

SNo	Name	Name (English)	Population 2008-07-01	Area (km ²)	Pop./ km ²	Administrative centre
1	Hofuoborgarsvaeoi	Capital Region	200,969	1,062	167.61	Reykjavik
2	Suournes	Southern Peninsula	21,431	829	20.18	Keflavik
3	Vesturland	Western Region	15,601	9,554	1.51	Akranes
4	Vestfirir	Westfjords	7,279	9,409	0.85	Isafjorour
5	Norourland vestra	Northwestern Region	7,392	12,737	0.73	Sauoarkrokur
6	Norourland eystra	Northeastern Region	28,925	21,968	1.21	Akureyri
7	Austurland	Eastern Region	13,786	22,721	0.52	Egilsstaoir
8	Suourland	Southern Region	23,972	24,526	0.87	Selfoss
	Island	Iceland	319,355	102,928	3.1	

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Original source : en.wikipedia.org/wiki/Regions_of_Iceland