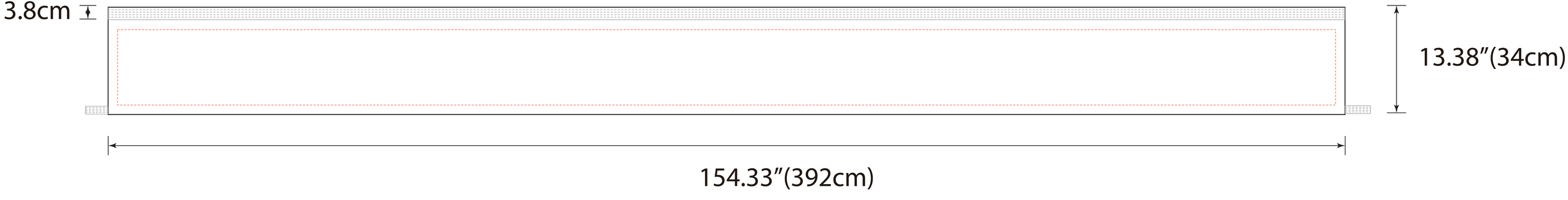400cm