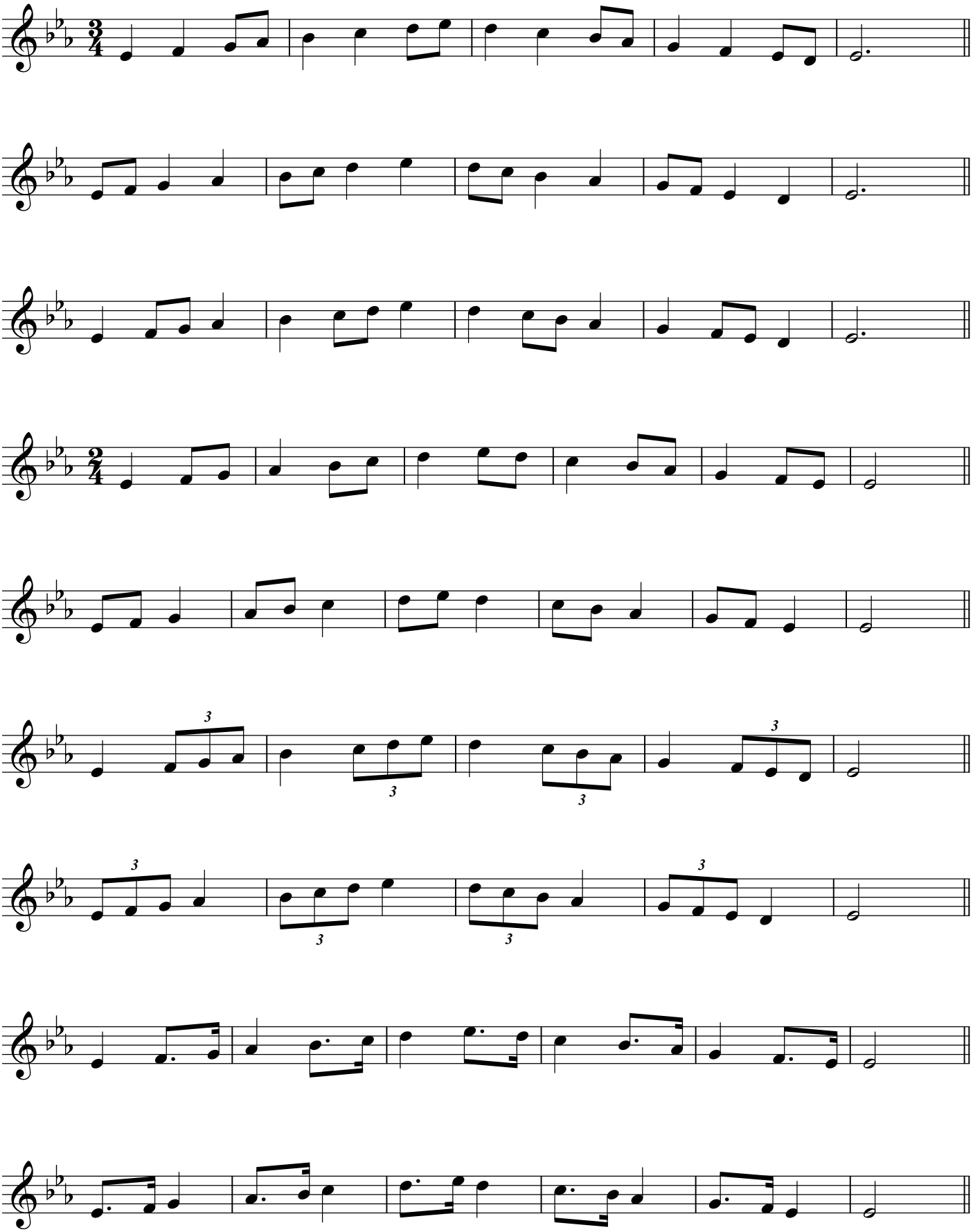