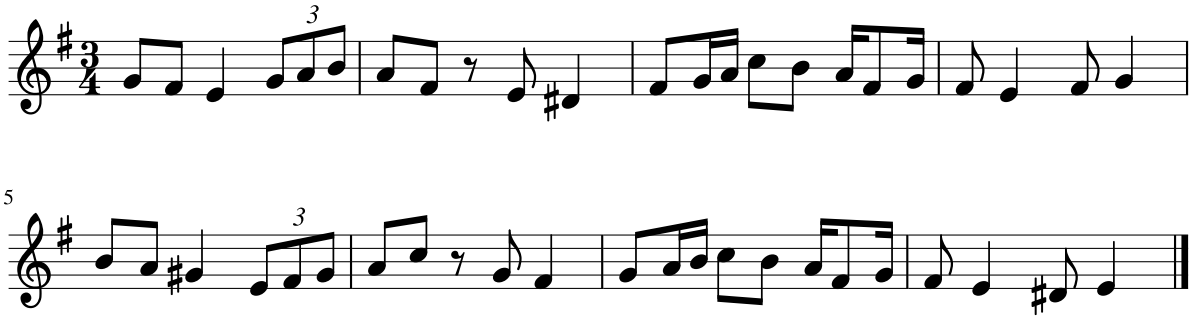Dictado 30