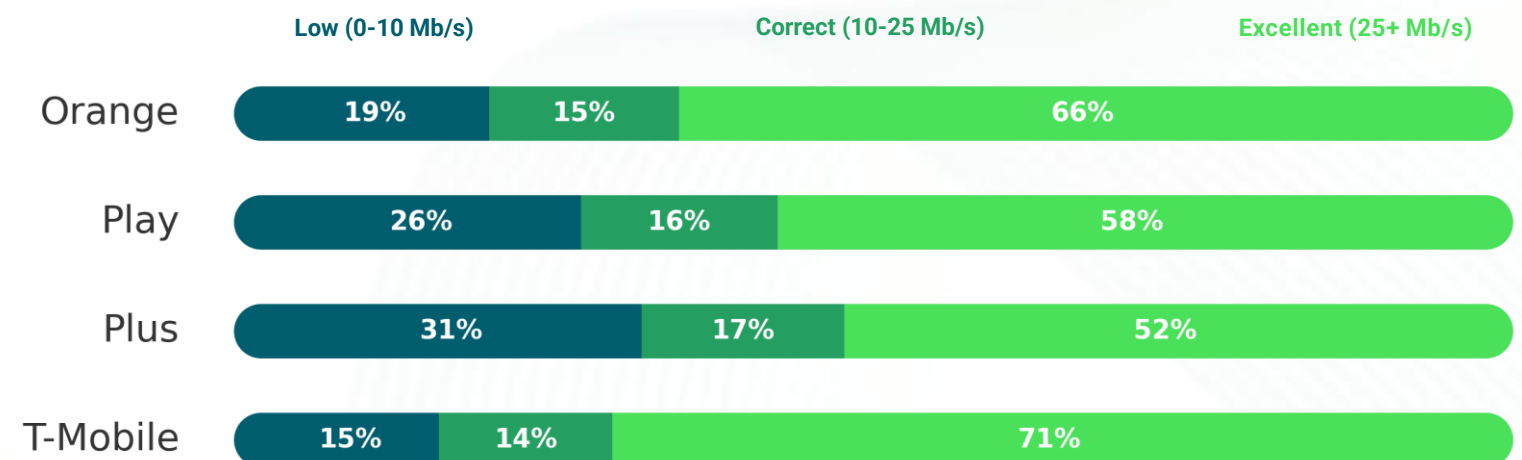
### Download Speed (average)



Source : nPerf.com

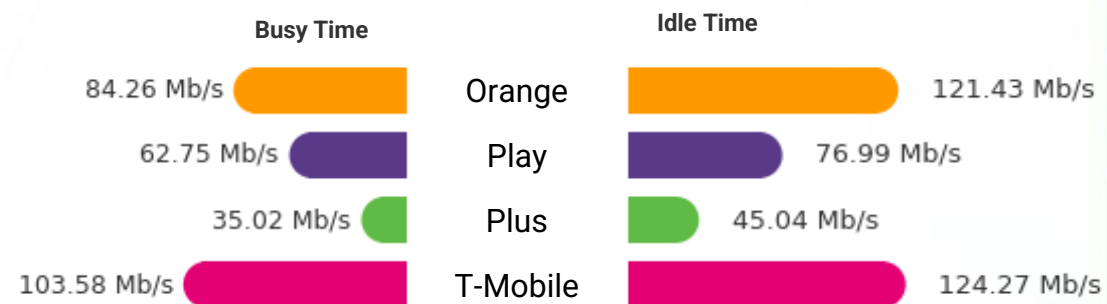
The subscribers of T-Mobile enjoyed the best Mobile Internet Download Speed in 2025.

