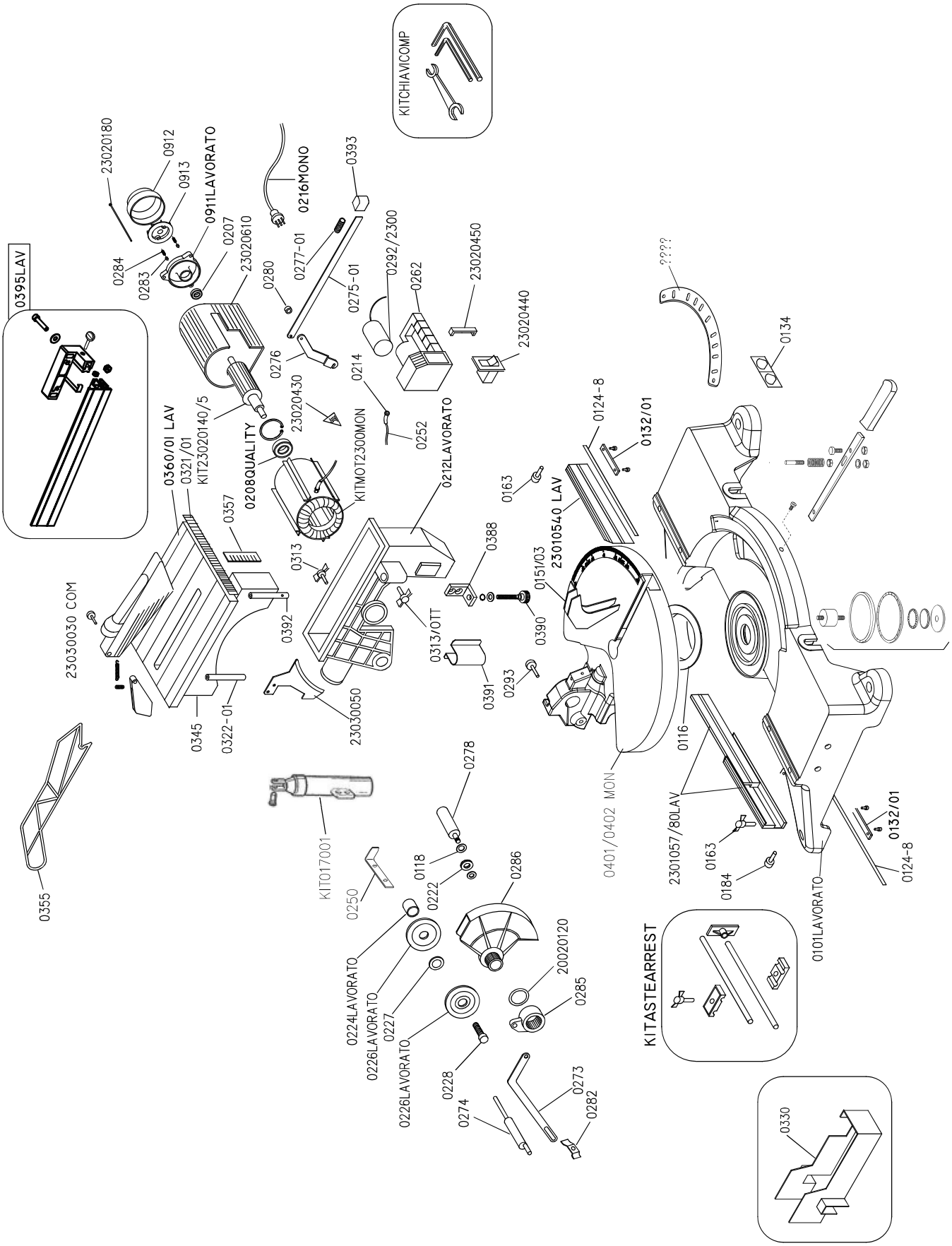Tavola esploso