F_e : Vertical entrainment during deepening
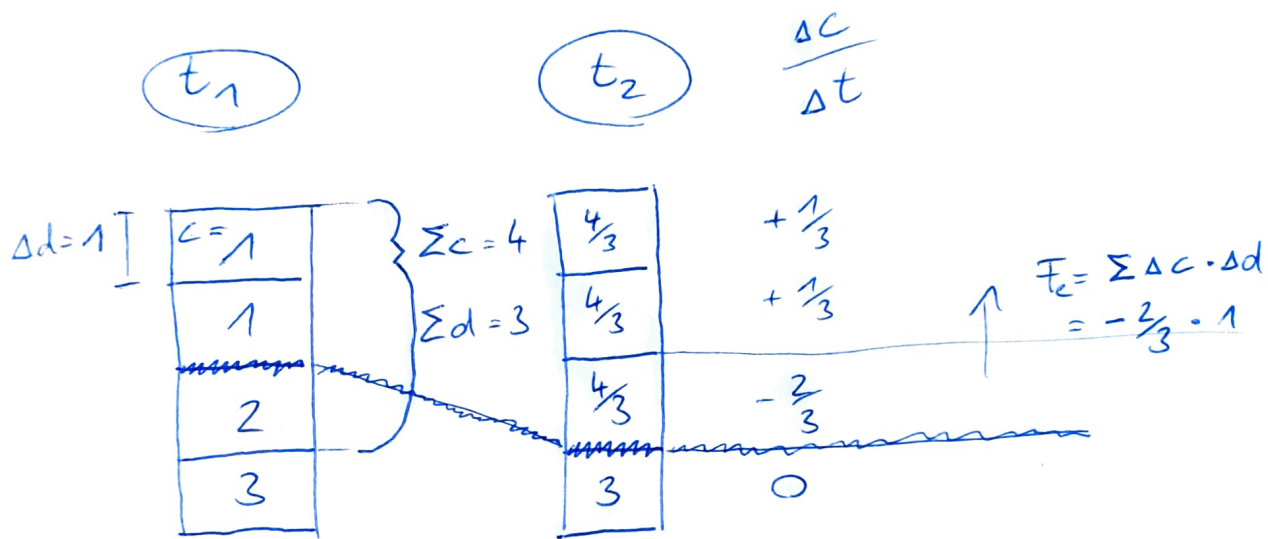of the mixed layer depth (MLD)

Approach : * 1D Box Model
* complete vertical mixing
$\hookrightarrow$ homogenious distribution of tracer c
* $MLD_{t=2} > MLD_{t=1}$

Scenario 1 : homogenious distribution of c below/above
MLD

t_1 t_2 $\frac{\Delta c}{\Delta t}$

$\Delta d = 1$

$c=1$	$\Sigma c = 4$	$4/3$	$+\frac{1}{3}$
1	$\Sigma d = 3$	$4/3$	$+\frac{1}{3}$
2		$4/3$	$-\frac{2}{3}$
3		3	0

$F_e = \Sigma \Delta c \cdot \Delta d$
$= -\frac{2}{3} \cdot 1$

Scenario 2 : increasing c below MLD

1	$\Sigma c = 7$	$7/4$	$+\frac{3}{4}$
1	$\Sigma d = 4$	$7/4$	$+\frac{3}{4}$
2		$7/4$	$-\frac{1}{4}$
3		$7/4$	$-\frac{5}{4}$

$F_e = \Sigma \Delta c \cdot \Delta d$
$= -\frac{1}{4} \cdot 1 + \left(-\frac{5}{4} \cdot 1 \right)$
$= -6/4$
$= -\left[\frac{\frac{1+5}{4}}{2} \right] \cdot 2$
$= \overline{\Delta c} \cdot \Sigma \Delta d$