

	14-03-2010	Stórsteypadystur	
1	20-03-2010	Undanumfar steypakapping	
	19.-22.03.2010	A-landsliðið	
2	27-03-2010	1. umfar steypakapping	
Umfar	Dato	Heima lið	Úti lið
1	31-03-2010	NSÍ	ÍF
1	01-04-2010	VÍK	AB
1		HB	FC S
1		EB/S	B36
1		B68	B71
2	05-04-2010	VÍK	HB
2		B36	B68
2		FC S	NSÍ
2		AB	B71
2	06-04-2010	ÍF	EB/S
3	11-04-2010	HB	AB
3		NSÍ	VÍK
3		EB/S	FC S
3		B71	B36
3	12-04-2010	B68	ÍF
4	16-04-2010	VÍK	EB/S
4	18-04-2010	HB	NSÍ
4		ÍF	B71
4		FC S	B68
4		AB	B36
3	25-04-2010	1/4 finala steypakapping	
5	02-05-2010	B71	FC S
5		B36	ÍF
5		EB/S	HB
5	03-05-2010	B68	VÍK
5	04-05-2010	NSÍ	AB
6	07-05-2010	NSÍ	EB/S
6	09-05-2010	VÍK	B71
6		HB	B68
6		FC S	B36
6		AB	ÍF
7	12-05-2010	B68	NSÍ
7	13-05-2010	EB/S	AB
7		B71	HB
7		B36	VÍK
7		ÍF	FC S
8	16-05-2010	FC S	VÍK
8		B68	AB
8		B71	EB/S
8		B36	NSÍ
8		ÍF	HB
4	20-05-2010	fyrra 1/2 finala steypakapping	
9	24-05-2010	VÍK	ÍF
9		HB	B36
9		NSÍ	B71
9		AB	FC S
9	25-05-2010	EB/S	B68

10	28-05-2010	ÍF	NSÍ
10	29-05-2010	FC S	HB
10	30-05-2010	B71	B68
10		B36	EB/S
10		AB	VÍK
5	02-06-2010	seinna 1/2 finala steypakapping	
	06-06-2010	A-landsliðið	
11	12-06-2010	EB/S	ÍF
11		NSÍ	FC S
11	13-06-2010	B68	B36
11		B71	AB
11		HB	VÍK
12	16-06-2010	VÍK	NSÍ
12		B36	B71
12		ÍF	B68
12		FC S	EB/S
12		AB	HB
13	19-06-2010	NSÍ	HB
13		B71	ÍF
13	20-06-2010	B36	AB
13		EB/S	VÍK
13		B68	FC S
14	26-06-2010	FC S	B71
14		VÍK	B68
14	27-06-2010	HB	EB/S
14		ÍF	B36
14		AB	NSÍ
15	30-06-2010	B36	FC S
15	03-07-2010	ÍF	AB
6	29-07-2010	finala steypakapping	
16	01-08-2010	VÍK	B36
16		HB	B71
16		NSÍ	B68
16		FC S	ÍF
16		AB	EB/S
17	07-08-2010	VÍK	FC S
17		HB	ÍF
17		NSÍ	B36
17		EB/S	B71
17		AB	B68
	11-08-2010	A-landsliðið	
18	15-08-2010	B71	NSÍ
18		B36	HB
18		ÍF	VÍK
18		FC S	AB
18	16-08-2010	B68	EB/S
19	20-08-2010	NSÍ	EB/S
19	22-08-2010	VÍK	B71
19		HB	B68

sundurbýtt umfar

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U21 FØ-AND

19		FC S	B36
19		AB	ÍF
15	25-08-2010	EB/S	NSÍ
15		B68	HB
15		B71	VÍK
20	27-08-2010	B68	NSÍ
20	29-08-2010	EB/S	AB
20		B71	HB
20		B36	VÍK
20		ÍF	FC S
	04-09-2010	A-landsliðsdystir	
	08-09-2010	A-landsliðsdystir	
21	12-09-2010	HB	FC S
21		EB/S	B36
21		B68	B71
21	13-09-2010	NSÍ	ÍF
21	14-09-2010	VÍK	AB
22	17-09-2010	ÍF	EB/S
22	19-09-2010	VÍK	HB
22		B36	B68
22		FC S	NSÍ
22		AB	B71
23	22-09-2010	HB	AB
23		EB/S	FC S
23		B68	ÍF
23		B71	B36
23	23-09-2010	NSÍ	VÍK
24	26-09-2010	B68	VÍK
24		B71	FC S
24		B36	ÍF
24	27-09-2010	NSÍ	AB
24	28-09-2010	EB/S	HB
25	03-10-2010	VÍK	EB/S
25		HB	NSÍ
25		ÍF	B71
25		FC S	B68
25		AB	B36
	09-10-2010	A-landsliðsdystir	
	13-10-2010	A-landsliðsdystir	
26	17-10-2010	B68	AB
26		B71	EB/S
26		B36	NSÍ
26		ÍF	HB
26		FC S	VÍK
27	23-10-2010	VÍK	ÍF
27		HB	B36
27		NSÍ	B71
27		EB/S	B68
27		AB	FC S
