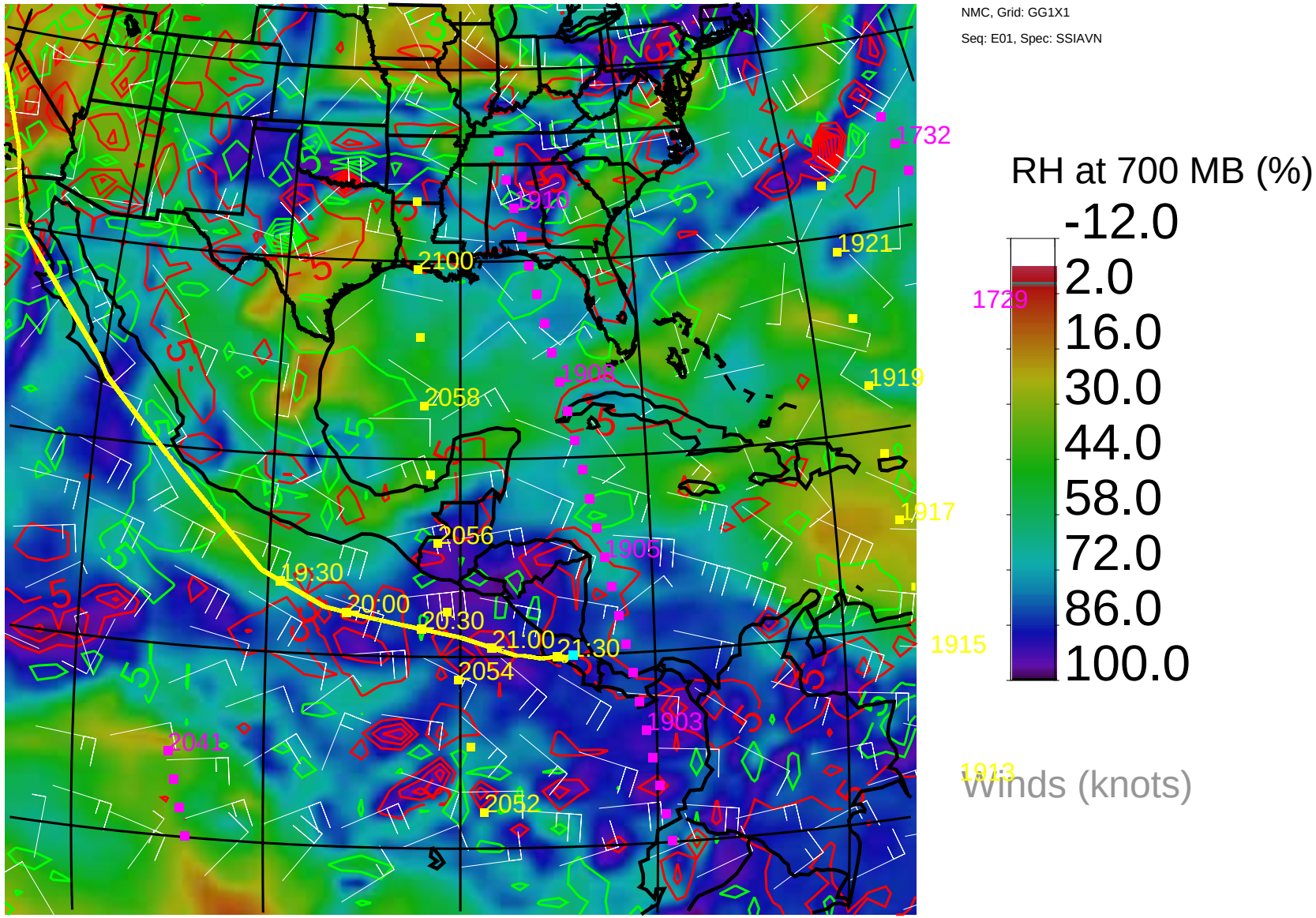
18 UTC on 13 July, 2007 at 700.0 mb



Ascent (10 mb/hr)

Descent (10 mb/hr)