

Programma

| Datum | Thuis | Uit | Veld | Tijd |
|------------|--------------------------|--------------------------|-----------|-------|
| 02-04-2010 | Lintjo F2 | LDODK F2 | Gras | 18:30 |
| 03-04-2010 | SCO 4 | LDODK 3 | Kunstgras | 14:30 |
| 03-04-2010 | De Hoeve 2 | LDODK 4 | Gras | 17:00 |
| 03-04-2010 | LDODK A2 | Mid Fryslân A1 | Kunstgras | 13:45 |
| 03-04-2010 | Heerenveen A4 | LDODK A3 | Kunstgras | 11:15 |
| 03-04-2010 | LDODK B1 | Rigtersbleek B1 | Kunstgras | 12:30 |
| 03-04-2010 | Drachten/Van der Wiel B2 | LDODK B2 | Kunstgras | 11:15 |
| 03-04-2010 | LDODK C1 | Asko C1 | Kunstgras | 11:30 |
| 03-04-2010 | Udiros C1 | LDODK C2 | Gras | 10:00 |
| 03-04-2010 | LDODK C3 | SIM C1 | Kunstgras | 10:30 |
| 03-04-2010 | Oerterp D1 | LDODK D1 | Gras | 13:00 |
| 03-04-2010 | De Hoeve D1 | LDODK D2 | Gras | 10:00 |
| 03-04-2010 | Wordt Kwiek D2 | LDODK D3 | Gras | 10:00 |
| 03-04-2010 | LDODK E1 | Harich E1 | Gras | 13:00 |
| 03-04-2010 | LDODK E2 | Udiros E2 | Gras | 12:00 |
| 03-04-2010 | Wordt Kwiek E1 | LDODK E3 | Gras | 10:00 |
| 03-04-2010 | LDODK E4 | Wêz Warber/Wêz Fluch E3 | Gras | 11:00 |
| 03-04-2010 | SIOS (W) F3 | LDODK F1 | Gras | 10:00 |
| 03-04-2010 | LDODK F3 | SCO F1 | Gras | 11:00 |
| 03-04-2010 | LDODK F4 | Lintjo F1 | Gras | 12:00 |
| 03-04-2010 | Joure B1 | Ritola B1 | Gras | 14:15 |
| 03-04-2010 | Udiros 2 | Lintjo 2 | Gras | 18:30 |
| 05-04-2010 | De Hoeve 1 | LDODK 1 | Gras | 15:00 |
| 05-04-2010 | VDW-OLS 2 | LDODK 2 | Kunstgras | 13:00 |
| 05-04-2010 | WWMD 1 | LDODK 6 | Gras | 10:00 |
| 05-04-2010 | DIO 4 | LDODK 7 | Gras | 10:00 |
| 08-04-2010 | LDODK MW1 | OKO/BIES MW2 | Gras | 20:15 |
| 10-04-2010 | LDODK 3 | Flamingo's 2 | Kunstgras | 18:30 |
| 10-04-2010 | LDODK 5 | De Hoeve 3 | Kunstgras | 17:00 |
| 10-04-2010 | Telstar A1 | LDODK A1 | Gras | 12:30 |
| 10-04-2010 | SCO A2 | LDODK A2 | Kunstgras | 14:00 |
| 10-04-2010 | LDODK A3 | DES (N) A1 | Kunstgras | 15:30 |
| 10-04-2010 | MIA B1 | LDODK B1 | Kunstgras | 12:30 |
| 10-04-2010 | LDODK B2 | Wordt Kwiek/WWMD B1 | Kunstgras | 14:15 |
| 10-04-2010 | Quick '21 C1 | LDODK C1 | Gras | 10:00 |
| 10-04-2010 | LDODK C2 | Wordt Kwiek C1 | Kunstgras | 13:15 |
| 10-04-2010 | Udiros C2 | LDODK C3 | Gras | 10:00 |
| 10-04-2010 | WWMD C2 | LDODK C4 | Gras | 12:00 |
| 10-04-2010 | LDODK D1 | Drachten/Van der Wiel D1 | Kunstgras | 12:15 |
| 10-04-2010 | LDODK D2 | Wordt Kwiek D1 | Kunstgras | 11:15 |
| 10-04-2010 | Kinea D2 | LDODK D3 | Gras | 12:00 |
| 10-04-2010 | De Waterpoort E1 | LDODK E1 | Kunstgras | 11:00 |
