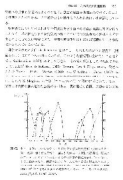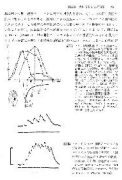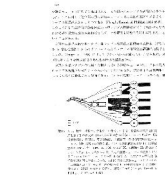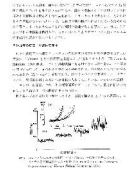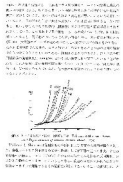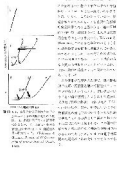大区域海浪预报