

| von / nach (Hin- und Rückweg) | Bad Essen - Oberschule Bad Essen | Bad Laer - Schul- und Sportzentrum | Bad Rothenfelde - Sporthalle Bad Rothenfelde | Beim - Sporthalle Heideweg | Börger - Sporthalle Börger | Bramsche - Schulzentrum Bramsche | Damme - OSC-Sporthalle | Essen - Schulzentrum Essen (Oldb) | Georgsmarienhütte - Glück-Auf-Halle | Georgsmarienhütte - Sporthalle Marienschule | Glandorf - Neue Sporthalle | Hagen - Sportzentrum Hagen | Lingen - Berufsbildende Schulen | Lingen - Sporthalle Bramscher Str. | Lohne - Lohneum | Löningen - Großraumturnhalle | Melle - Sporthalle Haterstraße | Meppen - BBZ II Meppen | Merzen - Sporthalle Merzen | Neuenkirchen-Vörden - Grundschule Vörden | Neuenkirchen-Vörden - Oberschule Neuenkirchen | Nordhorn - Ludwig-Povel-Schule | Osnabrück - Grundschule Sutthausen | Osnabrück - Gymnasium in der Wüste | Osnabrück - Halle des Carolinum | Osnabrück - OSC-Halle B | Osnabrück - Schlosswall-Halle | Osnabrück - Sporthalle am Goetheing | Osnabrück - Sporthalle des OTB | Osnabrück - Sporthalle Voxtrup | Quakenbrück - Dragons Center | Spelle - Große Sporthalle | Vechta - RASTA Gym | Wallenhorst - Wittekindhalle |
|----------------------------------|----------------------------------|------------------------------------|--|----------------------------|----------------------------|----------------------------------|------------------------|-----------------------------------|-------------------------------------|---|----------------------------|----------------------------|---------------------------------|------------------------------------|-----------------|------------------------------|--------------------------------|------------------------|----------------------------|--|---|--------------------------------|------------------------------------|------------------------------------|---------------------------------|-------------------------|-------------------------------|-------------------------------------|--------------------------------|--------------------------------|------------------------------|---------------------------|--------------------|------------------------------|
| BBC Osnabrück | 50 | 58 | 51 | 19 | 179 | 34 | 74 | 109 | 22 | 20 | 50 | 23 | 145 | 127 | 103 | 121 | 54 | 212 | 62 | 55 | 58 | 156 | 12 | 6 | 0 | 5 | 3 | 4 | 6 | 14 | 100 | 103 | 120 | 23 |
| Blau-Weiß Merzen | 91 | 139 | 131 | 71 | 138 | 31 | 63 | 68 | 102 | 97 | 139 | 100 | 79 | 82 | 84 | 71 | 134 | 103 | 0 | 48 | 46 | 126 | 89 | 67 | 62 | 66 | 64 | 64 | 68 | 74 | 59 | 69 | 101 | 52 |
| BV Essen | 143 | 197 | 189 | 124 | 84 | 78 | 68 | 0 | 160 | 155 | 198 | 147 | 113 | 127 | 56 | 29 | 192 | 105 | 68 | 75 | 56 | 166 | 147 | 127 | 109 | 116 | 111 | 111 | 127 | 140 | 12 | 123 | 49 | 99 |
| Hagener SV | 72 | 32 | 57 | 39 | 219 | 72 | 111 | 147 | 15 | 9 | 37 | 0 | 148 | 130 | 140 | 159 | 62 | 215 | 100 | 96 | 95 | 160 | 12 | 24 | 23 | 24 | 21 | 22 | 24 | 31 | 138 | 109 | 157 | 62 |