| 10-04-2010 | DTS (S) E1 | LDODK E2 | Gras | 10:00 |
| 10-04-2010 | Kinea E2 | LDODK E3 | Gras | 11:00 |
| 10-04-2010 | Westergo E1 | LDODK E4 | Gras | 11:00 |
| 10-04-2010 | LDODK F1 | Udiros F1 | Gras | 11:15 |
| 10-04-2010 | Kinea F2 | LDODK F2 | Gras | 10:00 |
| 10-04-2010 | De Hoeve F1 | LDODK F3 | Gras | 10:00 |
| 10-04-2010 | SCO F2 | LDODK F4 | Kunstgras | 10:00 |
| 11-04-2010 | LDODK 1 | Rodenburg 1 | Kunstgras | 14:30 |
| 11-04-2010 | LDODK 4 | Leeuwarden 3 | Kunstgras | 13:00 |
| 11-04-2010 | LDODK 6 | SIM 3 | Kunstgras | 11:30 |
| 11-04-2010 | LDODK 7 | Forward 2 | Kunstgras | 10:00 |
| 15-04-2010 | WWMD MW1 | LDODK MW1 | Gras | 19:30 |

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|------------|--------------------------|--------------------------|-----------|-------|
| 17-04-2010 | Sparta (Ze) 2 | LDODK 5 | Kunstgras | 14:00 |
| 17-04-2010 | Vlug & Vaardig (G) A1 | LDODK A2 | Kunstgras | 12:00 |
| 17-04-2010 | Noordenveld D1 | LDODK D1 | Gras | 11:00 |
| 17-04-2010 | De Lege Geaën D1 | LDODK D2 | Gras | 10:00 |
| 17-04-2010 | Udiros D2 | LDODK D3 | Gras | 11:00 |
| 17-04-2010 | LDODK E1 | Drachten/Van der Wiel E1 | Kunstgras | 13:00 |
| 17-04-2010 | LDODK E2 | Boelenslaan E1 | Kunstgras | 12:00 |
| 17-04-2010 | ODIS E1 | LDODK E3 | Gras | 15:00 |
| 17-04-2010 | LDODK E4 | Stânfries E3 | Gras | 12:00 |
| 17-04-2010 | Kinea F1 | LDODK F1 | Gras | 10:00 |
| 17-04-2010 | LDODK F2 | Udiros F2 | Kunstgras | 11:00 |
| 17-04-2010 | LDODK F3 | Wordt Kwiek F1 | Kunstgras | 11:00 |
| 17-04-2010 | Wordt Kwiek F2 | LDODK F4 | Gras | 10:00 |
| 18-04-2010 | Kinea 4 | LDODK 7 | Gras | 10:00 |
| 22-04-2010 | LDODK MW1 | Wêz Handich MW1 | Gras | 20:15 |
| 24-04-2010 | CSL 1 | LDODK 1 | Gras | 15:30 |
| 24-04-2010 | DOS'46/Engeldot 3 | LDODK 2 | Kunstgras | 12:30 |
| 24-04-2010 | CSL 3 | LDODK 3 | Gras | 17:00 |
| 24-04-2010 | SIM 2 | LDODK 5 | Gras | 14:00 |
| 24-04-2010 | LDODK A1 | De Meeuwen A1 | Kunstgras | 13:15 |
| 24-04-2010 | LDODK A2 | SIOS (W) A1 | Kunstgras | 11:45 |
| 24-04-2010 | LDODK A3 | DIO A1 | Kunstgras | 18:00 |
| 24-04-2010 | LDODK B1 | Heerenveen B1 | Kunstgras | 10:30 |
| 24-04-2010 | Leeuwarden B1 | LDODK B2 | Kunstgras | 11:15 |
| 24-04-2010 | LDODK C1 | WWMD C1 | Kunstgras | 9:30 |
| 24-04-2010 | VKC/AROBantenne C1 | LDODK C2 | Gras | 10:00 |
| 24-04-2010 | Kinea C1 | LDODK C3 | Gras | 11:00 |
| 24-04-2010 | Altijd Kwiek C1 | LDODK C4 | Gras | 14:00 |
| 24-04-2010 | LDODK D1 | Noordenveld D1 | Gras | 13:00 |
| 24-04-2010 | LDODK D2 | De Lege Geaën D1 | Gras | 12:00 |
| 24-04-2010 | LDODK D3 | Udiros D2 | Gras | 11:00 |
