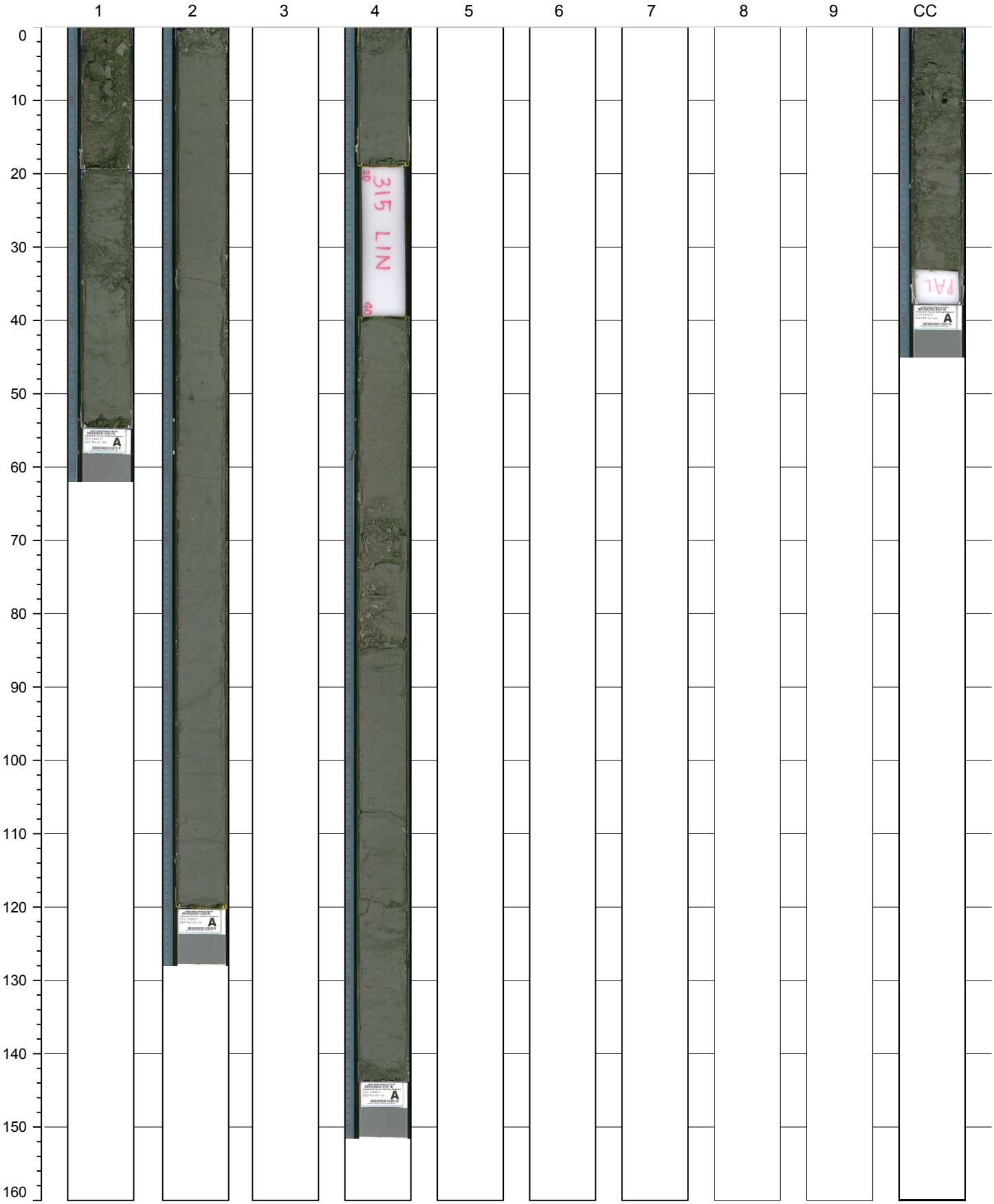Hole C0001F Core 19H, interval 226.49-229.826 m (core depth below seafloor)