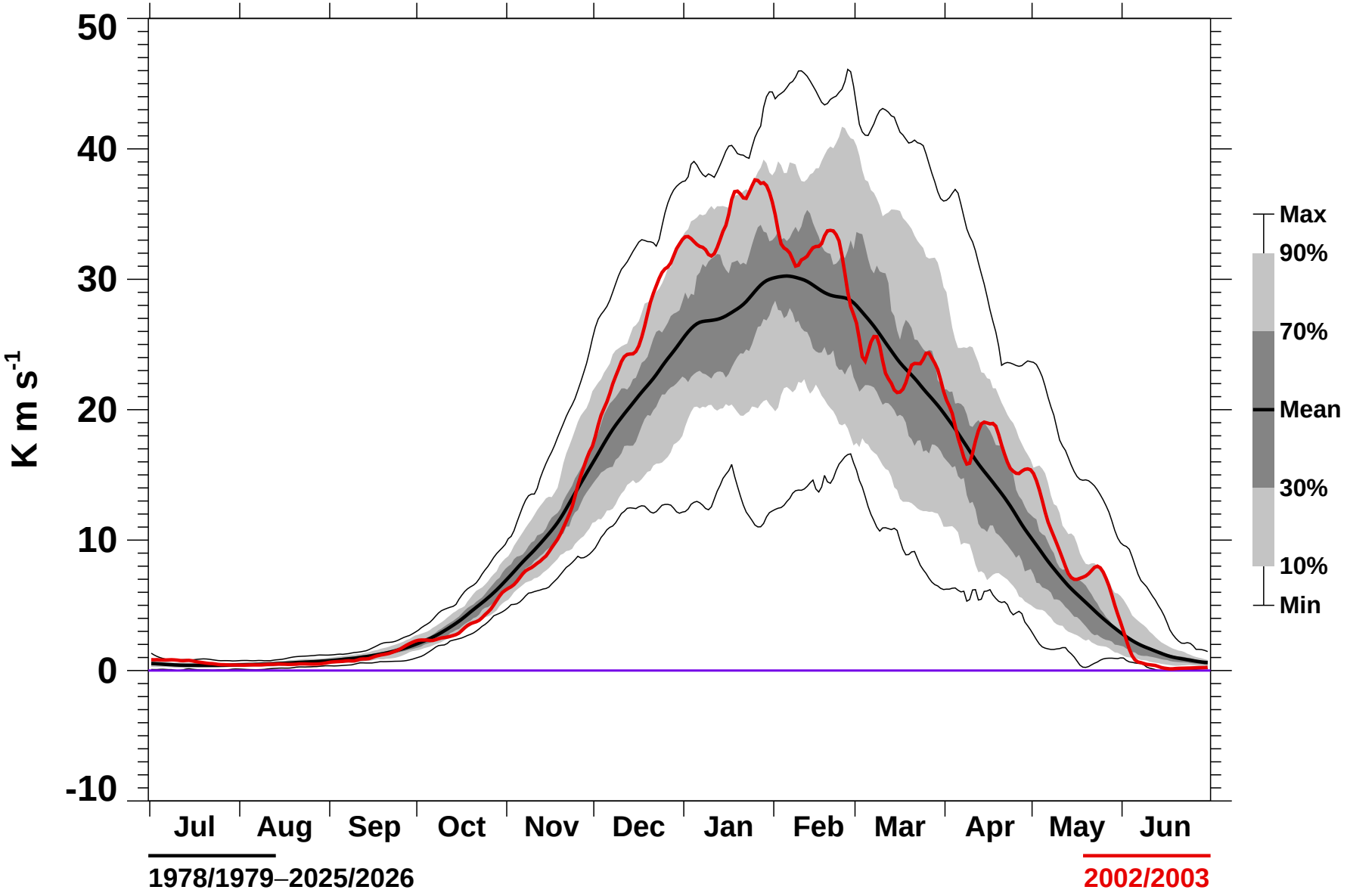
45-Day Mean 45-75°N Heat Flux (Waves 1-3)
50 hPa MERRA2



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