### Download Speed results ventilation (average)



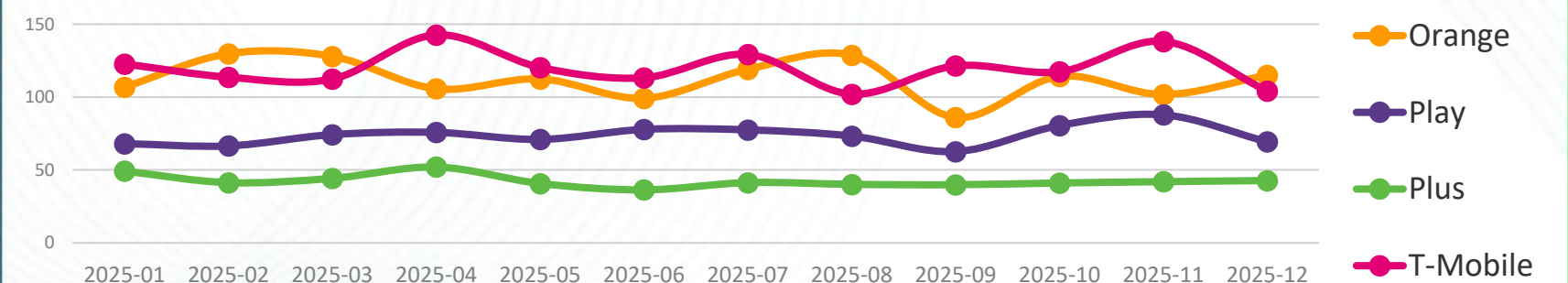
Source : nPerf.com

### Download Speed (average)



Source : nPerf.com

### Download Speed evolution over the year (average)



Source : nPerf.com

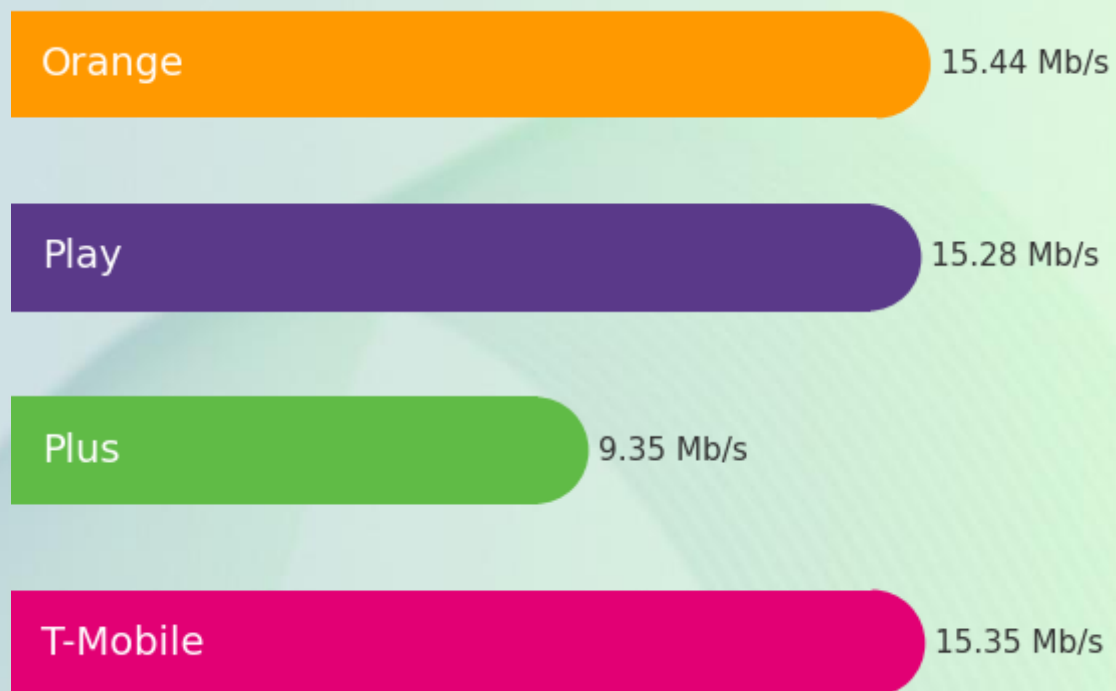




## Upload Speed



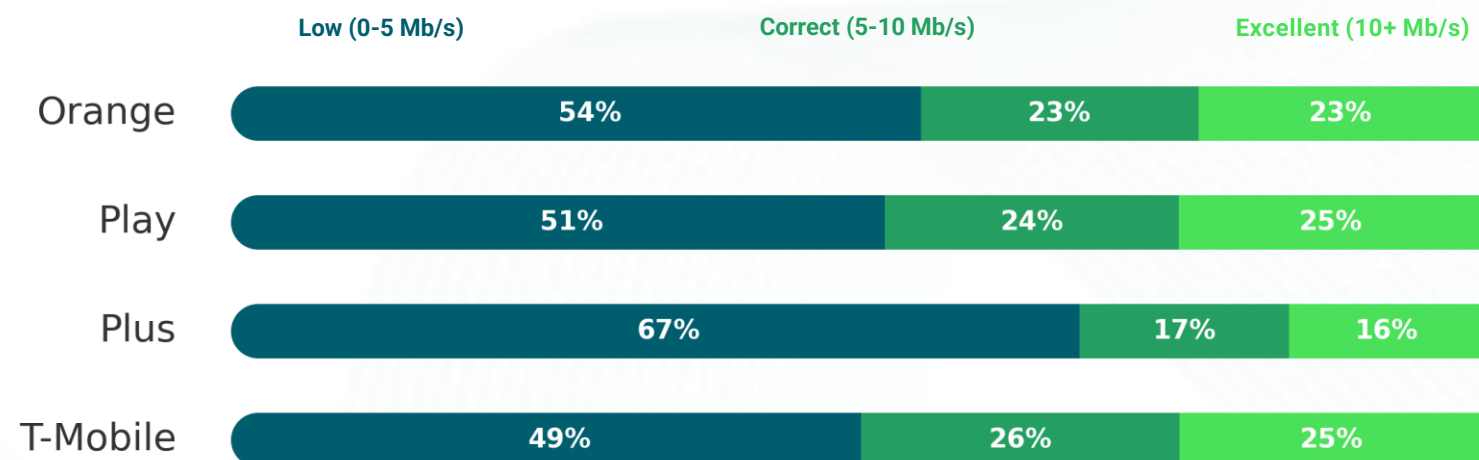
### Upload Speed (average)



Source : nPerf.com

The subscribers of Orange, Play and T-Mobile enjoyed the best Mobile Internet Upload Speed in 2025.

