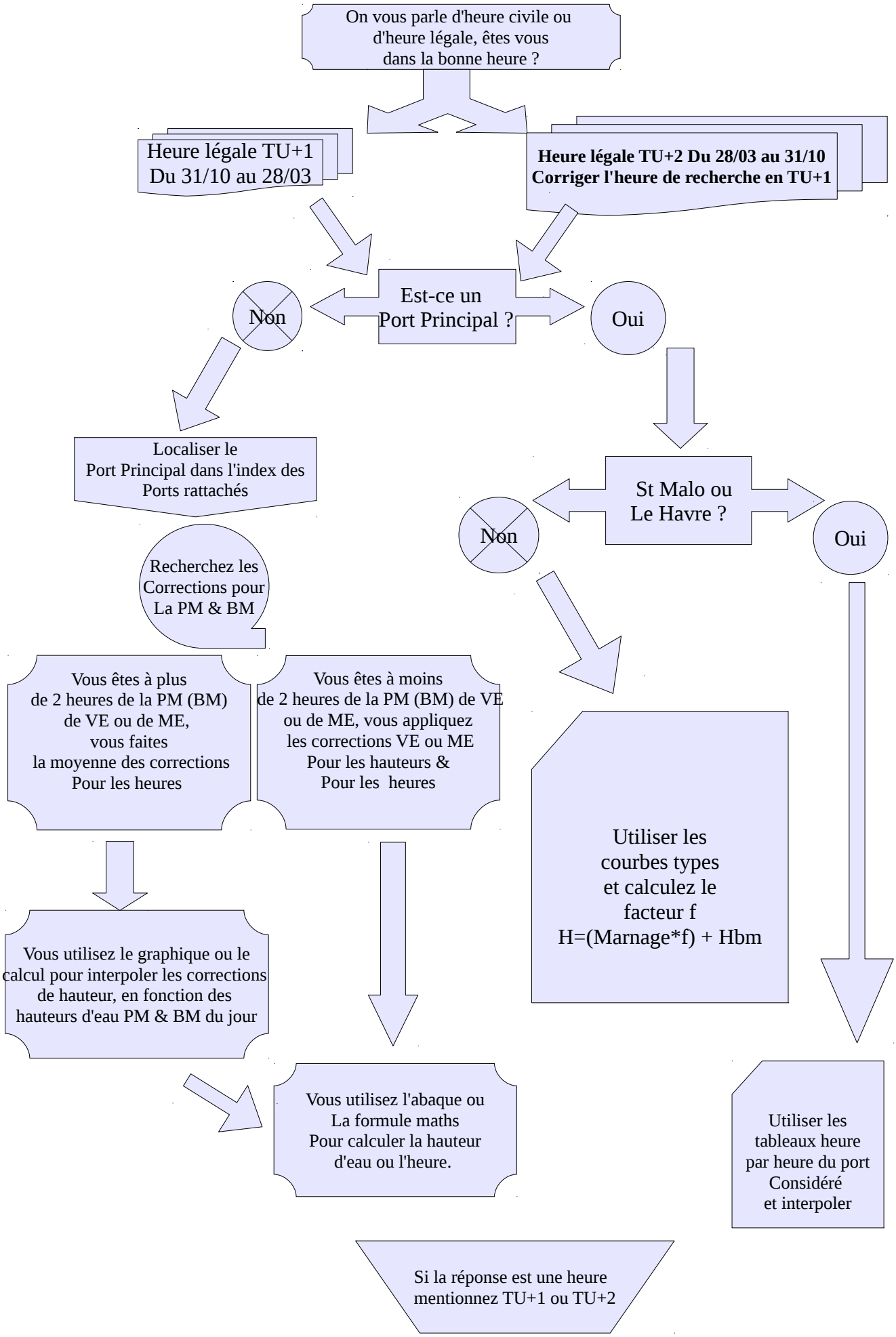CALCUL DE MARÉE EN FRANCE MÉTROPOLITAINE