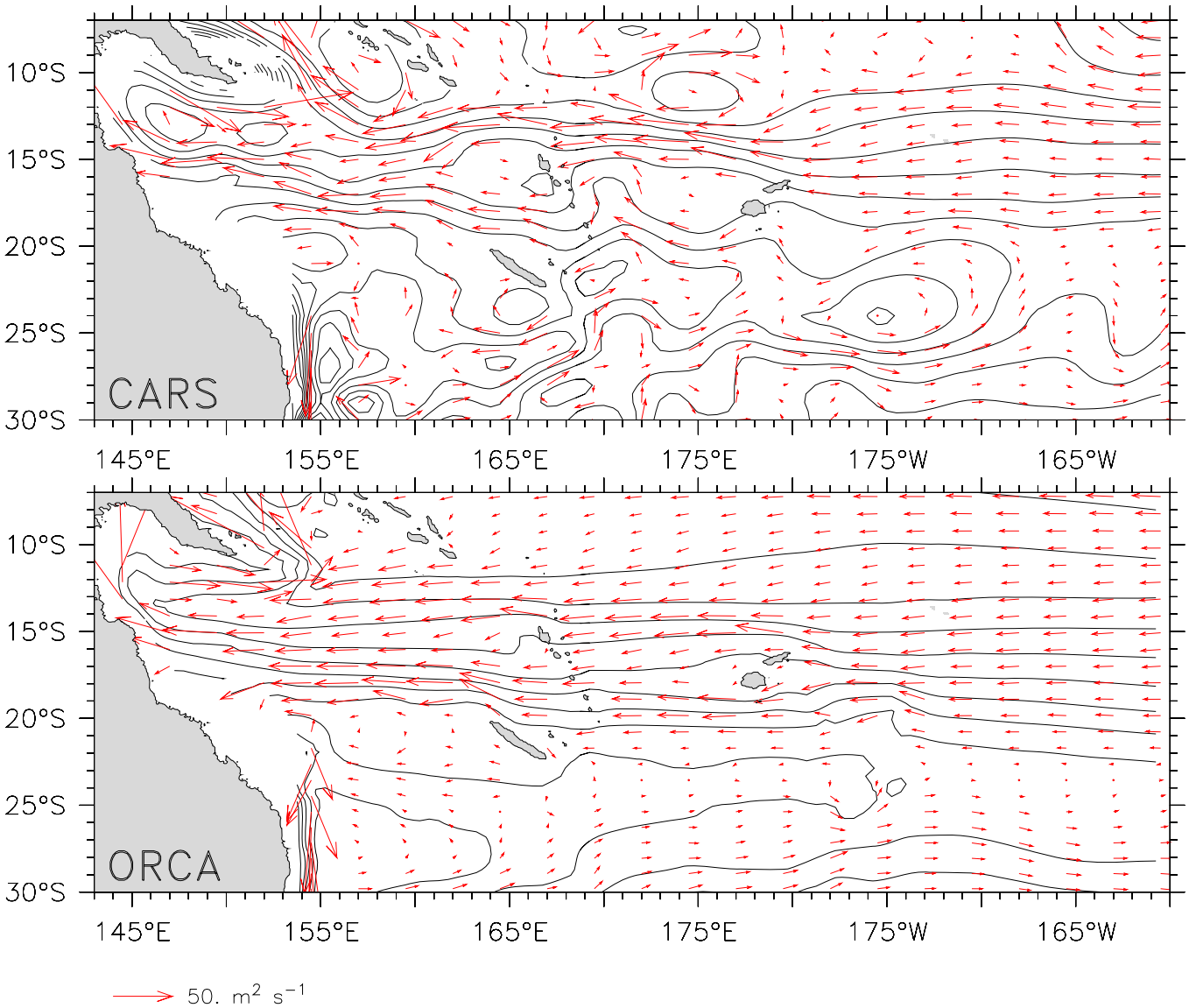
CARS and ORCA transport

$\int$DH dz rel 1000m and CARS $\int(u_g,v_g)dz$, ORCA $\int(u,v)dz$