### Upload Speed results ventilation (average)



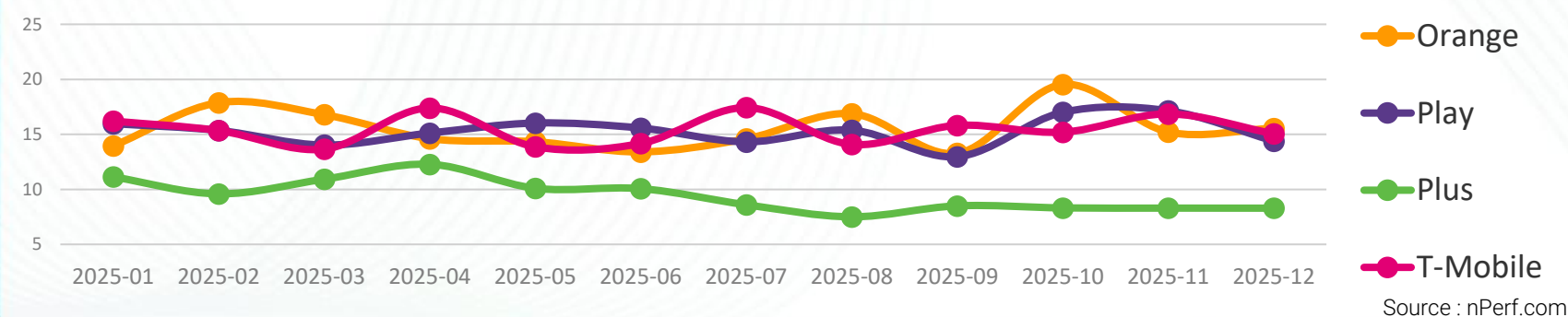
Source : nPerf.com

### Upload Speed (average)



Source : nPerf.com

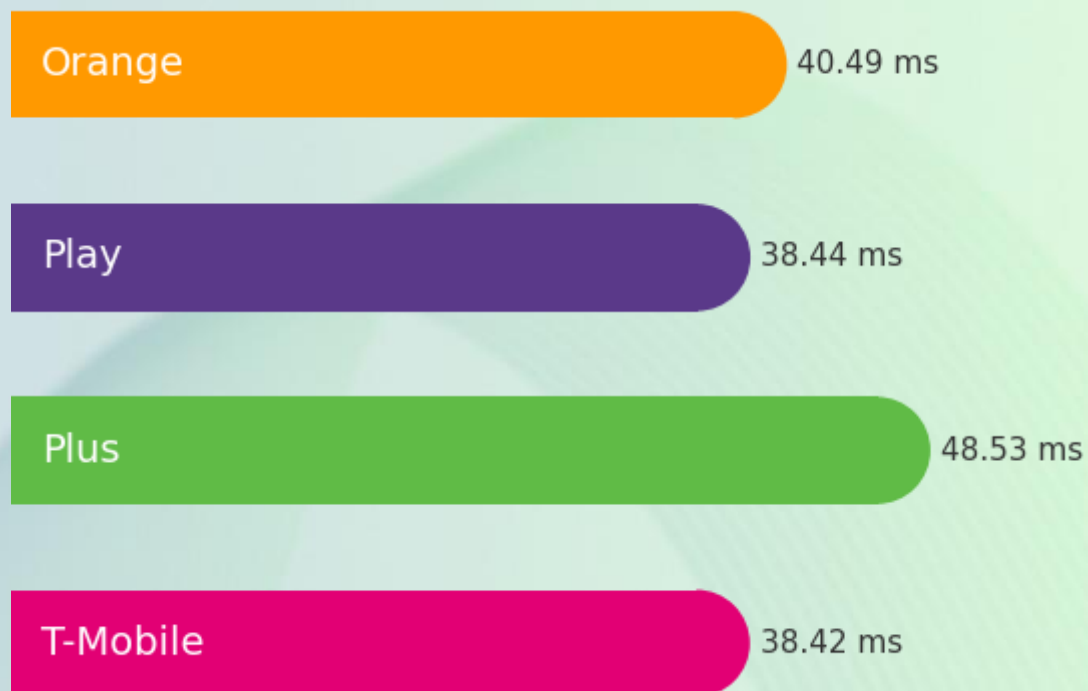
### Upload Speed evolution over the year (average)