| MTV Lingen | 202 | 196 | 188 | 169 | 106 | 109 | 134 | 113 | 159 | 154 | 173 | 148 | 0 | 18 | 147 | 83 | 191 | 41 | 79 | 122 | 115 | 50 | 146 | 141 | 145 | 141 | 144 | 148 | 141 | 160 | 123 | 49 | 165 | 157 |
| OSC Damme | 59 | 140 | 142 | 65 | 154 | 42 | 0 | 68 | 114 | 108 | 146 | 111 | 134 | 162 | 45 | 94 | 145 | 154 | 63 | 18 | 19 | 218 | 100 | 95 | 74 | 86 | 76 | 95 | 114 | 54 | 165 | 69 | 66 | |
| Osnabrücker SC | 53 | 63 | 56 | 19 | 183 | 38 | 86 | 119 | 27 | 21 | 58 | 24 | 141 | 123 | 107 | 125 | 58 | 208 | 66 | 62 | 62 | 152 | 14 | 2 | 5 | 0 | 4 | 8 | 3 | 28 | 104 | 102 | 124 | 28 |
| Osnabrücker TB | 69 | 63 | 55 | 36 | 185 | 40 | 95 | 127 | 26 | 21 | 58 | 24 | 141 | 123 | 116 | 126 | 58 | 208 | 68 | 71 | 71 | 152 | 13 | 4 | 7 | 3 | 5 | 9 | 0 | 27 | 105 | 102 | 133 | 29 |
| RW Sutthausen | 62 | 56 | 48 | 28 | 190 | 62 | 100 | 147 | 14 | 9 | 50 | 12 | 146 | 128 | 129 | 148 | 51 | 213 | 89 | 85 | 84 | 157 | 0 | 13 | 12 | 14 | 10 | 11 | 13 | 20 | 126 | 107 | 146 | 51 |
| SC Glandorf | 99 | 14 | 30 | 66 | 284 | 111 | 146 | 198 | 34 | 40 | 0 | 37 | 173 | 155 | 180 | 198 | 77 | 240 | 139 | 135 | 134 | 184 | 50 | 58 | 53 | 58 | 51 | 51 | 58 | 58 | 177 | 134 | 197 | 101 |
| SC Melle | 40 | 55 | 40 | 59 | 240 | 106 | 145 | 192 | 57 | 58 | 77 | 62 | 191 | 173 | 174 | 193 | 0 | 258 | 134 | 129 | 129 | 202 | 51 | 58 | 55 | 58 | 57 | 51 | 58 | 38 | 172 | 152 | 191 | 73 |
| SC RASTA Vechta | 111 | 196 | 189 | 130 | 119 | 102 | 69 | 49 | 160 | 154 | 197 | 157 | 165 | 235 | 20 | 75 | 191 | 151 | 101 | 74 | 74 | 264 | 147 | 133 | 120 | 124 | 123 | 122 | 133 | 161 | 49 | 214 | 1 | 112 |
| SC Spelle-Venhaus | 163 | 157 | 149 | 129 | 146 | 128 | 165 | 123 | 120 | 115 | 134 | 109 | 49 | 28 | 197 | 108 | 152 | 87 | 69 | 152 | 151 | 81 | 107 | 102 | 106 | 102 | 105 | 109 | 102 | 121 | 124 | 0 | 214 | 118 |
| SF Oesede | 67 | 30 | 44 | 34 | 199 | 74 | 112 | 159 | 3 | 8 | 34 | 16 | 159 | 140 | 142 | 160 | 56 | 225 | 101 | 97 | 96 | 170 | 18 | 26 | 21 | 26 | 19 | 19 | 25 | 25 | 139 | 119 | 159 | 55 |
| SG Bramsche | 184 | 178 | 170 | 150 | 124 | 149 | 162 | 127 | 141 | 136 | 155 | 130 | 18 | 0 | 218 | 101 | 173 | 58 | 82 | 173 | 172 | 56 | 128 | 123 | 127 | 123 | 126 | 130 | 123 | 142 | 124 | 28 | 235 | 139 |
| SV Bad Laer | 96 | 0 | 17 | 63 | 244 | 111 | 140 | 197 | 30 | 36 | 14 | 32 | 196 | 178 | 179 | 197 | 55 | 263 | 139 | 134 | 134 | 207 | 56 | 63 | 59 | 63 | 52 | 55 | 63 | 51 | 176 | 157 | 196 | 77 |
| SV Concordia Beim-Powe | 38 | 63 | 55 | 0 | 186 | 44 | 65 | 124 | 35 | 35 | 66 | 39 | 169 | 150 | 112 | 130 | 59 | 235 | 71 | 58 | 67 | 180 | 28 | 36 | 17 | 23 | 21 | 16 | 36 | 19 | 107 | 129 | 130 | 19 |
| SV DJK Eintracht Börger | 203 | 244 | 236 | 186 | 0 | 148 | 154 | 84 | 200 | 198 | 284 | 219 | 106 | 124 | 127 | 60 | 240 | 78 | 138 | 145 | 140 | 181 | 190 | 184 | 179 | 183 | 181 | 181 | 185 | 200 | 95 | 146 | 119 | 169 |
