

| Gemeinde | Fläche in qkm | Wohnbevölkerung am | | Ge- meinde- schlüssel | Natur- raum- schlüssel | Gemeinde | Fläche in qkm | Wohnbevölkerung am | | Ge- meinde- schlüssel | Natur- raum- schlüssel |
|------------------------------|---------------------|-----------------------|---------------|-----------------------------|------------------------------|------------------------------|---------------------|-----------------------|----------------|-----------------------------|------------------------------|
| | | 31.12. 1953 | 13.9. 1950 | | | | | 31.12. 1953 | 13.9. 1950 | | |
| 37 Kreis Osnabrück | | | | | | Remsede | 5,13 | 861 | 941 | 168 | 534 |
| Allendorf | 5,55 | 358 | 431 | 111 | 535 | Rothenfelde, Bad | 2,47 | 2 441 | 2 675 | 169 | 534* |
| Altenhagen | 4,13 | 1 271 | 1 369 | 112 | 535* | Rulle | 17,05 | 2 741 | 2 688 | 170 | 535* |
| Aschen | 8,11 | 1 105 | 1 170 | 113 | 534* | Schelenburg | 4,83 | 208 | 216 | 171 | 535 |
| Aschendorf | 8,54 | 991 | 1 065 | 114 | 540* | Schierloh | 3,63 | 227 | 178 | 172 | 540 |
| Astrup | 2,66 | 190 | 191 | 115 | 535 | Schledehausen | 4,35 | 1 489 | 1 643 | 173 | 535 |
| Atter | 10,71 | 1 257 | 1 539 | 116 | 535 | Schwege | 15,16 | 944 | 1 035 | 174 | 540 |
| Averfehlen | 14,07 | 968 | 1 135 | 117 | 540 | Senstrup | 7,03 | 617 | 679 | 175 | 534 |
| Belm | 4,54 | 1 414 | 1 413 | 118 | 535 | Strang | 6,42 | 997 | 1 134 | 176 | 540 |
| Bissendorf | 7,79 | 1 346 | 1 444 | 119 | 535 | Sudendorf | 10,04 | 698 | 777 | 177 | 540 |
| Borghol-Wellendorf | 7,30 | 1 863 | 2 044 | 120 | 535 | Sudenfeld | 4,83 | 373 | 429 | 178 | 534 |
| Darum | 4,28 | 357 | 350 | 121 | 535 | Uphausen-Eistrup | 4,84 | 554 | 575 | 179 | 535 |
| Dissen, Stadt | 10,66 | 4 390 | 4 340 | 122 | 534* | Uphöfen | 5,03 | 365 | 434 | 180 | 535 |
| Ebbendorf | 5,63 | 768 | 839 | 123 | 535 | Vehrte | 12,88 | 1 623 | 1 780 | 181 | 535* |
| Ellerbeck | 6,14 | 405 | 462 | 124 | 535 | Voxtrup | 9,99 | 3 607 | 3 633 | 182 | 535 |
| Eppendorf | 6,16 | 493 | 561 | 125 | 535* | Wallenhorst | 6,53 | 1 474 | 1 636 | 183 | 535* |
| Erpen | 8,79 | 1 465 | 1 514 | 126 | 534* | Wersche | 3,78 | 393 | 443 | 184 | 535 |
| Gaste | 7,02 | 1 290 | 1 350 | 127 | 535 | Westendorf | 5,91 | 387 | 426 | 185 | 540 |
| Gellenbeck | 5,07 | 1 354 | 1 387 | 128 | 535* | Westerwiede | 9,27 | 553 | 656 | 186 | 534* |
| Georgsmarienhütte | 9,86 | 6 303 | 6 269 | 129 | 535* | Winkelsetten | 6,16 | 483 | 574 | 187 | 534* |
| Glandorf | 11,27 | 2 045 | 2 085 | 130 | 540 | Wissingen | 3,34 | 960 | 983 | 188 | 535 |
| Glane-Visbeck | 11,75 | 1 398 | 1 520 | 131 | 534* | Wulfen | 6,29 | 327 | 400 | 189 | 535 |
| Grambergen | 9,77 | 394 | 495 | 132 | 535 | zusammen | 611,11 | 115 260 | 117 534 | | |
| Gretesch | 5,20 | 1 718 | 1 597 | 133 | 535 | 38 Kreis Wittlage | | | | | |