Source : nPerf.com



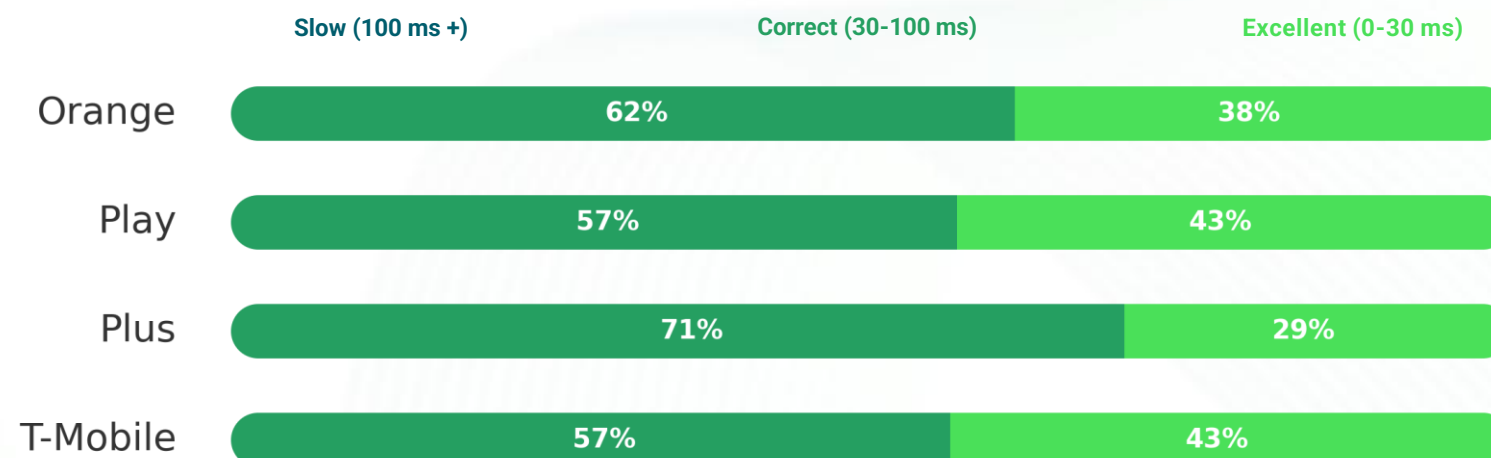
## Latency (average)



Source : nPerf.com

The subscribers of Play and T-Mobile enjoyed the best Mobile Internet Latency in 2025.

