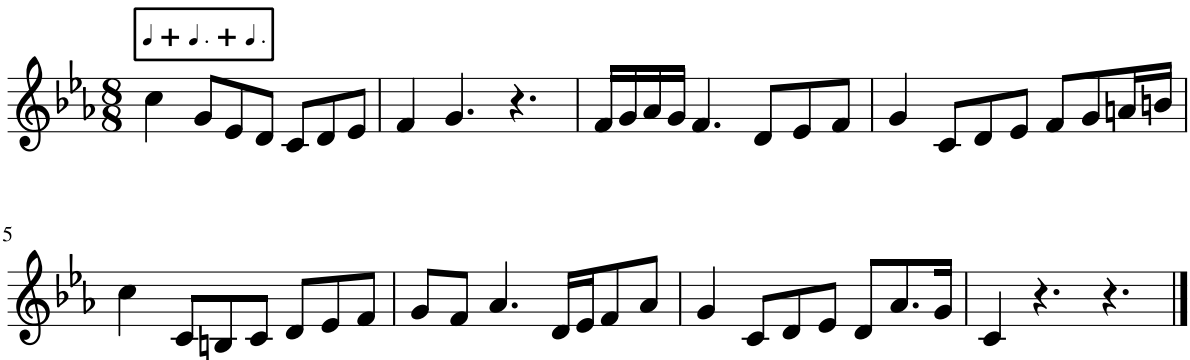Dictado 55