

SNo	Subdivision	Main Town	Area km²	Population Census of 2010	wilayat
1	Ad Dakhiliyah	Nizwa	31,900	326,651	8
2	Al Batinah	Sohar	12,500	772,590	12
3	Al Wusta	Haima (Hayma)	79,700	42,111	4
4	Ash Sharqiyah	Sur	36,400	350,514	11
5	Ad Dhahirah	Ibri	37,000	151,664	3

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