## Latency results ventilation (average)



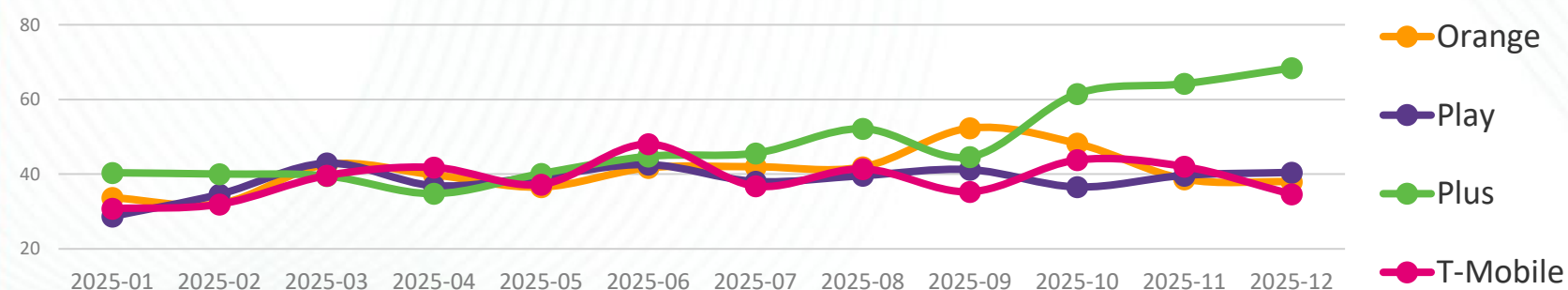
Source : nPerf.com

## Latency (average)



Source : nPerf.com

## Latency evolution over the year (average)



Source : nPerf.com





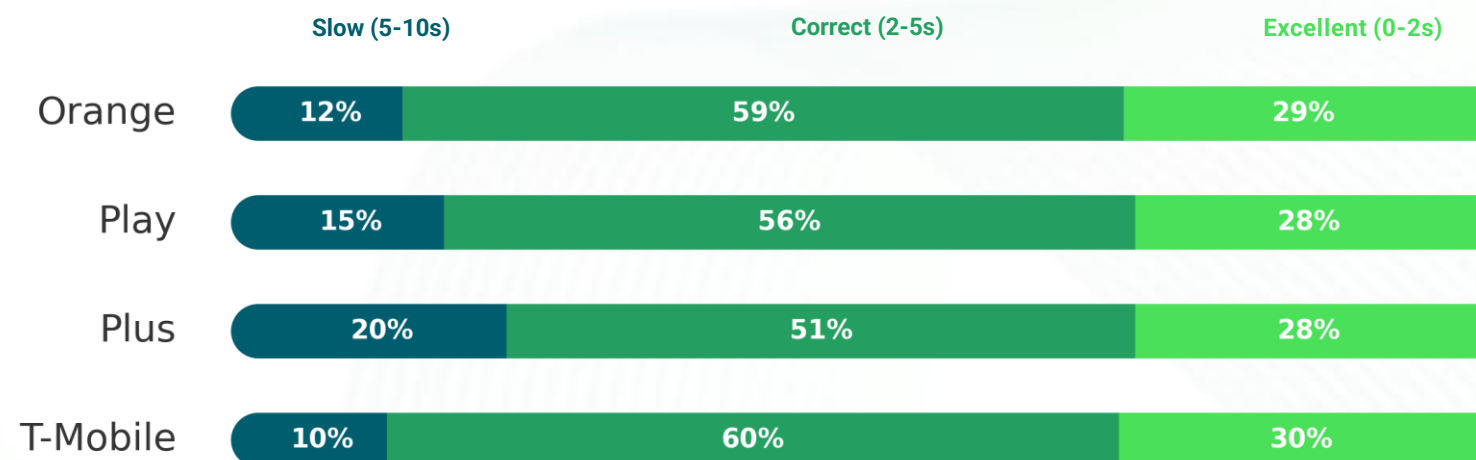
## Browsing Performance (average)



Source : nPerf.com

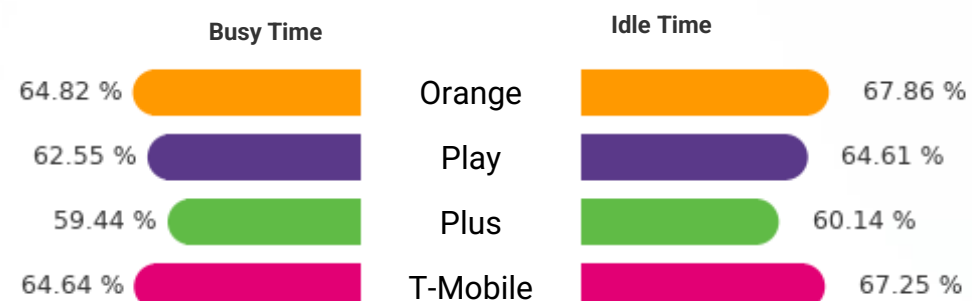
The subscribers of Orange and T-Mobile enjoyed the best Mobile Internet Browsing Performance in 2025.

