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

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ARCTIC OCEAN
BARENTS SEA
NORWAY
SWEDEN
FINLAND
BALTIC SEA
KARSKOYE MORE
KARA SEA
MORE LAPTEVYKH
LAPTEV SEA
VOSTOCHNO-SIBIRSKOYE MORE
EAST SIBERIAN SEA
BERING SEA
OKHOTSKOYE MORE
SEA OF OKHOTSK
EAST SEA
(SEA OF JAPAN)
CASPIAN SEA
KAZAKHSTAN
MONGOLIA
CHINA
JAPAN
Honshū
Hokkaidō
Kuril'skiye Ostrova
Sakhalin
Novaya Zemlya
Severnaya Zemlya
Zemlya Frantsa-Iosifa
Franz Josef Land
Zapadno-Sibirskaya Ravnina
West Siberian Plain
Sredne-Sibirskoye Ploskogor'ye
Central Siberian Plateau
Ural'skiy Khrebet
Ural Mountains
Arctic Circle
OSLO
STOCKHOLM
HELSINKI
TALLINN
RIGA
VILNIUS
MINSK
MOSKVA
St Petersburg
KYIV KIEV
YEREVAN
T'BILISI
BAKI
ASTANA
ULAANBAATAR
ULAN BATOR
Murmansk
Yakutsk
Irkutsk
Krasnoyarsk
Novosibirsk
Omsk
Tomsk
Yekaterinburg
Perm'
Kazan'
Samara
Volgograd
Rostov-na-Donu
Krasnodar
Astrakhan'
Orenburg
Ufa
Chelyabinsk
Tyumen'
Vladivostok
Khabarovsk
Harbin
Changchun
Qiqihar
Jiamusi
Petropavlovsk-Kamchatskiy
Magadan
Anadyr
Nar'yan Mar
Dudinka
Salekhard
Khanty-Mansiysk
Ozero Baykal
Ozero Taymyr
Ozero Chany
Ozero Ladoga
Ozero Onezhskoye
Ozero Pyasino
Ozero Khantaskoye
Ozero Khubsugul
Ozero Dalay Nur
Ozero Hövsgöl Nur
Ozero Ubsu-Nur
Ozero Balkhash
Ozero Aral Sea
Ozero Issyk-Kul'
Ozero Sevan
Ozero Van
Ozero Urmiya
Ozero Tuz
Ozero Sarygamysh
Ozero Tengiz
Ozero Zaysan
Ozero Alakol'
Ozero Balaton
Ozero Vänern
Ozero Vättern
Ozero Mälaren
Ozero Saimaa
Ozero Inari