## Max $d\theta_d/dt$ (in deg/yr) (LSMOD1, 49 ka) Fixed $L_B = 10$ Fixed $L_{IJ} = 25$ -■- unrestricted flow $4 \times 10^{-1}$ -■- columnar flow $3 \times 10^{-1}$ $2 \times 10^{-1}$ $10^{-1}$ **-**■**-** unrestricted flow **-**■**-** columnar flow 10<sup>0</sup> 10<sup>2</sup> 10<sup>0</sup> $10^{1}$ $10^{1}$ $L_U$ $L_B$