## Browsing Performance results ventilation (average)



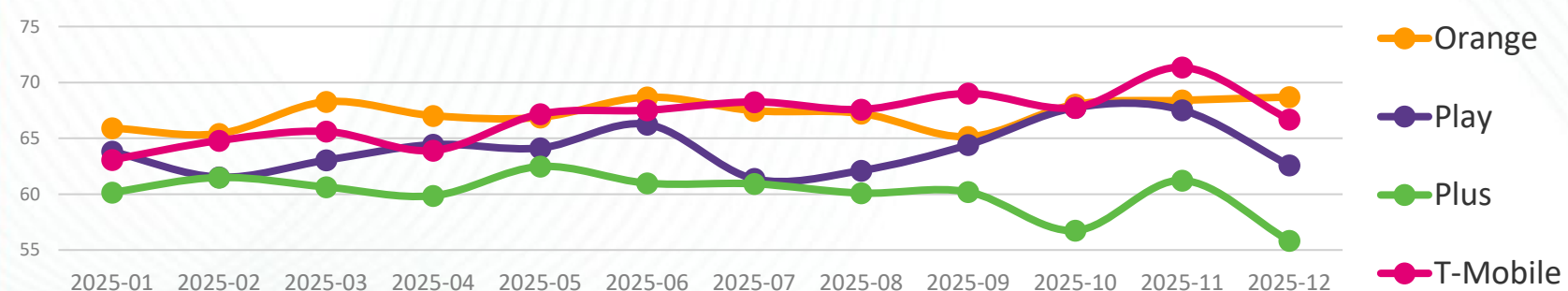
Source : nPerf.com

## Browsing Performance (average)



Source : nPerf.com

## Browsing Performance evolution over the year (average)



Source : nPerf.com



## Streaming Performance



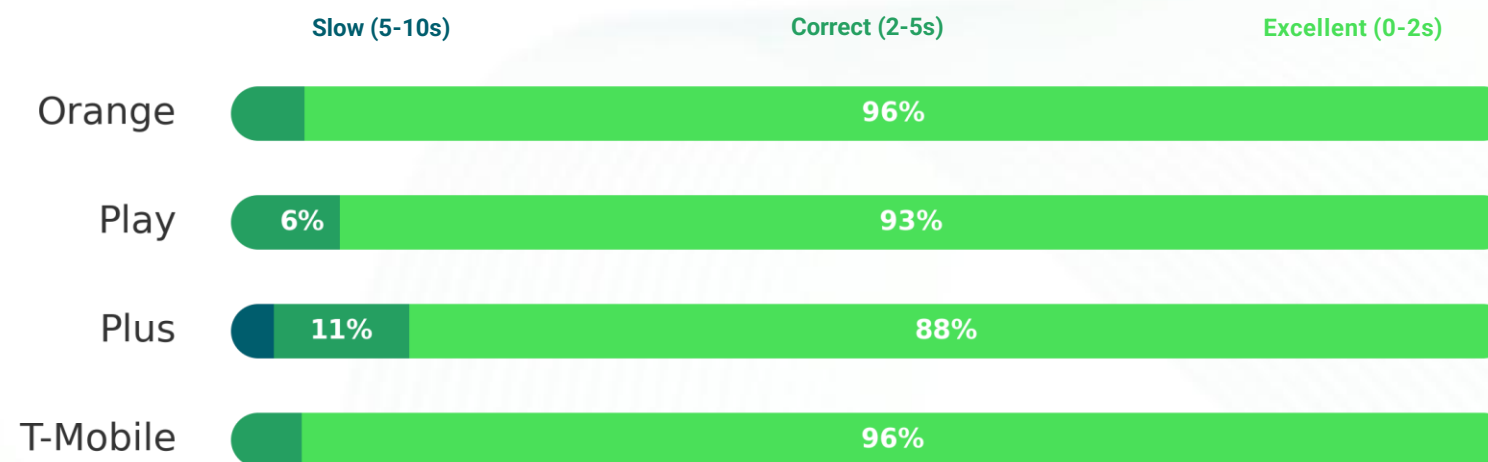
### Streaming Performance (average)



Source : nPerf.com

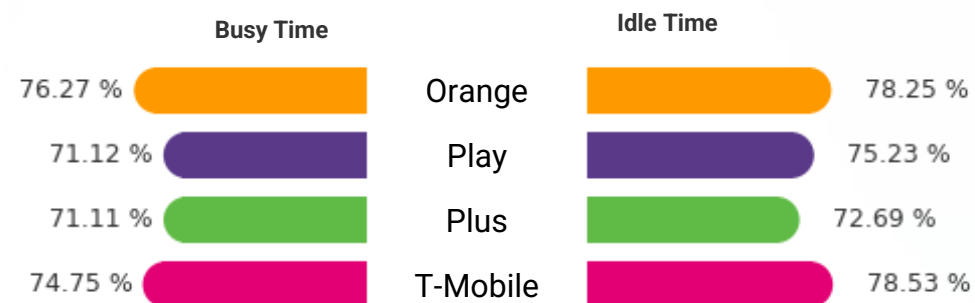
The subscribers of Orange and T-Mobile enjoyed the best Mobile Internet Streaming Performance in 2025.