| Hagen | 3,05 | 2 337 | 2 368 | 134 | 535* | Barkhausen | 3,72 | 402 | 432 | 111 | 532 |
| Haltern | 10,83 | 789 | 824 | 135 | 535 | Bohnte | 23,14 | 3 914 | 4 005 | 112 | 582 |
| Hankenberge | 8,76 | 784 | 844 | 136 | 535* | Brockhausen | 6,58 | 522 | 583 | 113 | 533* |
| Hardensetten | 11,30 | 675 | 730 | 137 | 534* | Broxten | 16,10 | 937 | 927 | 114 | 536* |
| Harderberg | 7,84 | 1 534 | 1 460 | 138 | 535 | Büscherheide | 1,09 | 198 | 206 | 115 | 532 |
| Hasbergen | 7,24 | 3 202 | 3 210 | 139 | 535 | Dahlinghausen | 3,98 | 421 | 496 | 116 | 533* |
| Hellern | 12,45 | 2 727 | 2 363 | 140 | 535 | Eielstädt | 3,94 | 445 | 427 | 117 | 533* |
| Hilte | 14,17 | 2 990 | 3 210 | 141 | 534 | Essen, Bad | 10,95 | 2 366 | 2 393 | 118 | 536* |
| Himbergen | 2,89 | 167 | 218 | 142 | 535 | Haaren | 8,05 | 663 | 614 | 119 | 535 |
| Hollage | 16,78 | 2 665 | 2 526 | 143 | 535 | Harpenfeld | 7,91 | 657 | 730 | 120 | 533* |
| Holsten-Mündrup | 5,73 | 732 | 773 | 144 | 535 | Heithöfen | 3,51 | 255 | 320 | 121 | 582 |
| Holte-Sünsbeck | 6,59 | 666 | 749 | 145 | 535 | Herringhausen | 19,98 | 1 427 | 1 585 | 122 | 536* |
| Holzhausen | 7,84 | 5 041 | 4 161 | 146 | 535* | Hitz-Jöstinghausen | 9,60 | 670 | 747 | 123 | 535* |
| Iburg, Flecken | 7,20 | 2 967 | 2 895 | 147 | 534 | Hördinghausen | 3,81 | 413 | 507 | 124 | 533* |
| Icker | 11,04 | 694 | 664 | 148 | 535* | Rüsedde | 8,52 | 849 | 975 | 125 | 533* |
| Jeggen | 8,31 | 1 006 | 1 097 | 149 | 535 | Linne | 4,42 | 572 | 603 | 126 | 533* |
| Kloster Oesede | 13,02 | 3 677 | 3 638 | 150 | 535* | Lintorf | 5,54 | 714 | 848 | 127 | 533* |
| Krevinghausen | 6,07 | 327 | 391 | 151 | 535 | Lockhausen | 5,71 | 500 | 548 | 128 | 533* |
| Laer | 5,70 | 1 541 | 1 648 | 152 | 534* | Meyerhöfen | 9,93 | 669 | 814 | 129 | 582* |
| Lechtingen | 6,65 | 1 334 | 1 491 | 153 | 535 | Niewedde | 13,56 | 599 | 673 | 130 | 536* |
| Linne | 3,81 | 312 | 375 | 154 | 535 | Nordhausen | 4,43 | 194 | 272 | 131 | 535 |
| Lüstringen | 2,99 | 2 443 | 2 475 | 155 | 535 | Ostercappeln | 3,51 | 1 609 | 1 538 | 132 | 536 |
| Menstrup | 8,43 | 1 521 | 1 586 | 156 | 535* | Rabber | 8,04 | 1 088 | 1 207 | 133 | 533* |
| Müschchen | 9,30 | 1 001 | 1 107 | 157 | 540* | Schwagstorf | 30,95 | 1 595 | 1 715 | 134 | 536* |
| Nahne | 6,06 | 1 728 | 1 683 | 158 | 535 | Schwege | 37,58 | 1 301 | 1 428 | 135 | 582* |
| Natbergen | 6,25 | 981 | 1 001 | 159 | 535 | Stirpe - Ölingen | 6,84 | 483 | 542 | 136 | 536* |
| Natrup-Hagen | 8,86 | 1 506 | 1 616 | 160 | 535* | Vorwalde | 13,00 | 818 | 933 | 137 | 536* |
| Nemden | 8,63 | 591 | 674 | 161 | 535 | Wehrendorf | 8,11 | 963 | 1 020 | 138 | 536* |
| Nolle | 5,08 | 573 | 642 | 162 | 534 | Welplage | 14,21 | 1 736 | 1 769 | 139 | 582 |
| Oesede | 14,70 | 7 608 | 6 564 | 163 | 535* | Wimmer | 11,77 | 1 024 | 1 160 | 140 | 533* |
