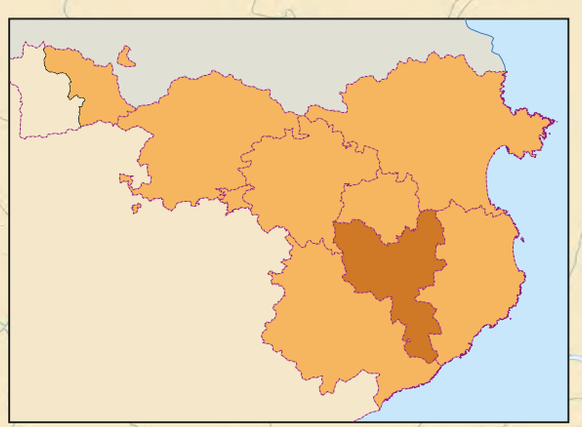Gironès