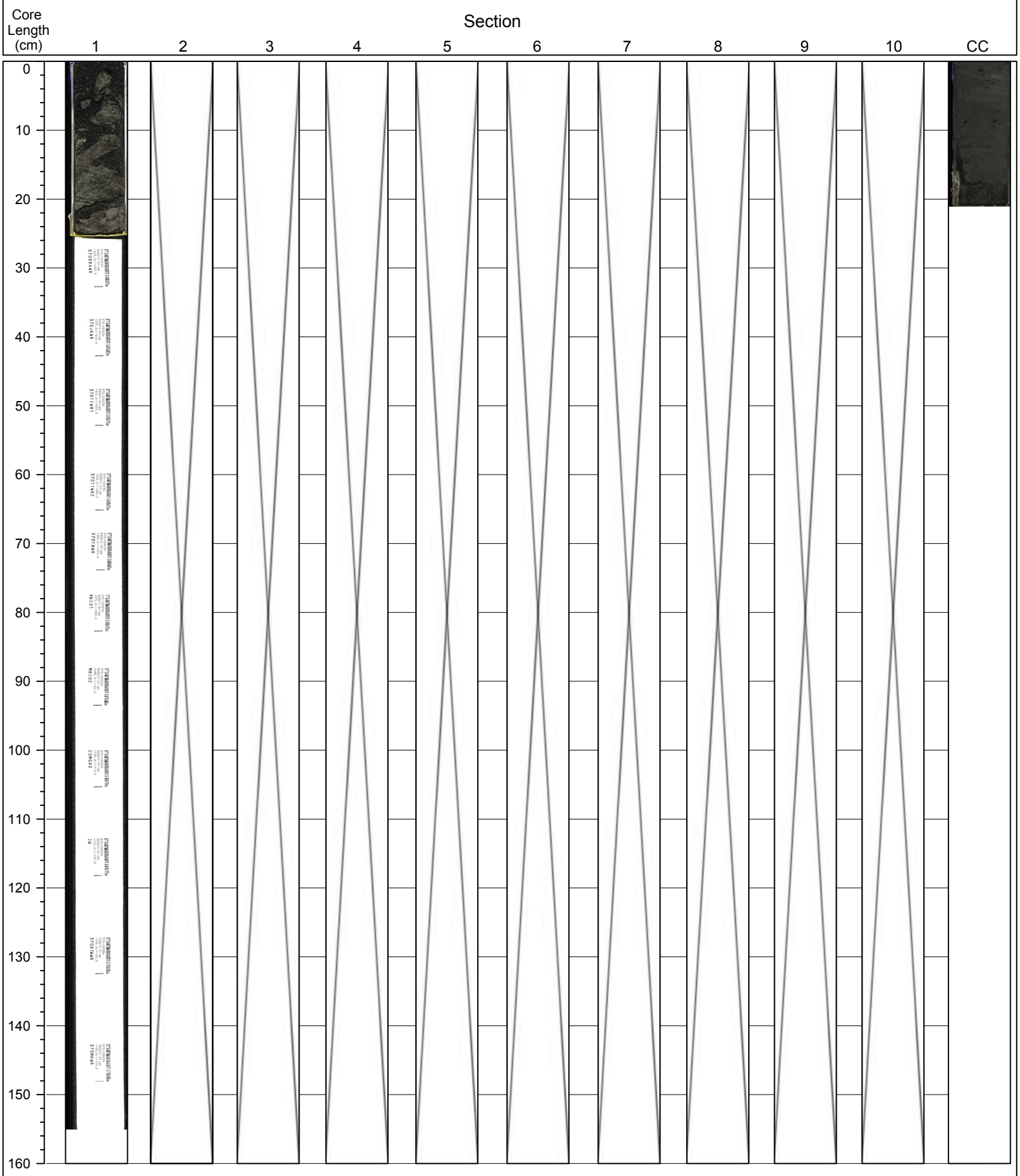Hole C0023A Core 1F, interval 189-190.5 m (core depth below seafloor)