| Ohrbeck | 8,07 | 1 718 | 1 969 | 164 | 535 | Wittlage | 5,61 | 581 | 548 | 141 | 533 |
| Ostenfelde | 10,46 | 967 | 999 | 165 | 534* | zusammen | 314,07 | 28 585 | 30 565 | | |
| Powe | 7,35 | 1 524 | 1 669 | 166 | 535 | | | | | | |
| Pye | 7,68 | 1 467 | 1 409 | 167 | 535 | | | | | | |

6 Reg.-Bez. Aurich
 (Sitz der Regierung: Aurich/Ostfriesland/)

| | | | | | | | | | | | |
|---------------------------------------|-------|--------|--------|-----|------|----------------------------|-------|-------|-------|-----|------|
| 11 Kreisfreie Stadt Emden | | | | | | Holtrop | 13,49 | 1 042 | 1 097 | 129 | 602 |
| Emden, Stadt | 61,04 | 41 164 | 37 252 | 000 | 611* | Ihlowerfehn | 7,48 | 835 | 939 | 131 | 602* |
| 31 Kreis Aurich (Ostfriesland) | | | | | | Ihlowerhörn | 18,07 | 1 063 | 1 169 | 132 | 602* |
| Akelsbarg | 7,87 | 609 | 653 | 111 | 602* | Jheringsfehn | 10,33 | 2 000 | 2 162 | 130 | 602 |
| Aurich-Oldendorf | 20,60 | 1 154 | 1 144 | 113 | 602* | Kirchdorf | 5,47 | 1 227 | 1 272 | 133 | 602 |
| Aurich (Ostfriesland), Stadt | 2,68 | 10 303 | 11 284 | 112 | 602 | Langefeld | 4,59 | 315 | 318 | 134 | 602 |
| Bagband | 15,14 | 756 | 831 | 114 | 602 | Ludwigsdorf | 8,37 | 616 | 643 | 135 | 602 |
| Bangstede | 8,02 | 413 | 457 | 115 | 602* | Middels | 23,03 | 1 679 | 1 919 | 136 | 602 |
| Barstede | 10,05 | 375 | 420 | 116 | 610* | Mittegrobefehn | 3,76 | 665 | 680 | 137 | 602 |
| Bedekaspel | 9,31 | 235 | 269 | 117 | 610 | Noordorf | 6,15 | 3 000 | 2 948 | 138 | 602 |
| Boekzetelerfehn | 6,44 | 604 | 626 | 118 | 602* | Moorhusen | 5,21 | 802 | 842 | 139 | 602 |
| Brockzetel | 19,29 | 498 | 560 | 119 | 601* | Münkeboe | 6,77 | 1 250 | 1 336 | 140 | 602 |
| Dietrichsfeld | 5,72 | 479 | 579 | 120 | 602 | Neuefehn | 4,73 | 607 | 629 | 141 | 602 |
| Egels | 4,45 | 639 | 615 | 121 | 602 | Ochtelbur | 6,72 | 432 | 445 | 142 | 610* |
| Extum | 4,16 | 637 | 640 | 122 | 602 | Oldeborg | 24,03 | 1 565 | 1 607 | 143 | 602* |
| Felde | 4,29 | 266 | 306 | 123 | 602* | Ostersander | 5,15 | 474 | 496 | 144 | 602 |
| Fiebing | 4,13 | 214 | 245 | 124 | 602* | Ostgrobefehn | 9,32 | 2 409 | 2 560 | 145 | 602* |
| Forlitz-Blaukirchen | 11,08 | 321 | 342 | 125 | 610 | Pfalzdorf | 6,11 | 236 | 230 | 146 | 602* |
| Georgsfeld | 4,40 | 411 | 402 | 126 | 602 | Plaggenburg | 13,34 | 1 178 | 1 201 | 147 | 602 |
| Hatshausen | 18,97 | 693 | 841 | 127 | 610* | Popens | 2,09 | 438 | 513 | 148 | 602 |
| Haxtum | 2,20 | 645 | 794 | 128 | 602 | Rahe | 4,38 | 472 | 485 | 149 | 602 |
| | | | | | | Riepe | 16,17 | 1 224 | 1 260 | 150 | 602* |
| | | | | | | Riepsterhammrich | 10,24 | 178 | 239 | 151 | 610 |
| | | | | | | Sandhorst | 11,72 | 3 795 | 3 276 | 152 | 602 |
| | | | | | | Schirum | 13,19 | 1 286 | 1 385 | 153 | 602 |