| TC Bad Rothenfelde | 88 | 17 | 0 | 55 | 236 | 103 | 142 | 189 | 44 | 45 | 30 | 57 | 188 | 170 | 171 | 190 | 40 | 255 | 131 | 127 | 126 | 199 | 48 | 55 | 51 | 56 | 49 | 48 | 55 | 44 | 169 | 149 | 189 | 69 |
| TSV Osnabrück | 50 | 58 | 51 | 19 | 179 | 34 | 74 | 109 | 22 | 20 | 50 | 23 | 145 | 127 | 103 | 121 | 54 | 212 | 62 | 55 | 58 | 156 | 12 | 6 | 0 | 5 | 3 | 4 | 6 | 14 | 100 | 103 | 120 | 23 |
| TSV Quakenbrück | 133 | 176 | 169 | 107 | 95 | 69 | 54 | 12 | 140 | 134 | 177 | 138 | 123 | 124 | 44 | 39 | 172 | 115 | 59 | 65 | 53 | 169 | 126 | 105 | 100 | 104 | 102 | 101 | 105 | 111 | 0 | 124 | 49 | 89 |
| TuS Bad Essen | 0 | 96 | 88 | 38 | 203 | 61 | 59 | 143 | 68 | 69 | 99 | 72 | 202 | 184 | 114 | 160 | 40 | 269 | 91 | 59 | 74 | 213 | 62 | 69 | 50 | 57 | 55 | 52 | 69 | 44 | 133 | 163 | 131 | 44 |
| TuS Bramsche | 61 | 111 | 103 | 44 | 148 | 0 | 42 | 78 | 75 | 69 | 111 | 72 | 109 | 149 | 85 | 90 | 106 | 133 | 31 | 25 | 39 | 179 | 62 | 40 | 34 | 38 | 37 | 36 | 40 | 46 | 69 | 128 | 102 | 24 |
| TuS BW Lohne | 114 | 179 | 171 | 112 | 127 | 85 | 40 | 56 | 143 | 137 | 180 | 140 | 147 | 218 | 0 | 82 | 174 | 157 | 84 | 57 | 56 | 247 | 129 | 116 | 103 | 107 | 105 | 105 | 116 | 143 | 44 | 197 | 20 | 95 |
| TuS Eintracht Rulle | 44 | 77 | 69 | 19 | 169 | 24 | 66 | 99 | 56 | 58 | 101 | 62 | 157 | 139 | 95 | 110 | 73 | 224 | 52 | 45 | 50 | 168 | 51 | 29 | 24 | 28 | 26 | 25 | 29 | 33 | 89 | 118 | 112 | 0 |
| TuS Neuenkirchen | 74 | 134 | 126 | 67 | 140 | 39 | 19 | 56 | 97 | 92 | 134 | 95 | 115 | 172 | 56 | 78 | 129 | 139 | 46 | 11 | 0 | 202 | 84 | 70 | 58 | 62 | 60 | 60 | 71 | 98 | 53 | 151 | 74 | 50 |
| TV Georgsmarienhütte | 69 | 36 | 45 | 35 | 198 | 69 | 108 | 155 | 7 | 0 | 40 | 9 | 154 | 136 | 137 | 155 | 58 | 221 | 97 | 92 | 92 | 165 | 9 | 21 | 20 | 21 | 18 | 20 | 21 | 27 | 134 | 115 | 154 | 58 |
| TV Meppen | 269 | 263 | 255 | 235 | 78 | 133 | 154 | 105 | 226 | 221 | 240 | 215 | 41 | 58 | 157 | 76 | 258 | 0 | 103 | 146 | 139 | 90 | 213 | 208 | 212 | 208 | 211 | 215 | 208 | 227 | 115 | 87 | 151 | 224 |
| TV Vörden | 59 | 134 | 127 | 58 | 145 | 25 | 18 | 75 | 98 | 92 | 135 | 96 | 122 | 173 | 57 | 85 | 129 | 146 | 48 | 0 | 11 | 202 | 85 | 71 | 59 | 63 | 61 | 60 | 71 | 99 | 65 | 152 | 74 | 45 |
| VfL Löningen | 160 | 197 | 190 | 130 | 60 | 90 | 94 | 29 | 161 | 155 | 198 | 159 | 83 | 101 | 82 | 0 | 193 | 76 | 71 | 85 | 78 | 137 | 148 | 126 | 121 | 125 | 123 | 122 | 126 | 132 | 39 | 108 | 75 | 110 |
| VfL WE Nordhorn | 213 | 207 | 199 | 180 | 181 | 179 | 218 | 166 | 171 | 165 | 184 | 160 | 50 | 56 | 247 | 137 | 202 | 90 | 126 | 202 | 202 | 0 | 157 | 152 | 156 | 152 | 155 | 155 | 152 | 171 | 169 | 81 | 264 | 168 |
| VfR Voxtrup | 44 | 51 | 44 | 19 | 200 | 46 | 114 | 140 | 26 | 27 | 58 | 31 | 160 | 142 | 143 | 132 | 38 | 227 | 74 | 99 | 98 | 171 | 20 | 27 | 14 | 25 | 12 | 11 | 27 | 0 | 111 | 121 | 161 | 33 |