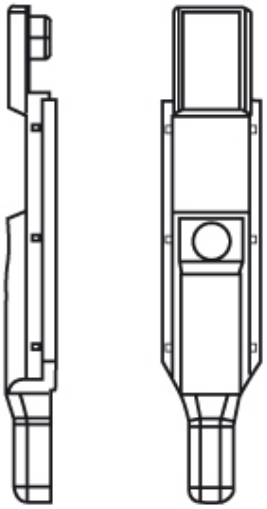SORTIE DE TRINGLE