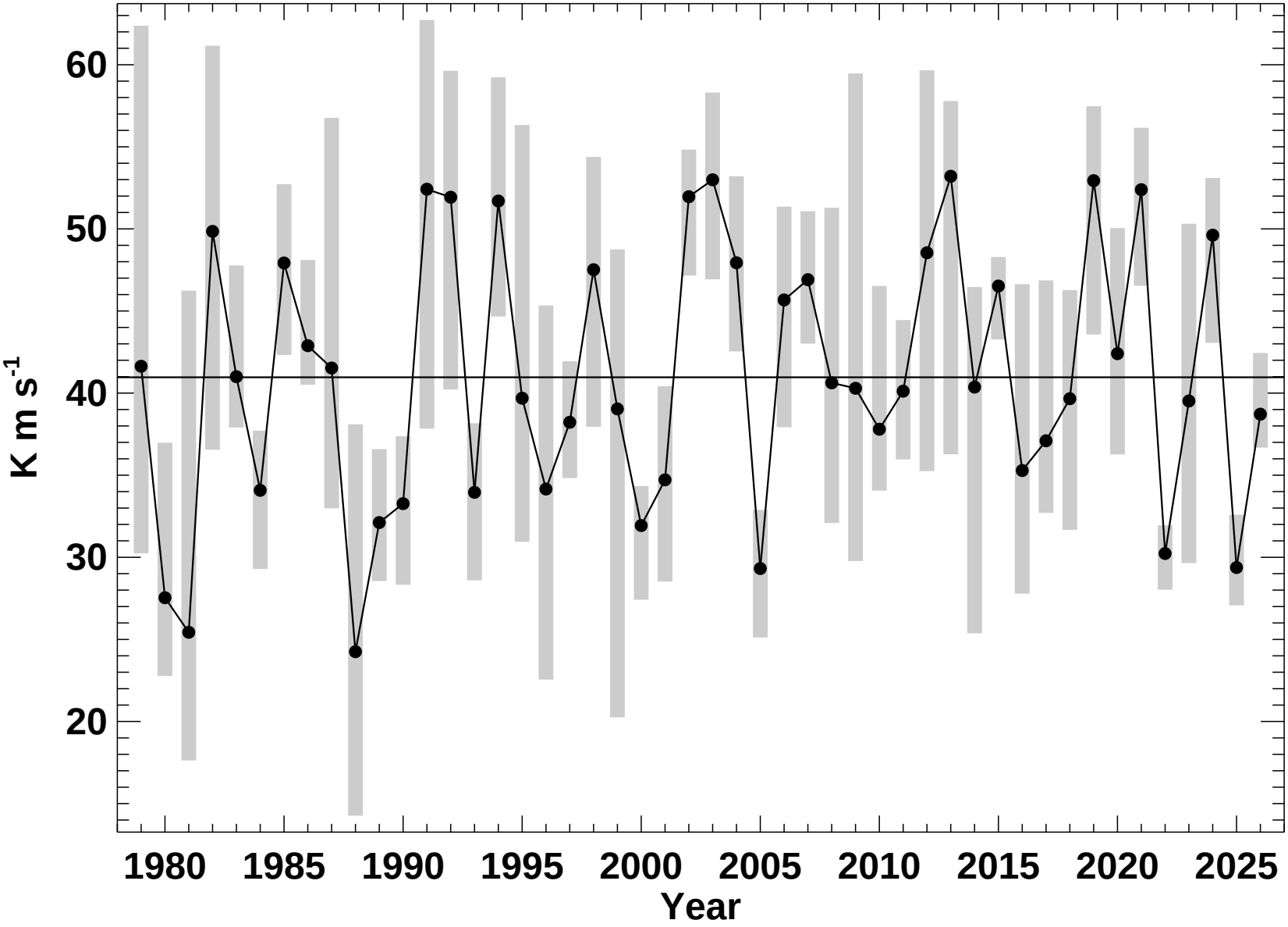
45°–75°N 45-day wave 1–3 total eddy heat flux (30 hPa, January)



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