| 24-04-2010 | Drachten/Van der Wiel E1 | LDODK E1 | Kunstgras | 12:00 |
| 24-04-2010 | Boelenslaan E1 | LDODK E2 | Gras | 12:30 |
| 24-04-2010 | LDODK E3 | ODIS E1 | Gras | 10:00 |
| 24-04-2010 | Stânfries E3 | LDODK E4 | Gras | 11:00 |
| 24-04-2010 | LDODK F1 | Kinea F1 | Gras | 11:00 |
| 24-04-2010 | Udiros F2 | LDODK F2 | Gras | 10:00 |
| 24-04-2010 | Wordt Kwiek F1 | LDODK F3 | Gras | 11:00 |
| 24-04-2010 | LDODK F4 | Wordt Kwiek F2 | Gras | 10:00 |
| 25-04-2010 | Nic./Alfa-college 6 | LDODK 4 | Kunstgras | 11:30 |
| 25-04-2010 | KIOS (R) 4 | LDODK 6 | Kunstgras | 11:30 |
| 25-04-2010 | LDODK 7 | Heerenveen 7 | Kunstgras | 11:00 |

Standen

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|------------------------|----|----|----|----|-----|-----|-----|----|
| 1 | LDODK 1 | 7 | 7 | 0 | 0 | 132 | 78 | 0 | 14 |
| 2 | CSL 1 | 7 | 5 | 0 | 2 | 89 | 83 | 0 | 10 |
| 3 | Mid Fryslân 1 | 7 | 4 | 1 | 2 | 115 | 88 | 0 | 9 |
| 4 | AKC/ERMASPORT 1 | 7 | 2 | 2 | 3 | 117 | 113 | 0 | 6 |
| 5 | De Hoeve 1 | 7 | 3 | 0 | 4 | 94 | 101 | 0 | 6 |
| 6 | Drachten/Van der Wie 1 | 7 | 3 | 0 | 4 | 101 | 122 | 0 | 6 |
| 7 | DOS-WK 1 | 7 | 2 | 1 | 4 | 89 | 115 | 0 | 5 |
| 8 | Rodenburg 1 | 7 | 0 | 0 | 7 | 88 | 125 | 0 | 0 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|------------------------|----|----|----|----|-----|----|-----|----|
| 1 | SCO 2 | 6 | 6 | 0 | 0 | 107 | 73 | 0 | 12 |
| 2 | DOS'46/Engeldot 3 | 6 | 4 | 1 | 1 | 92 | 71 | 0 | 9 |
| 3 | Drachten/Van der Wie 2 | 6 | 3 | 2 | 1 | 97 | 79 | 0 | 8 |
| 4 | LDODK 2 | 6 | 2 | 2 | 2 | 86 | 79 | 0 | 6 |
| 5 | AKC/ERMASPORT 2 | 6 | 1 | 1 | 4 | 69 | 94 | 0 | 3 |
| 6 | Mid Fryslân 2 | 6 | 1 | 0 | 5 | 70 | 86 | 0 | 2 |
| 7 | VDW-OLS 2 | 6 | 1 | 0 | 5 | 48 | 87 | 0 | 2 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|-------------------------|----|----|----|----|-----|----|-----|----|
| 1 | Telstar A1 | 7 | 6 | 0 | 1 | 80 | 55 | 0 | 12 |
| 2 | Dindoa A1 | 7 | 5 | 0 | 2 | 109 | 64 | 0 | 10 |
| 3 | De Meeuwen A1 | 7 | 5 | 0 | 2 | 87 | 52 | 0 | 10 |
| 4 | LDODK A1 | 7 | 5 | 0 | 2 | 77 | 63 | 0 | 10 |
| 5 | DOS'46/Engeldot A2 | 7 | 3 | 0 | 4 | 63 | 85 | 0 | 6 |
| 6 | Heerenveen A1 | 7 | 2 | 0 | 5 | 74 | 85 | 0 | 4 |
| 7 | Asko A1 | 7 | 1 | 0 | 6 | 50 | 87 | 0 | 2 |
| 8 | EKVA/C1000Verschuren A1 | 7 | 1 | 0 | 6 | 47 | 96 | 0 | 2 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|--------------------|----|----|----|----|----|----|-----|----|
| 1 | Dindoa B1 | 7 | 6 | 0 | 1 | 62 | 48 | 0 | 12 |
| 2 | De Meeuwen B1 | 7 | 4 | 0 | 3 | 68 | 55 | 0 | 8 |
