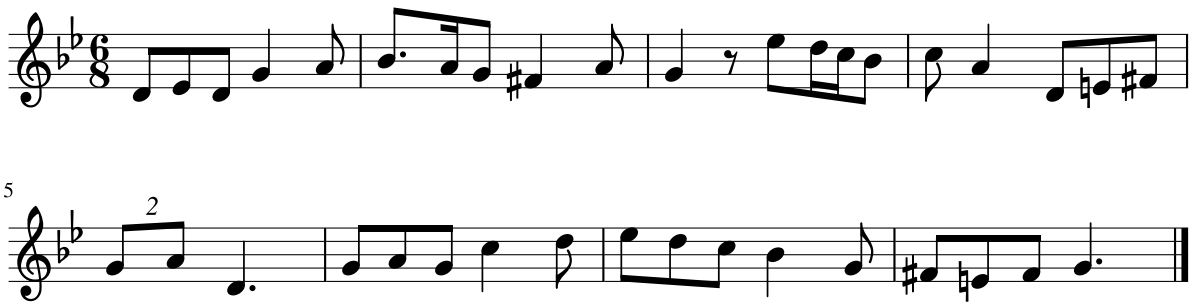Dictado 68