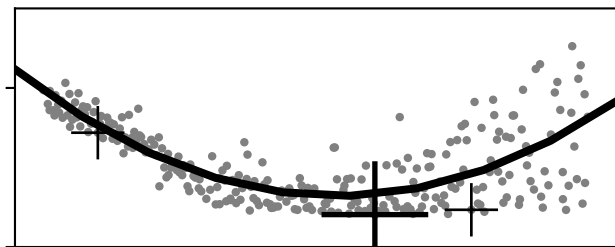
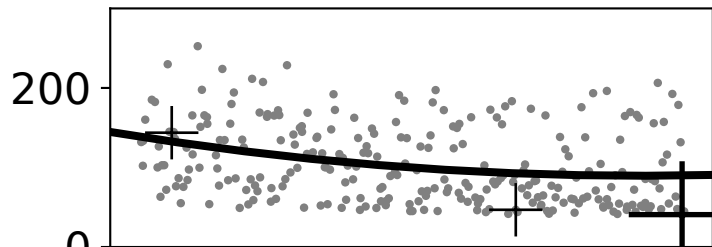
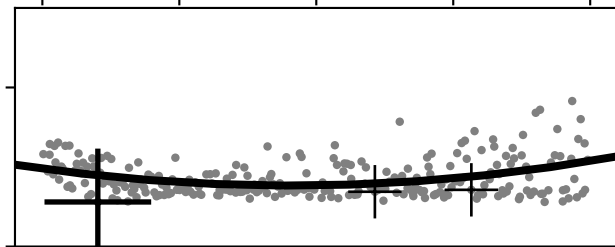
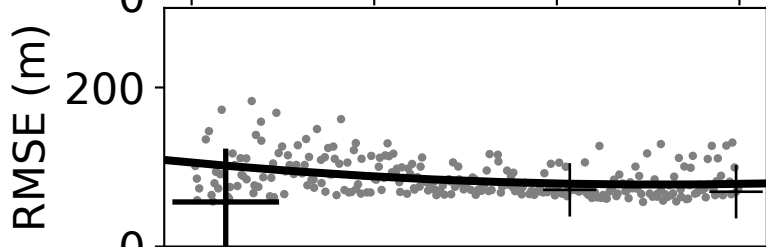


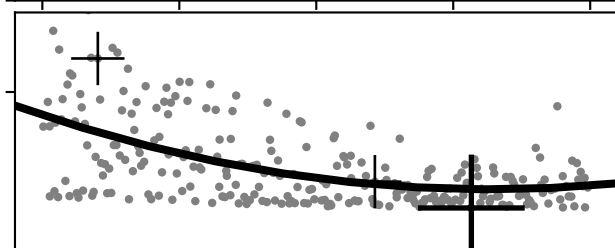
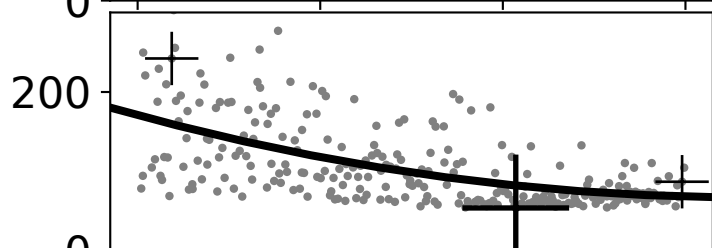
29 ka – 11.7 ka



57 ka – 29 ka



115 ka – 57 ka



$\Delta P_{\text{hol}}$  (m yr<sup>-1</sup>)

$f_{\text{LGM}}$