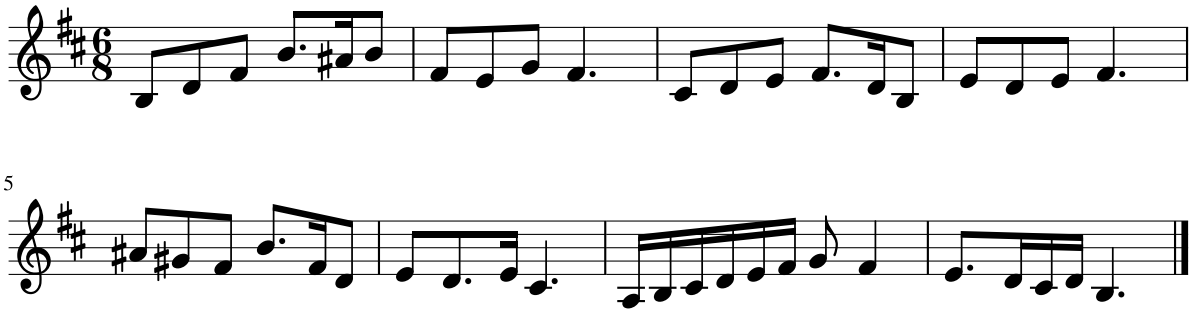Dictado 76