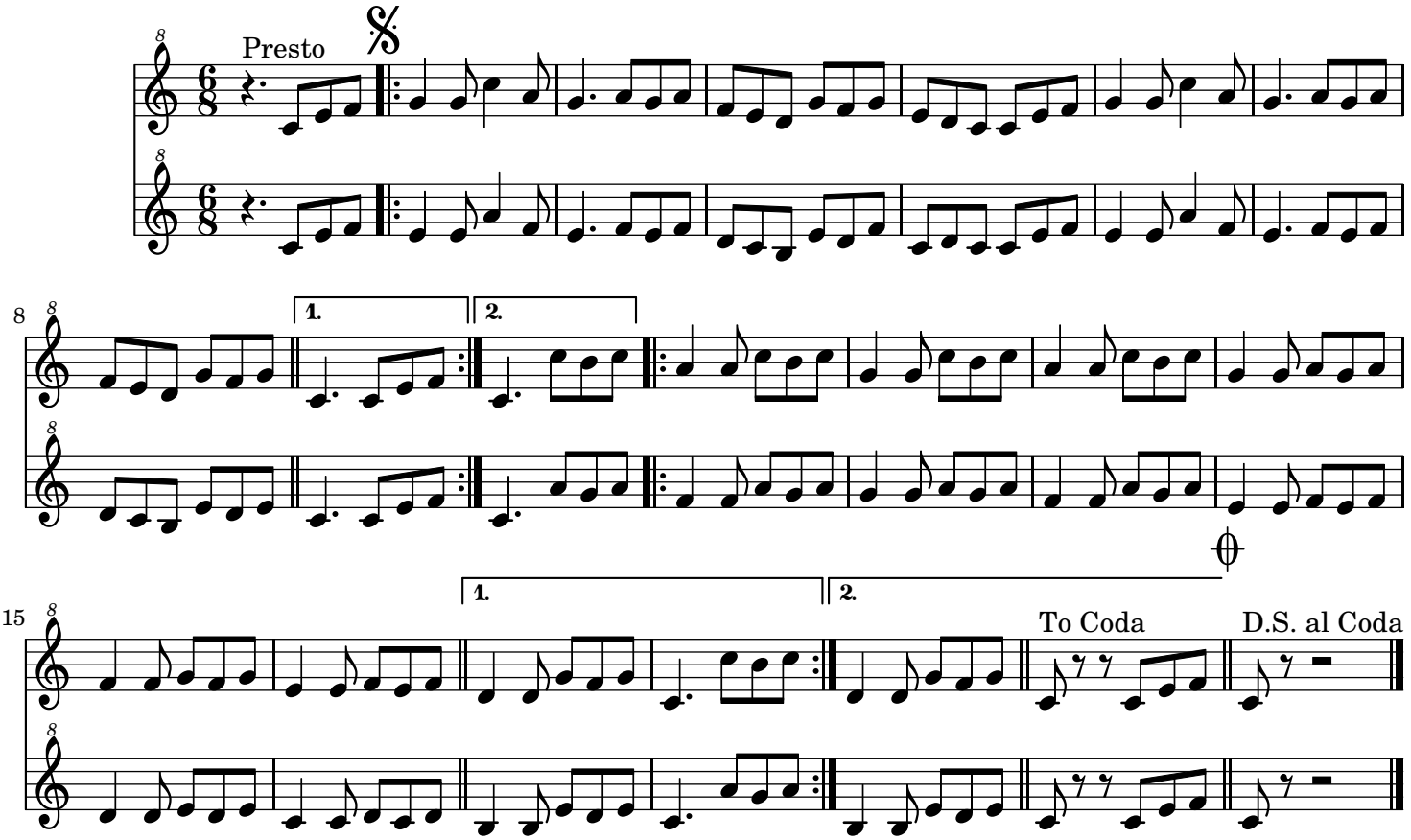Ruada de Allariz