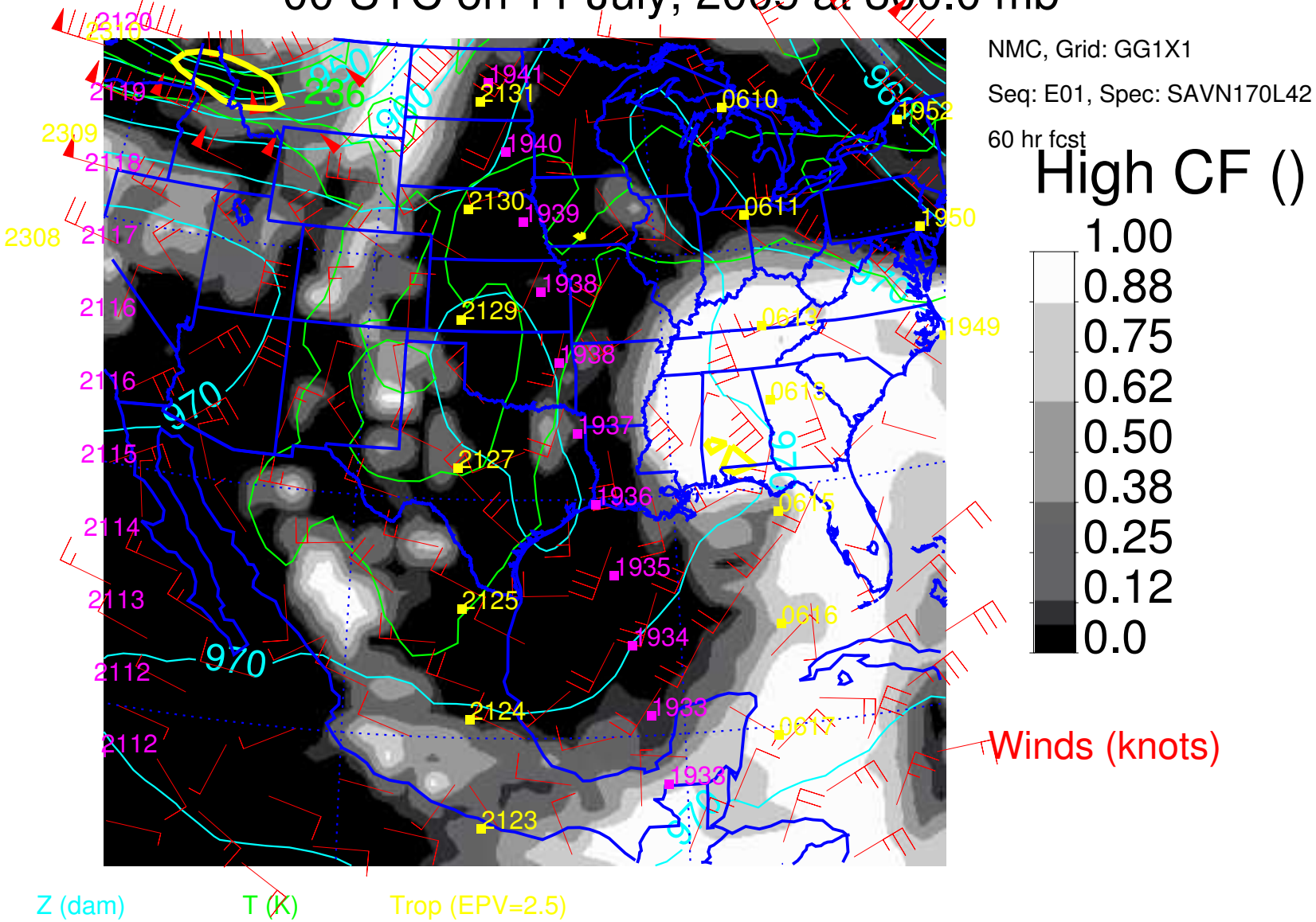00 UTC on 11 July, 2005 at 300.0 mb