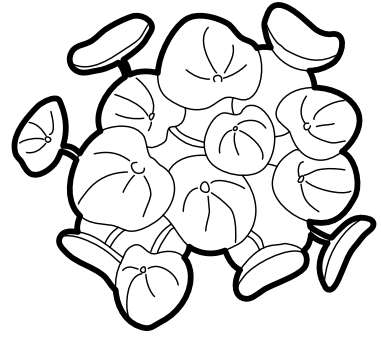40 cm