### Streaming Performance results ventilation (average)



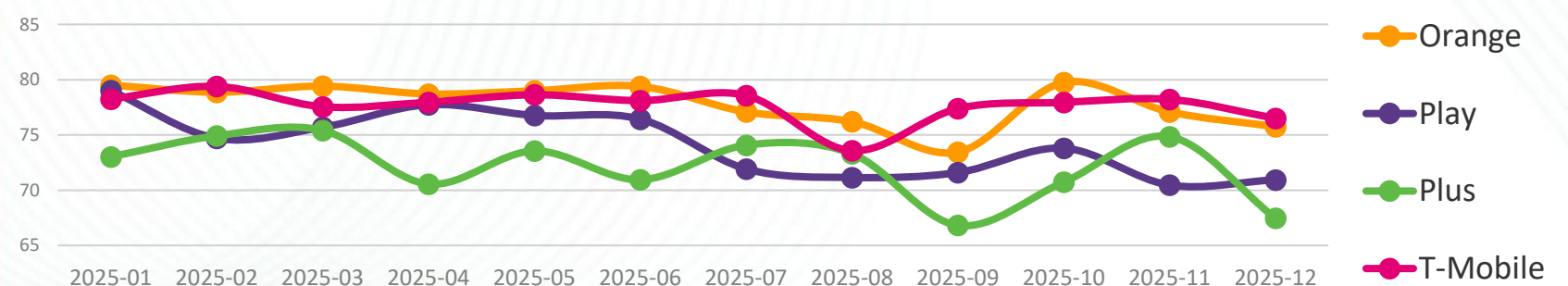
Source : nPerf.com

### Streaming Performance (average)



Source : nPerf.com

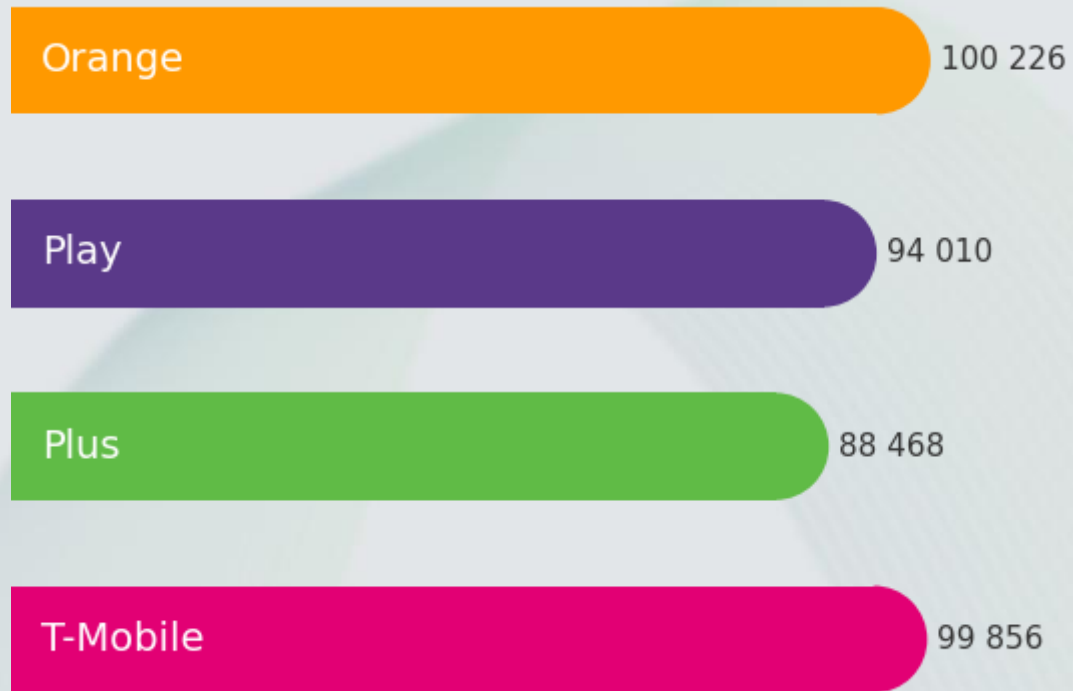
### Streaming Performance evolution over the year (average)



Source : nPerf.com



nPerf QoE nPerf Score (nPoints)



Source : nPerf.com

The subscribers of Orange and T-Mobile enjoyed the best 5G Internet in 2025.

Best performances 5G: Orange and T-Mobile

Fastest performances (Download Speed) 5G: T-Mobile

Fastest performances (Upload Speed) 5G: Orange and T-Mobile

5G connections with the lowest latency: Play

Best web browsing performances 5G: Orange and Plus

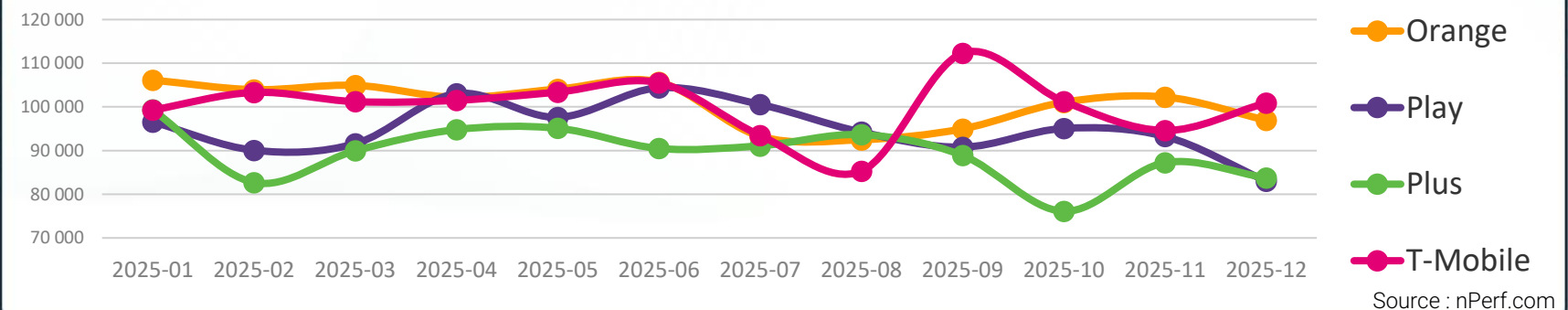
Best streaming performances 5G: Orange, Plus and T-Mobile

