

Omni-Man VS Bardock:

Strength

Omni-Man: Small Planet level

Bardock: Large Planet level to Large Star level

Bardock Wins

Speed

Omni-Man: Massively FTL+

Bardock: Relativistic+ to FTL+

Omni-Man Wins

Stamina

Omni-Man: Superhuman

Bardock: Superhuman

Tie

Durability

Omni-Man: Small Planet level

Bardock: Large Planet level to Large Star level

Bardock Wins

IQ

Omni-Man: Gifted

Bardock: Gifted

Tie

Weakness

Omni-Man: The Smart Atoms of Viltrumites cannot withstand high temperatures for long periods of time, with prolonged exposure heavily weakening their strength and durability as the atomic bonds are ripped apart. Pinpoint high frequency sound waves can disrupt a Viltrumite's inner ears and highly sensitize equilibrium, disrupting their flight, causing intense pain or potentially death. The Scourge Virus is a specially engineered virus that infects Viltrumites and severely hampers their strength and invulnerability, usually resulting in death. The Klaxus Plant will poison and weaken the species.

Bardock: Though it is possible that Bardock trained the weakness away, he can become weakened and disoriented if his tail is grabbed or removed. He needs a moon in order to transform and cannot control himself as a Great Ape.

Who can take advantage of the others Weakness?

Omni-Man

My Conclusion:

While Bardock is Stronger and more Durable. Omni-Man's Smart Atoms could probably seal the deal. Plus, Bardock's inexperience with Super Saiyan Stamina Draining Would go against his Gifted Intellect. Meanwhile, Omni-Man is still faster due to Bardock not scaling truly to Goku Dodging asteroids.

And also, Saiyans aren't really fighters, they typically rely on Zenkai boosts and Great Ape to win their fights because they were too busy conquering Planets to Train.

While I think we all know about how Viltrumites train...

So, intinally I thought Bardock should win. But, I do now think Omni-Man takes this.

Please keep in mind I'm not super into each series so if there is something I missed it's on me.