

S.No.	Region	Capital	Population (2001 census)	Population (2011 census)	Area (km ²)	Population density (2011) (persons/km ²)
1	Karas Region	Keetmanshoop	69,329	77,421	161,514	0.5
2	Erongo Region	Swakopmund	107,663	150,809	63,539	2.4
3	Hardap Region	Mariental	68,249	79,507	109,781	0.7
4	Kavango East Region	Rundu	--	115,447	25,576	4.5
5	Kavango West Region	Nkurenkuru	--	107,905	23,166	4.7
6	Khomas Region	Windhoek	250,262	342,141	36,964	9.2
7	Kunene Region	Opuwo	68,735	86,856	115,260	0.8
8	Ohangwena Region	Eenhana	228,384	245,446	10,706	22
9	Omaheke Region	Gobabis	68,039	71,233	84,981	0.8
10	Omusati Region	Outapi	228,842	243,166	26,551	9.1
11	Oshana Region	Oshakati	161,916	176,674	8,647	20
12	Oshikoto Region	Omuthiya	161,007	181,973	38,685	4.7
13	Otjozondjupa Region	Otjiwarongo	135,384	143,903	105,460	1.4
14	Zambezi Region	Katima Mulilo	79,826	90,596	14,785	6.1

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