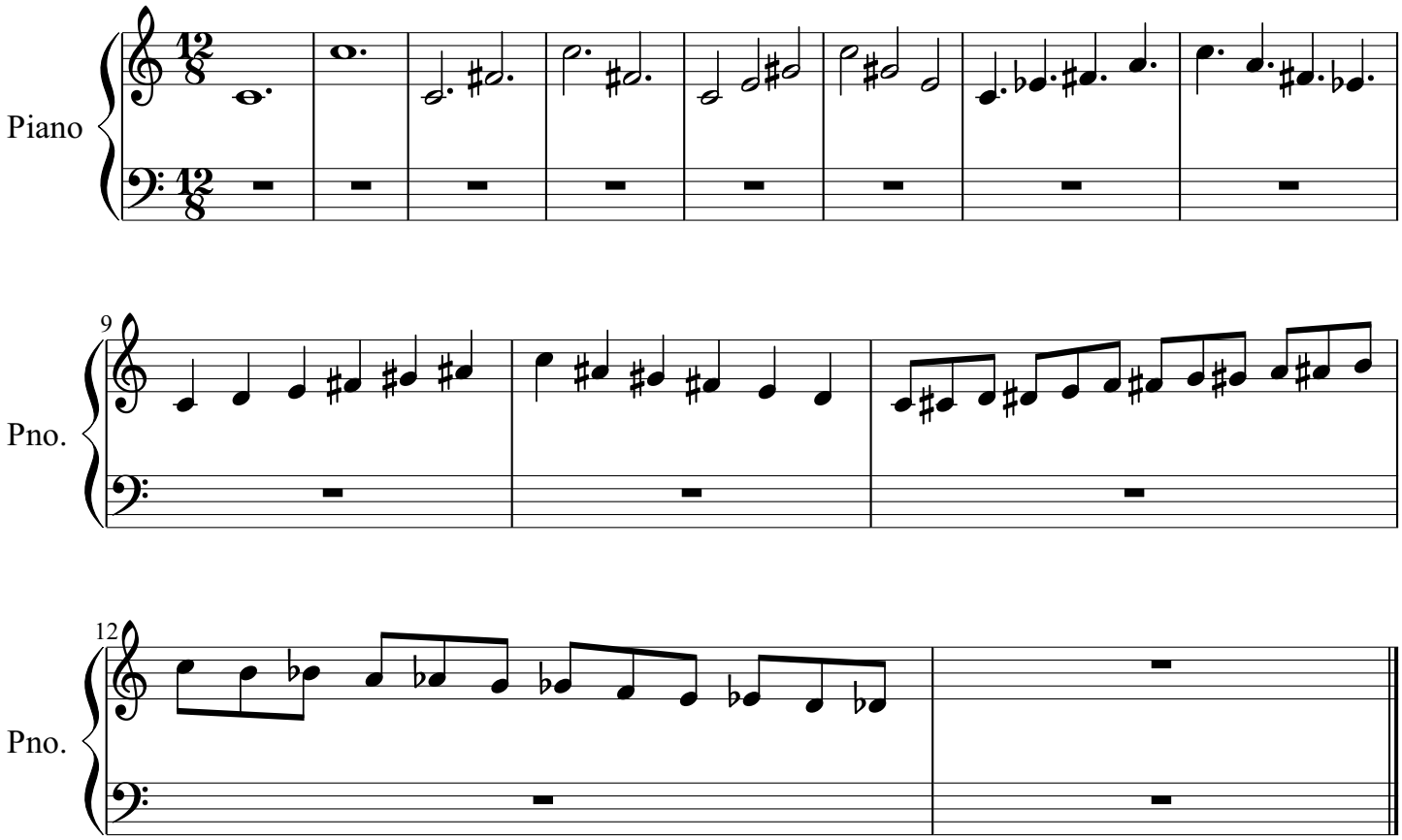Grupos