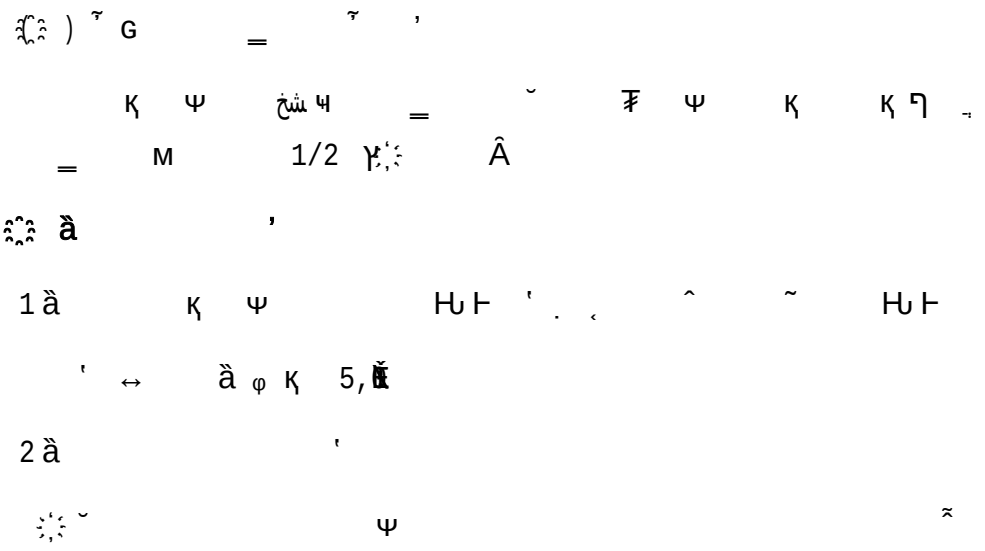3 à