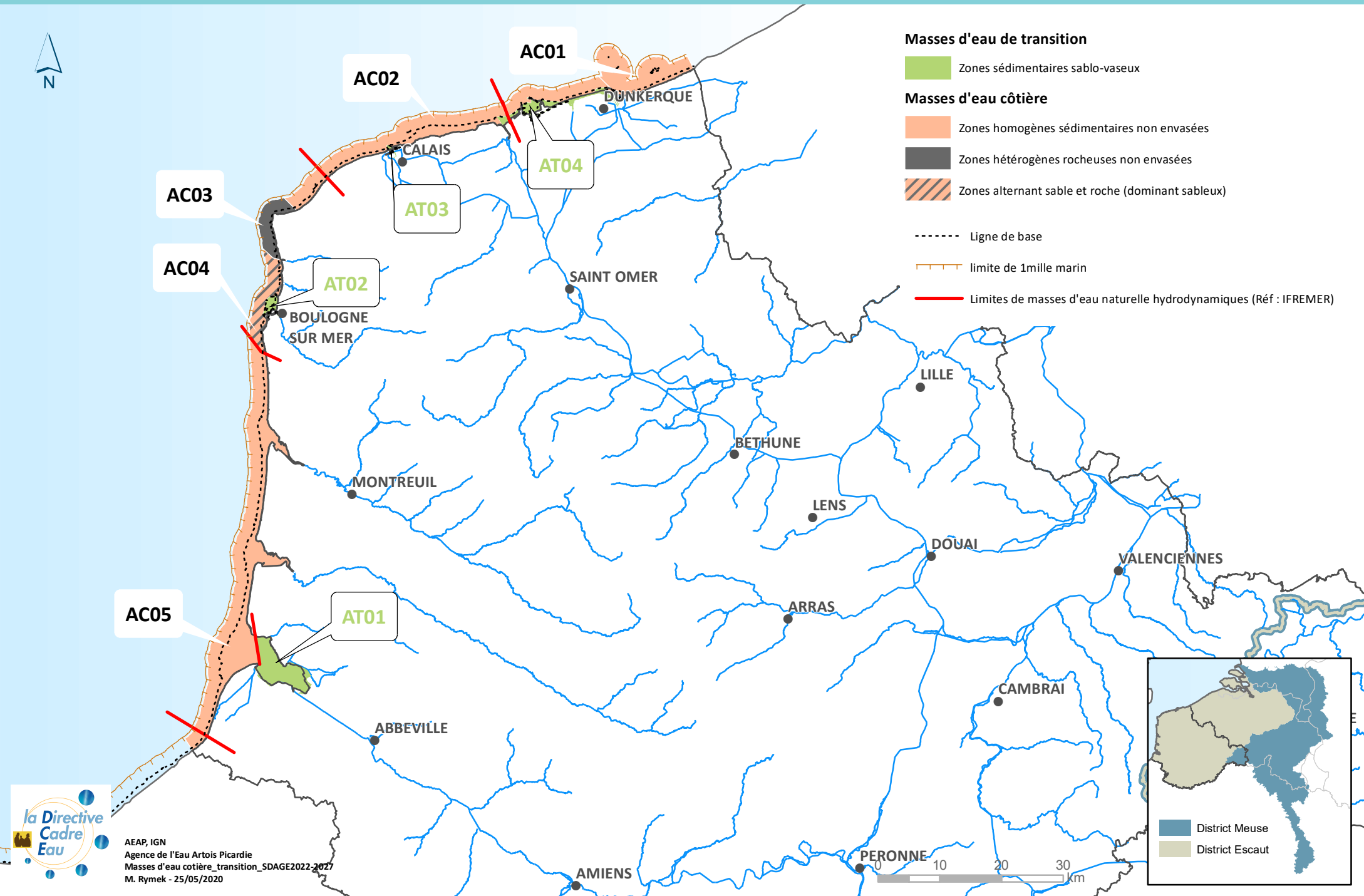Masses d'eau côtières et de transition