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## Ocean mass changes from the lower degree harmonics

**Per Knudsen**

DTU Space, National Space Institute, Geodesy, Kgs. Lyngby, Denmark (pk@space.dtu.dk)

The study is based on the low degree harmonics to focus on the accurate long wavelength parts of the GRACE/GFO gravity fields. To reduce the contamination of mass changes on land a set of point masses are estimated and analyzed to verify estimates of the melting of the major ice sheets. Subsequently, residual gravity fields are used to recover characteristics and regional patterns of changes in the ocean mass.