| 3 | Heerenveen B1 | 7 | 4 | 0 | 3 | 64 | 54 | 0 | 8 |
| 4 | MIA B1 | 7 | 4 | 0 | 3 | 70 | 67 | 0 | 8 |
| 5 | LDODK B1 | 7 | 4 | 0 | 3 | 49 | 52 | 0 | 8 |
| 6 | DOS'46/Engeldot B1 | 7 | 2 | 2 | 3 | 62 | 68 | 0 | 6 |
| 7 | Rigtersbleek B1 | 7 | 1 | 1 | 5 | 48 | 59 | 0 | 3 |
| 8 | ASVD B1 | 7 | 1 | 1 | 5 | 47 | 67 | 0 | 3 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|----------------------|----|----|----|----|-----|-----|-----|----|
| 1 | DOS'46/Engeldot 4 | 7 | 5 | 0 | 2 | 106 | 71 | 0 | 10 |
| 2 | LDODK 3 | 7 | 5 | 0 | 2 | 82 | 62 | 0 | 10 |
| 3 | Vlug & Vaardig (G) 3 | 7 | 5 | 0 | 2 | 85 | 65 | 0 | 10 |
| 4 | Heerenveen 4 | 7 | 4 | 0 | 3 | 68 | 62 | 0 | 8 |
| 5 | CSL 3 | 7 | 4 | 0 | 3 | 65 | 65 | 0 | 8 |
| 6 | SCO 4 | 7 | 3 | 0 | 4 | 70 | 83 | 0 | 6 |
| 7 | Flamingo's 2 | 7 | 2 | 0 | 5 | 64 | 81 | 0 | 4 |
| 8 | Noordenveld 3 | 7 | 0 | 0 | 7 | 59 | 110 | 0 | 0 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|---------------------|----|----|----|----|-----|-----|-----|----|
| 1 | DOS'46/Engeldot 5 | 7 | 6 | 1 | 0 | 101 | 66 | 0 | 13 |
| 2 | Nic./Alfa-college 6 | 7 | 6 | 0 | 1 | 104 | 74 | 0 | 12 |
| 3 | SCO 3 | 7 | 5 | 1 | 1 | 108 | 68 | 0 | 11 |
| 4 | LDODK 4 | 7 | 2 | 2 | 3 | 82 | 86 | 0 | 6 |
| 5 | Leeuwarden 3 | 7 | 2 | 1 | 4 | 72 | 73 | 0 | 5 |
| 6 | De Hoeve 2 | 7 | 2 | 0 | 5 | 104 | 101 | 0 | 4 |
| 7 | Vitesse (Be) 2 | 7 | 2 | 0 | 5 | 55 | 107 | 0 | 4 |
| 8 | Kinea 2 | 7 | 0 | 1 | 6 | 52 | 103 | 0 | 1 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|---------------|----|----|----|----|-----|-----|-----|----|
| 1 | Sparta (Ze) 2 | 7 | 7 | 0 | 0 | 83 | 42 | 0 | 14 |
| 2 | De Hoeve 3 | 7 | 5 | 1 | 1 | 101 | 51 | 0 | 11 |
| 3 | SIM 2 | 7 | 4 | 2 | 1 | 75 | 53 | 0 | 10 |
| 4 | Lintjo 2 | 7 | 4 | 0 | 3 | 61 | 62 | 0 | 8 |
| 5 | DTG 2 | 7 | 3 | 1 | 3 | 76 | 69 | 0 | 7 |
| 6 | Udiros 2 | 7 | 2 | 0 | 5 | 48 | 82 | 0 | 4 |
| 7 | LDODK 5 | 7 | 1 | 0 | 6 | 45 | 73 | 0 | 2 |
| 8 | Joure 2 | 7 | 0 | 0 | 7 | 44 | 101 | 0 | 0 |

| Pos. | Team | GS | GW | GL | VL | V | T | PIM | PT |
|------|-------------------------|----|----|----|----|----|----|-----|----|
| 1 | LDODK A2 | 7 | 7 | 0 | 0 | 79 | 40 | 0 | 14 |
| 2 | Mid Fryslân A1 | 7 | 6 | 0 | 1 | 84 | 60 | 0 | 12 |
| 3 | SCO A2 | 7 | 4 | 0 | 3 | 82 | 64 | 0 | 8 |
| 4 | Drachten/Van der Wie A1 | 7 | 2 | 2 | 3 | 62 | 73 | 0 | 6 |
| 5 | DFD A1 | 7 | 2 | 1 | 4 | 63 | 61 | 0 | 5 |
| 6 | SIOS (W) A1 | 7 | 2 | 1 | 4 | 44 | 68 | 0 | 5 |
| 7 | Vlug & Vaardig (G) A1 | 7 | 2 | 0 | 5 | 51 | 61 | 0 | 4 |
| 8 | De Granaet A1 | 7 | 1 | 0 | 6 | 42 | 80 | 0 | 2 |