

Rank (Area)	Region	Capital	Districts	Area (km2)	Population (2022)	Rank (Population)	Postcode
1	Tabora Region	Tabora	7	76,151 km (29,402 sq mi)	3391679	3	45xxx
2	Morogoro Region	Morogoro	7	70,624 km (27,268 sq mi)	3197104	4	67xxx
3	Lindi Region	Lindi	6	66,669 km (25,741 sq mi)	1194028	23	65xxx
4	Ruvuma Region	Songea	6	63,669 km (24,583 sq mi)	1848794	19	57xxx
5	Singida Region	Singida	6	49,340 km (19,050 sq mi)	2008058	16	43xxx
6	Katavi Region	Mpanda	3	45,843 km (17,700 sq mi)	1152958	25	50xxx
7	Manyara Region	Babati	6	44,522 km (17,190 sq mi)	1892502	17	27xxx
8	Dodoma Region	Dodoma	7	41,311 km (15,950 sq mi)	3085625	5	41xxx
9	Arusha Region	Arusha	7	37,576 km (14,508 sq mi)	2356255	11	23xxx
10	Kigoma Region	Kigoma	8	25,265 km (9,755 sq mi)	2470967	9	47xxx
11	Mbeya Region	Mbeya	7	35,954 km (13,882 sq mi)	2343754	12	53xxx
12	Iringa Region	Iringa	5	35,503 km (13,708 sq mi)	1192728	24	51xxx
13	Pwani Region	Kibaha	7	32,547 km (12,566 sq mi)	2024947	15	61xxx
14	Songwe Region	Vwawa	5	27,656 km (10,678 sq mi)	1344687	22	-
15	Tanga Region	Tanga	11	26,667 km (10,296 sq mi)	2615597	8	21xxx
16	Kagera Region	Bukoba	8	25,265 km (9,755 sq mi)	2989299	6	35xxx
17	Simiyu Region	Bariadi	5	25,212 km (9,734 sq mi)	2140497	14	39xxx
18	Rukwa Region	Sumbawanga	4	22,792 km (8,800 sq mi)	1540519	21	55xxx
19	Mara Region	Musoma	7	21,760 km (8,400 sq mi)	2372015	10	31xxx
20	Njombe Region	Njombe	6	21,347 km (8,242 sq mi)	889946	27	59xxx
21	Geita Region	Geita	5	20,054 km (7,743 sq mi)	2977608	7	30xxx
22	Shinyanga Region	Shinyanga	5	18,901 km (7,298 sq mi)	2241299	13	37xxx

23	Mtwara Region	Mtwara	7	16,710 km (6,450 sq mi)	1634947	20	63xxx
24	Kilimanjaro Region	Moshi	6	13,250 km (5,120 sq mi)	1861934	18	25xxx
25	Mwanza Region	Mwanza	7	9,467 km (3,655 sq mi)	3699872	2	33xxx
26	Dar es Salaam Region	Dar es Salaam	5	1,393 km (538 sq mi)	5383728	1	11xxx
27	Unguja South Region (Zanzibar South)	Koani	2	854 km (330 sq mi)	195873	31	72xxx
28	Pemba North Region	Wete	2	574 km (222 sq mi)	272091	28	75xxx
29	Unguja North Region (Zanzibar North)	Mkokotoni	2	470 km (180 sq mi)	257290	30	73xxx
30	Pemba South Region	Chake-Chake	2	332 km (128 sq mi)	271350	29	74xxx
31	Mjini Magharibi Region	Zanzibar City	2	230 km (89 sq mi)	893169	26	71xxx

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