

Aufstiegsrunde 23.August in Höchst

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|-------|------------------|---|-------------|------------|-------|-------|------|------|------|
| VF 1 | TV Rebstein 1 | : | Deitingen 1 | 0-3 | 9-11 | 8-11 | 5-11 | | |
| VF 2 | STV Alpnach | : | TS Höchst | 0-3 | 7-11 | 8-11 | 8-11 | | |
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| HF 1 | TV Kleinhüningen | : | Deitingen 1 | 2-3 | 7-11 | 11-9 | 9-11 | 11-6 | 4-11 |
| HF 2 | FB Dietikon | : | TS Höchst | 3-2 | 9-11 | 8-11 | 11-8 | 11-9 | 11-7 |
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| 5./6. | TV Rebstein 1 | : | STV Alpnach | 3-1 | 11-6 | 7-11 | 11-6 | 11-8 | |
| 3./4. | TV Kleinhüningen | : | TS Höchst | 3-0 | 13-11 | 14-12 | 11-7 | | |
| 1./2. | Deitingen 1 | : | FB Dietikon | 2-3 | 11-8 | 6-11 | 11-7 | 6-11 | 3-11 |

Abstiegsrunde 23.August in Wollerau

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| VR | Bäretswil | : | Wollerau | 2-3 | 11-8 | 13-15 | 11-5 | 5-11 | 7-11 |
| VR | Schlieren | : | Olten | 1-3 | 0-11 | 11-9 | 9-11 | 6-11 | |
| VR | Wallisellen 2 | : | Bäretswil | 0-3 | 3-11 | 3-11 | 2-11 | | |
| VR | Rebstein 2 | : | Olten | 0-3 | 13-15 | 10-12 | 6-11 | | |
| VR | Wollerau | : | Wallisellen 2 | 3-0 | 11-8 | 11-4 | 11-4 | | |
| VR | Schlieren | : | Rebstein 2 | 3-2 | 8-11 | 4-11 | 11-5 | 11-5 | 11-7 |

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| 11./12. | Wallisellen 2 | : | Rebstein 2 | 0-3 | 2-11 | 3-11 | 5-11 | | |
| 9./10. | Bäretswil | : | Schlieren | 1-3 | 8-11 | 11-7 | 10-12 | 9-11 | |
| 7./8. | Wollerau | : | Olten | 3-0 | 11-4 | 11-6 | 11-5 | | |

Schlussrangliste 1. Liga Damen Feld 09

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|--------------------------|------------------------|
| 1. FB Dietikon | Aufsteiger NLB |
| 2. Deitingen 1 | |
| 3. TV Kleinhüningen | |
| 4. TS Höchst | |
| 5. TV Rebstein 1 | |
| 6. STV Alpnach | |
| 7. Wollerau | |
| 8. Olten | |
| 9. Schlieren | Abstieg 2. Liga |
| 10. Bäretswil | Abstieg 2. Liga |
| 11. Rebstein 2 | Abstieg 2. Liga |
| 12. Wallisellen 2 | Abstieg 2. Liga |