

$$mT_{\text{Cant}}^{\text{adv}} + mT_{\text{Cant}}^{\text{lf}} + mT_{\text{Cant}}^{\text{eiv}} = mT_{\text{Cant}}^{\text{online}}$$

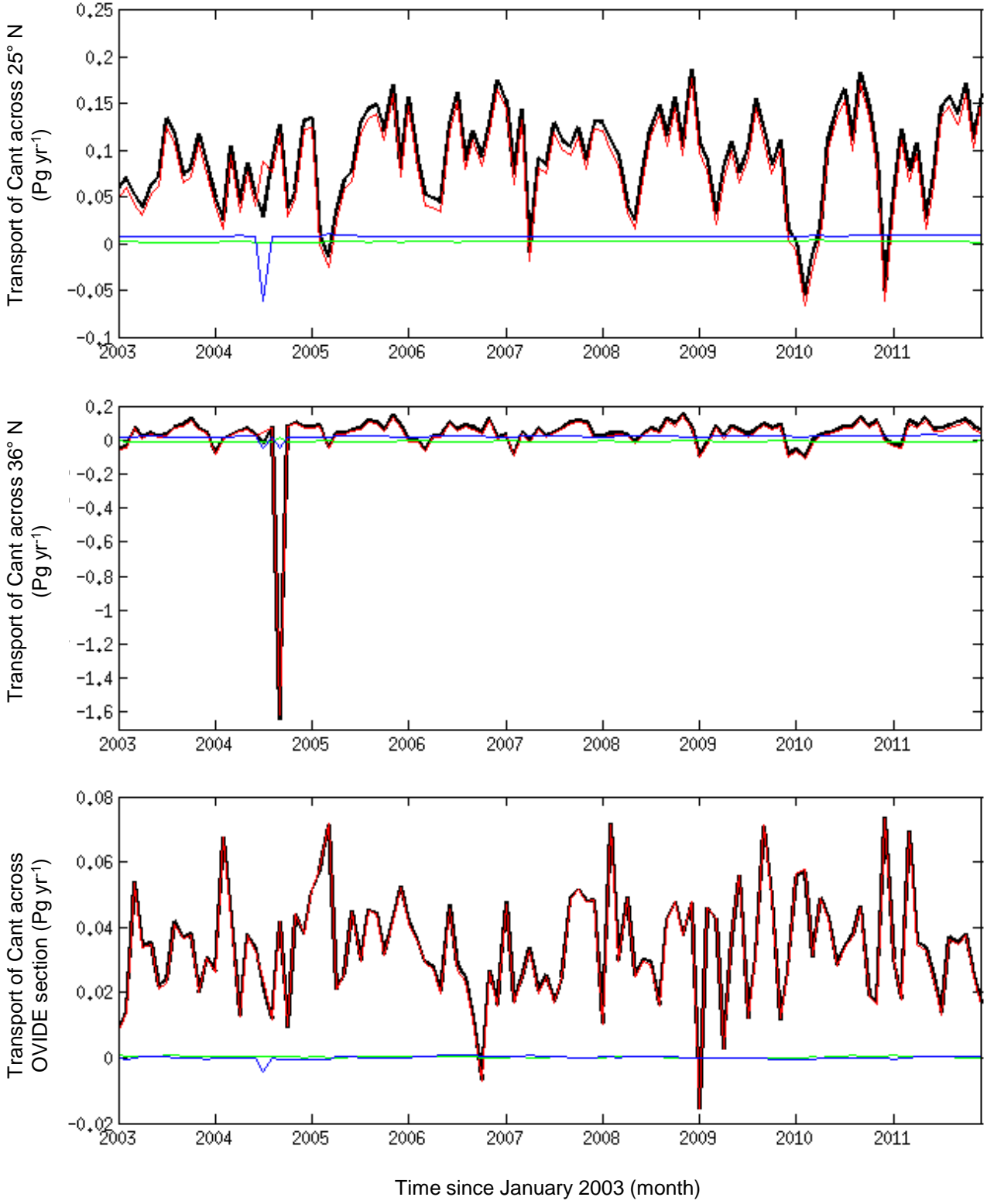


Fig. S2: Transport of Cant across (from top to bottom) 25° N, 36° N and OVIDE sections computed online by ORCA05-PISCES over the period 2003-2011 (monthly resolution). In the online approach, the transport of Cant ($mT_{\text{Cant}}^{\text{online}}$, black bold line) is the sum of the advection ($mT_{\text{Cant}}^{\text{adv}}$, red fine line), the diffusion ($mT_{\text{Cant}}^{\text{lf}}$, blue fine line) and the eddy ($mT_{\text{Cant}}^{\text{eiv}}$, green fine line) contribution. For each section, $mT_{\text{Cant}}^{\text{adv}}$ is the major component of $mT_{\text{Cant}}^{\text{online}}$.