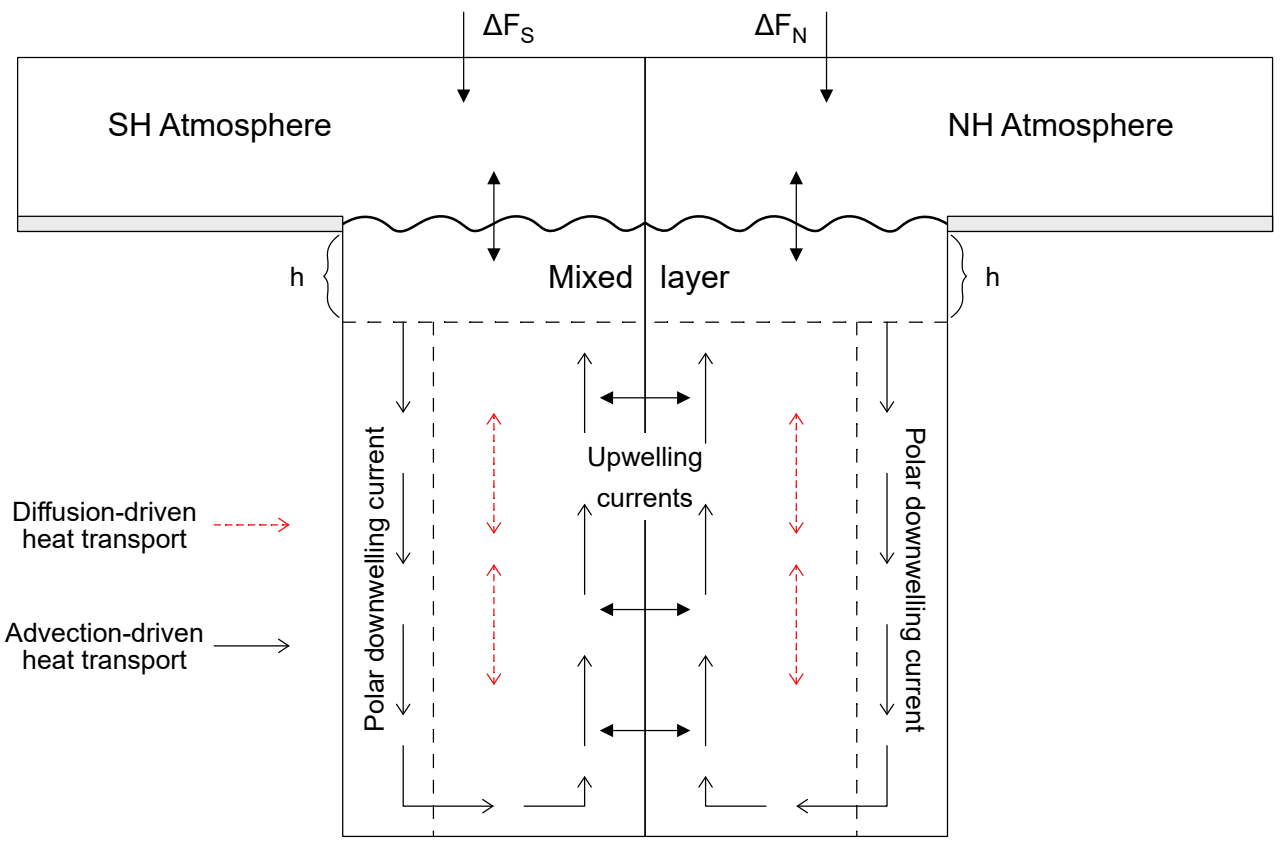
ΔF_S
ΔF_N
SH Atmosphere
NH Atmosphere
h
Mixed layer
h
Upwelling currents
Polar downwelling current
Polar downwelling current
Diffusion-driven heat transport
Advection-driven heat transport