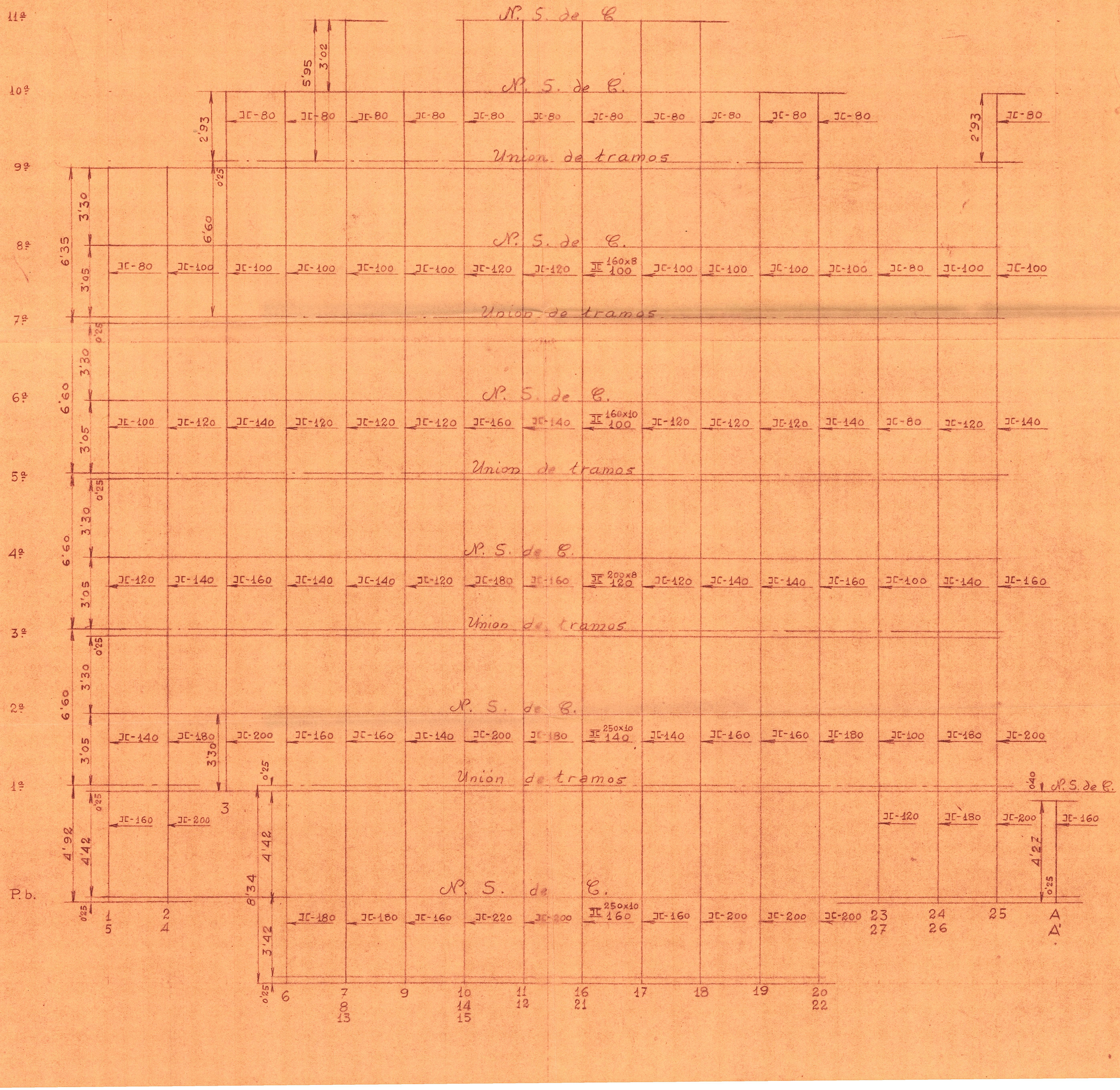Alzado de Soportes