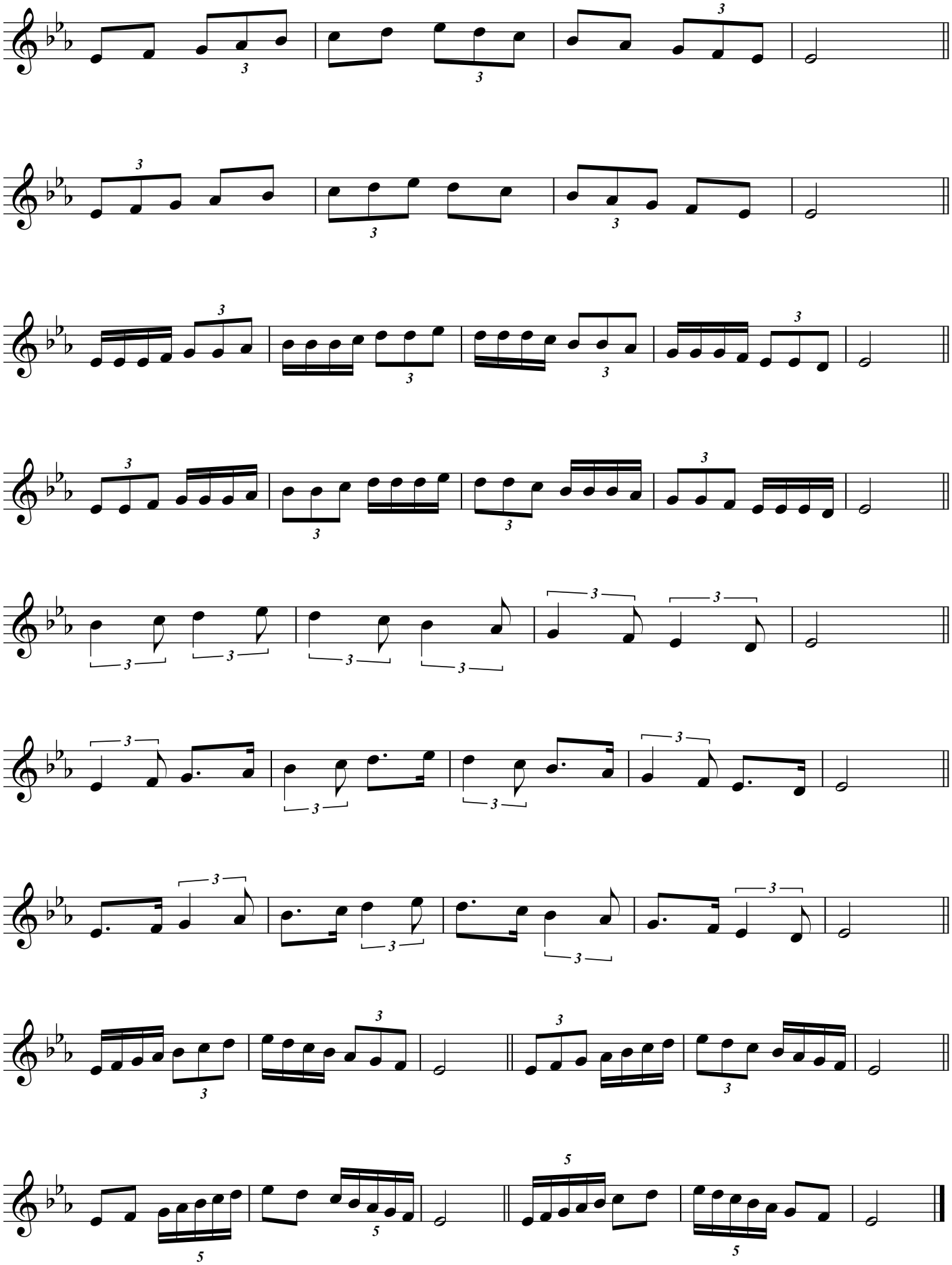Es-duur