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New Analysis of Rosstat Leak Puts Russian Military Death Toll at 490K or More

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At least 490,000 Russian troops had been killed in the full-scale invasion of Ukraine by late September, according to a new analysis of leaked government death records by the exiled news outlets Meduza and Mediazona.

The outlets estimated that the actual military death toll could exceed 720,000 once delays in registering deaths are taken into account.

The findings offer a fuller picture of Russia's military losses from records obtained in a hack of the state statistics agency Rosstat. As The Moscow Times reported on Nov. 8, the hacking group Silent Crow's initial tally put the death toll at more than 450,000, a figure that also included civilians killed in airstrikes and during Ukraine's 2024 incursion into Russia's Kursk region.

The leaked Rosstat files contained nearly 11.7 million death records from January 2021 through Sept. 29, 2026.

To determine which deaths were linked to military service in Ukraine, Meduza and Mediazona looked at where and how people died and whether the records indicated they had served in the military. Nearly all of the troops they identified were men.

Related article: The Researchers Counting Russia's War Dead, One Name at a Time

The files contained records for 95.1% of the Russian troops that Mediazona and the BBC's Russian service had already identified by name. The outlets also checked the leaked data against probate records, court rulings, other leaked civil registry records and previously published Rosstat figures.

Other exiled outlets analyzing the leaked records arrived at similar counts.

The Insider identified at least 472,000 military deaths and estimated the figure could reach 485,000 by late September after accounting for registration delays. It identified more than 370,000 of those killed by name.

Novaya Gazeta Europe counted at least 490,000 Russian troops killed between the ages of 18 and 64.

The investigative outlet IStories found more than 499,000 records of Russian military deaths between the start of the full-scale invasion on Feb. 24, 2022, and Sept. 28, 2026. Its analysis showed that the average daily death toll rose from about 60 in 2022 to 150 in 2023, more than 400 in 2024 and 584 in 2025.

Some of the highest death tolls relative to population were recorded in Siberia and the Russian Far East. The Jewish autonomous district lost nearly 1,000 troops per 100,000 residents, compared with about 800 in the Zabaikalsky region, 760 in the Chukotka autonomous region and 650 in the republic of Tyva. Moscow recorded 63 deaths per 100,000 residents.

The regional figures echo earlier research showing that the war has taken a disproportionate toll on some of Russia's smallest Indigenous communities, where military salaries can far exceed what recruits can earn locally.

The median age of Russian troops killed rose from 33 in 2022 to 40 in 2026. More than 7,000 of those killed were 18 or 19, and about half of them died in 2025. Sixteen were killed within a month of turning 18.

Russia last officially disclosed its battlefield losses in September 2022 and has dismissed independent estimates as unreliable.

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