

- |    |                        |    |                                  |    |                                     |    |                                     |
|----|------------------------|----|----------------------------------|----|-------------------------------------|----|-------------------------------------|
| 1  | PSKOVSKAYA OBLAST'     | 16 | KURSKAYASKAYA OBLAST'            | 31 | REPUBLIKA TATARSTAN                 | 46 | SARATOVSKAYA OBLAST'                |
| 2  | NOVGORODSKAYA OBLAST'  | 17 | ORLOVSKAYA OBLAST'               | 32 | UL'YANOVSKAYA OBLAST'               | 47 | SAMARSKAYA OBLAST'                  |
| 3  | LENINGRADSKAYA OBLAST' | 18 | LIPETSKAYA OBLAST'               | 33 | LIPETSKAYA OBLAST'                  | 48 | ORENBURGSKAYA OBLAST'               |
| 4  | VOLOGDASKAYA OBLAST'   | 19 | RYAZANSKAYA OBLAST'              | 34 | ROSTOVSKAYA OBLAST'                 | 49 | REPUBLIKA BASHKORTOSTAN             |
| 5  | SMOLENSKAYA OBLAST'    | 20 | NIZHEGORODSKAYA OBLAST'          | 35 | REPUBLIKA KALMYKIYA-KALMG-TANGCH    | 50 | CHELYABINSKAYA OBLAST'              |
| 6  | TVERSKAYA OBLAST'      | 21 | CHUVASHSKAYA RESPUBLIKA          | 36 | ASTRAKHANSKAYA OBLAST'              | 51 | KURGANSKAYA OBLAST'                 |
| 7  | YAROSLAVSKAYA OBLAST'  | 22 | REPUBLIKA MARIY EL               | 37 | REPUBLIKA ADYGEYA                   | 52 | TYUMENSKAYA OBLAST'                 |
| 8  | MOSKOVSKAYA OBLAST'    | 23 | UDMURSKAYA RESPUBLIKA            | 38 | KRASNODARSKIY KRAY                  | 53 | NOVOSIBIRSKAYA OBLAST'              |
| 9  | KALUZHSKAYA OBLAST'    | 24 | KOMI-PERMYATSKIY AVTONOMNY OKRUG | 39 | KARACHAYEVO-CHERKESSKAYA RESPUBLIKA | 54 | KEMEROVSKAYA RESPUBLIKA             |
| 10 | BRYANSKAYA OBLAST'     | 25 | PERMSKAYA OBLAST'                | 40 | STAVROPOL'SKIY KRAY                 | 55 | REPUBLIKA KHAKASIYA                 |
| 11 | TUL'SKAYA OBLAST'      | 26 | BELGORODSKAYA OBLAST'            | 41 | BALKARSKAYA RESPUBLIKA              | 56 | REPUBLIKA TYVA                      |
| 12 | VLADIMIRSKAYA OBLAST'  | 27 | VORONEZHSKAYA OBLAST'            | 42 | REPUBLIKA SEVERNAYA OSETIYA         | 57 | UST'-ORDYNSKIY AVTONOMYY OKRUG      |
| 13 | IVANOVSKAYA OBLAST'    | 28 | TAMBOVSKAYA OBLAST'              | 43 | INGUSHSKAYA RESPUBLIKA              | 58 | AGINSKIY BURYATSKIY AVTONOMYY OKRUG |
| 14 | KOSTROMSKAYA OBLAST'   | 29 | PENZENSKAYA OBLAST'              | 44 | CHECHENSKAYA RESPUBLIKA             | 59 | YEVREYSKA AVTONOMANAYA OBLAST'      |
| 15 | KIROVSKAYA OBLAST'     | 30 | REPUBLIKA MORDOVIYA              | 45 | REPUBLIKA DAGESTAN                  | 60 | KALININGRADSKAYA OBLAST'            |

# ARCTIC OCEAN

**RUSSIAN FEDERATION**  
 0 km 180 360 540 km  
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