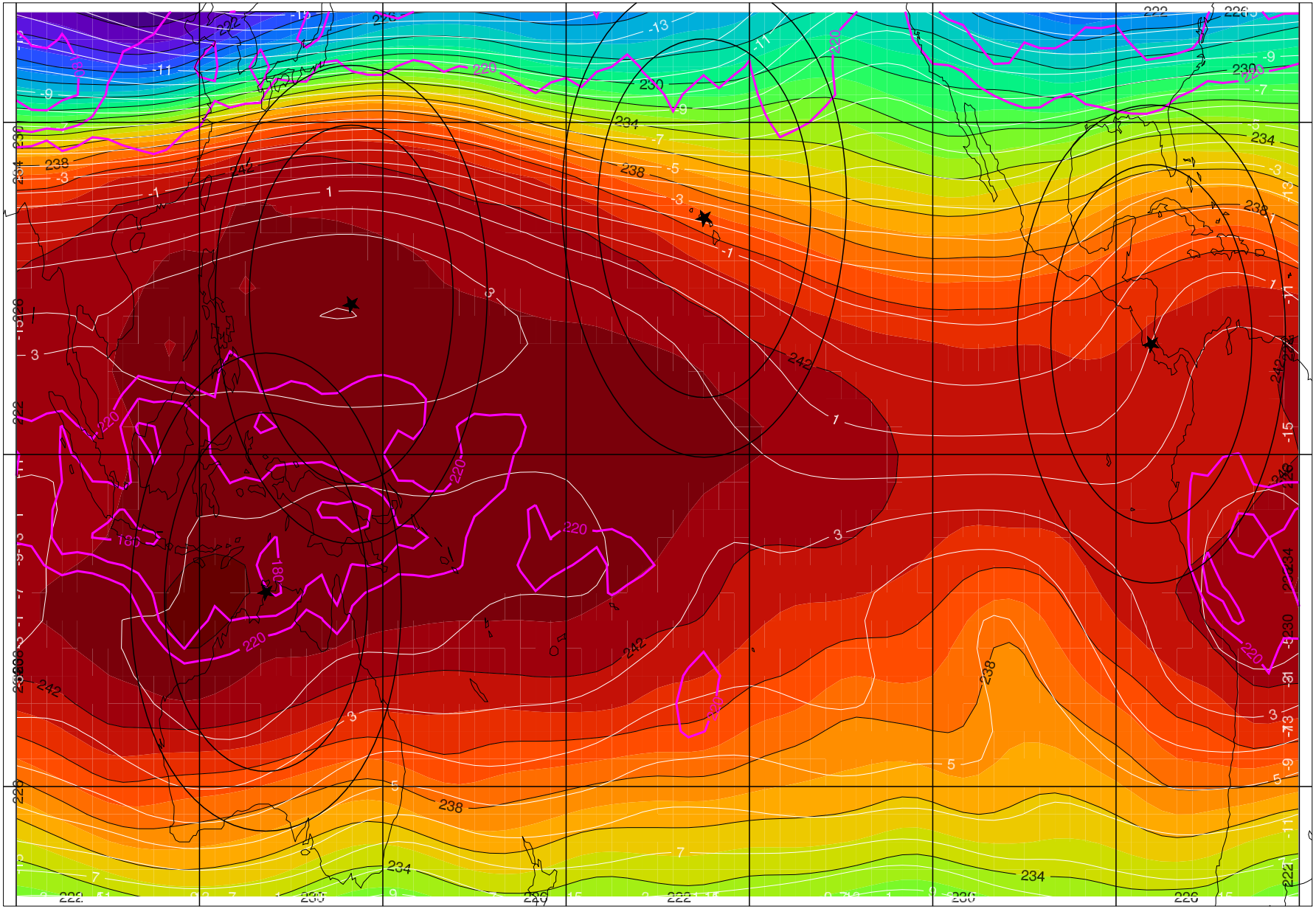# 300 hPa Temp. (K) January 1980