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|--------------------|-------------------------|--|--------------------------|--------------------|
| | 1 KT, 20.08.2022 | | 8 KT, 22.10.2022 | |
| 01.10.2022 | VfL Kemminghausen | | SV Atter | |
| 17:30 | Sport-Union Annen II | | ASV Heros Dortmund | |
| | 2 KT, 27.08.2022 | | 9 KT, 29.10.2022 | |
| | VfL Kemminghausen | | VfK Lünen-Süd II | 30.10.2022 / 14:30 |
| 17:30 | KSV Kirchlinde 1926 II | | ASV Heros Dortmund | |
| | 3 KT, 03.09.2022 | | 10 KT, 05.11.2022 | |
| | SV Atter | | KSV Kirchlinde 1926 II | 17:30 |
| 17:30 | Sport-Union Annen II | | VfL Kemminghausen | |
| | 4 KT, 10.09.2022 | | 11 KT, 12.11.2022 | |
| | SV Atter | | VfK Lünen-Süd II | 13.11.2022 / 14:30 |
| | VfL Kemminghausen | | ASV Heros Dortmund | 13.11.2022 / 14:00 |
| | 5 KT, 01.10.2022 | | 12 KT, 19.11.2022 | |
| 02.10.2022 / 14:30 | VfK Lünen-Süd II | | KSV Kirchlinde 1926 II | 17:30 |
| 03.10.2022 / 14:00 | Sport-Union Annen II | | SV Atter | |
| | 6 KT, 08.10.2022 | | 13 KT, 26.11.2022 | |
| | SV Atter | | ASV Heros Dortmund | 27.11.2022 / 14:00 |
| 09.10.2022 / 14:30 | VfK Lünen-Süd II | | Sport-Union Annen II | 17:30 |
| 17:30 | KSV Kirchlinde 1926 II | | VfL Kemminghausen | |
| | 7 KT, 15.10.2022 | | 14 KT, 03.12.2022 | |
| | ASV Heros Dortmund | | VfK Lünen-Süd II | 04.12.2022 / 14:30 |
| 17:30 | Sport-Union Annen II | | KSV Kirchlinde 1926 II | 17:30 |