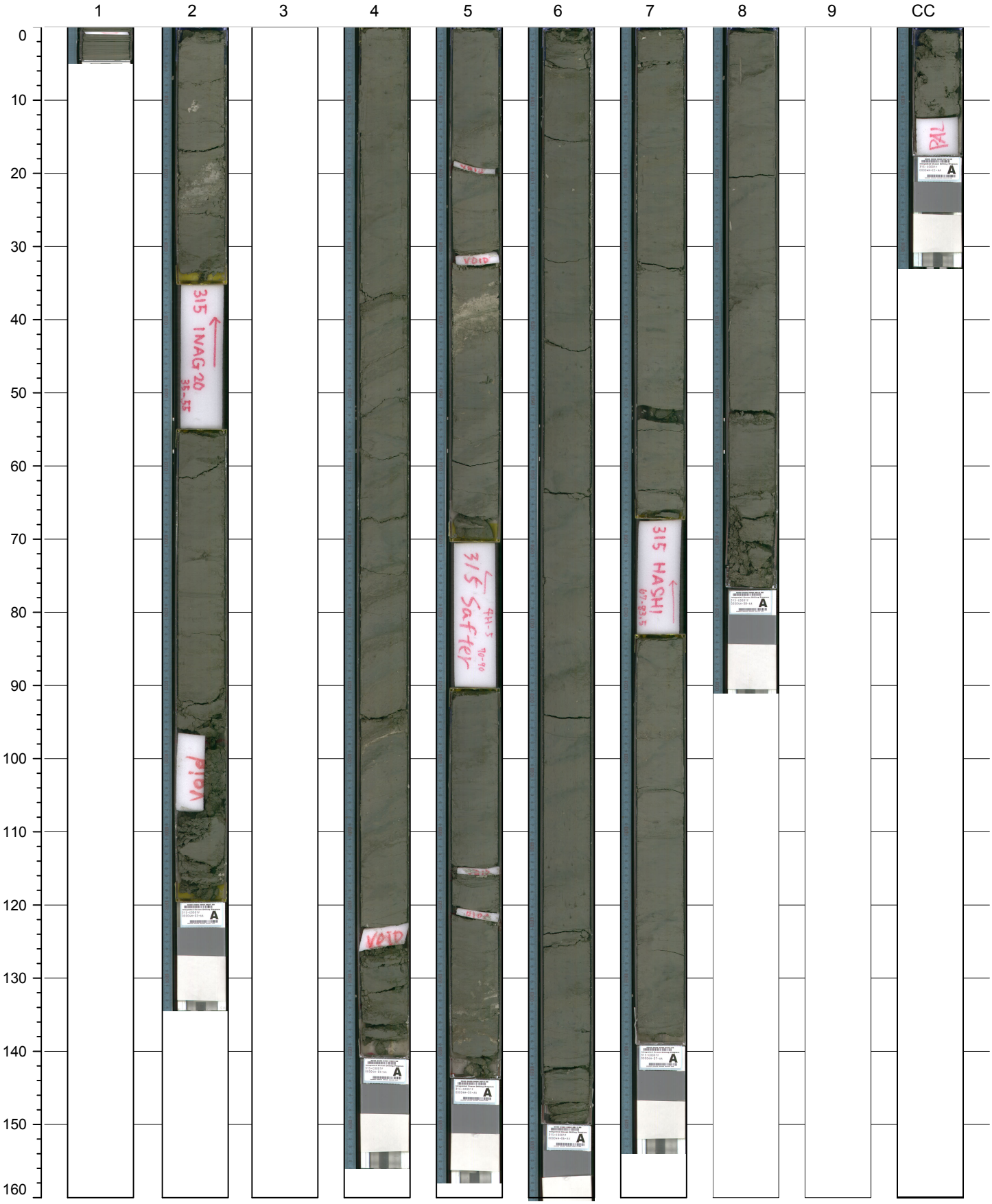Hole C0001F Core 4H, interval 136.5-145.975 m (core depth below seafloor)