Source : nPerf.com



Source : nPerf.com

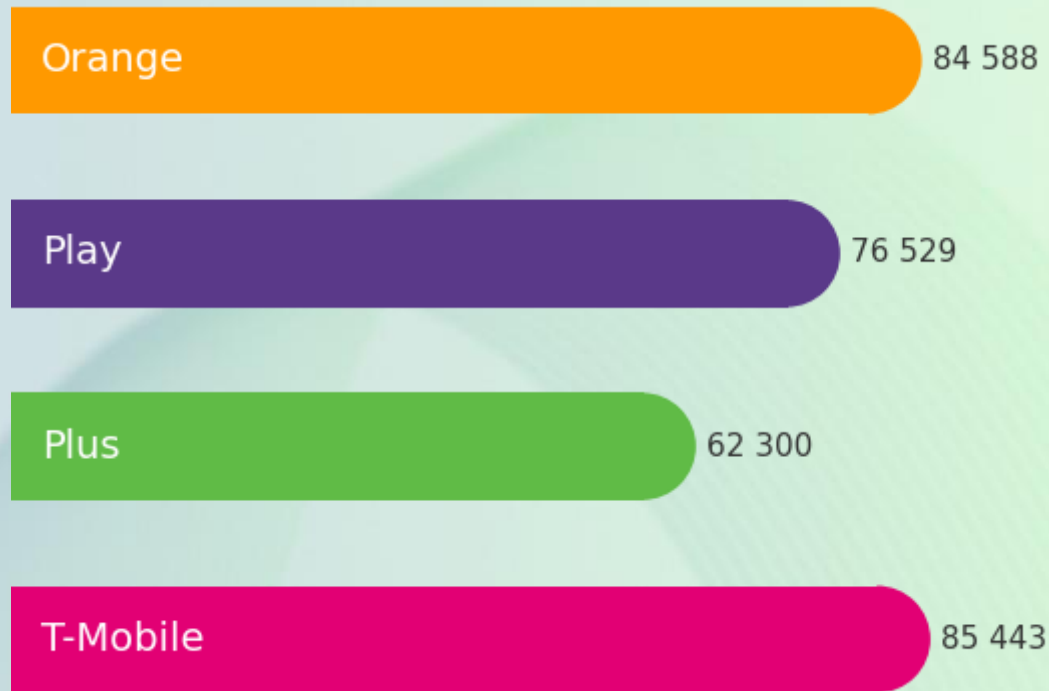
5G evolution over the year (average)



Source : nPerf.com



nPerf QoE nPerf Score (nPoints)

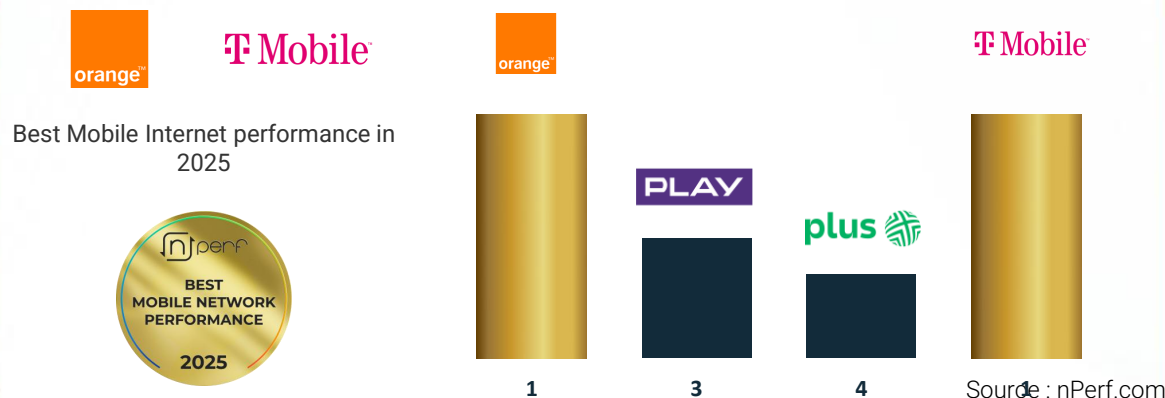


Source : nPerf.com

The subscribers of Orange and T-Mobile enjoyed the best Mobile Internet performances in 2025.

The nPerf score takes into account the measured bitrates, the latency and the QoE tests. The value of the points for the rates and the latency is calculated on a logarithmic scale, to better represent the perception of the user. Thus, this score reflects the overall quality of the connection experienced by the user.

Source : nPerf.com



nPerf QoE nPerf Score evolution over the year (average)

