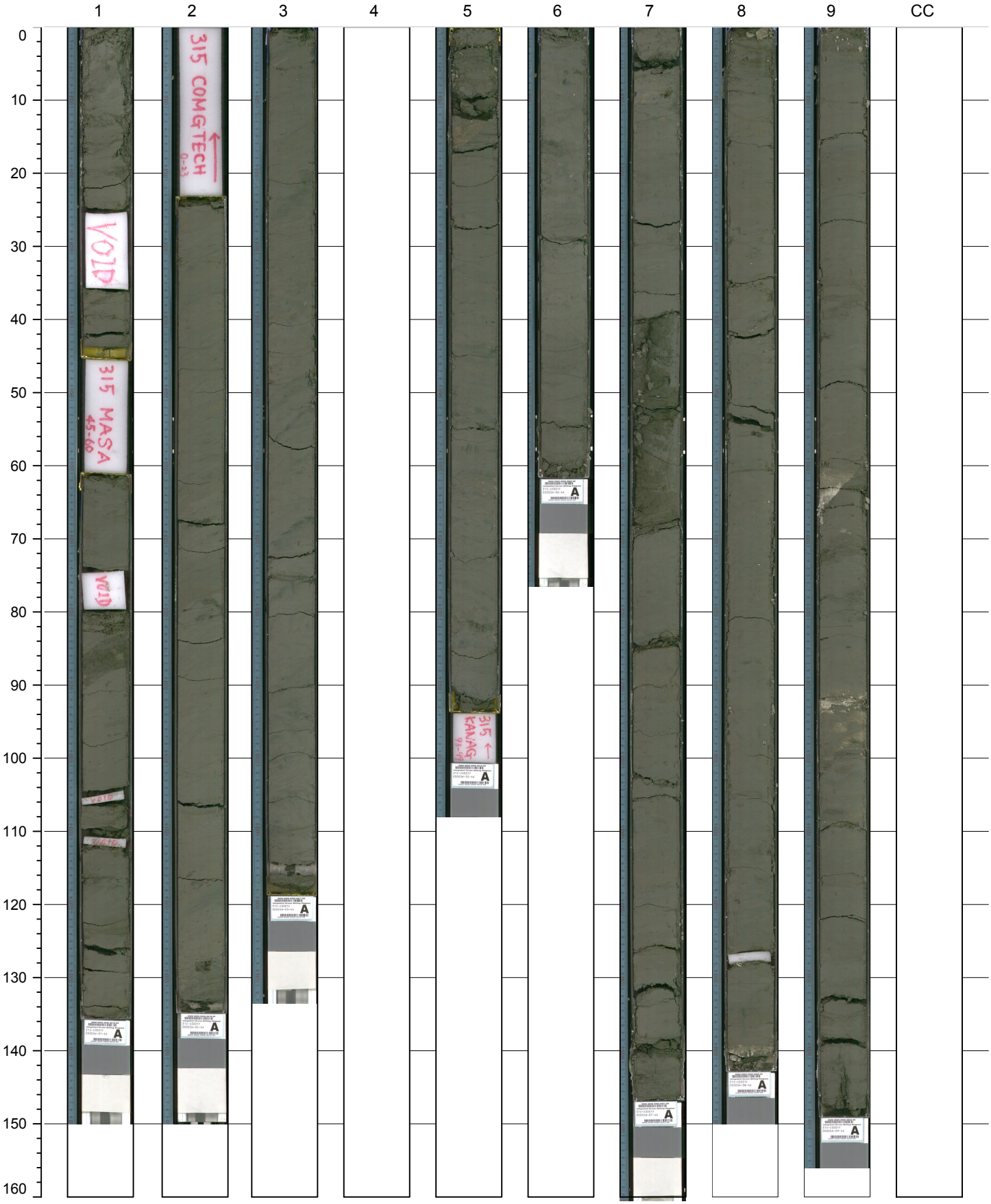Hole C0001F Core 5H, interval 146-155.495 m (core depth below seafloor)