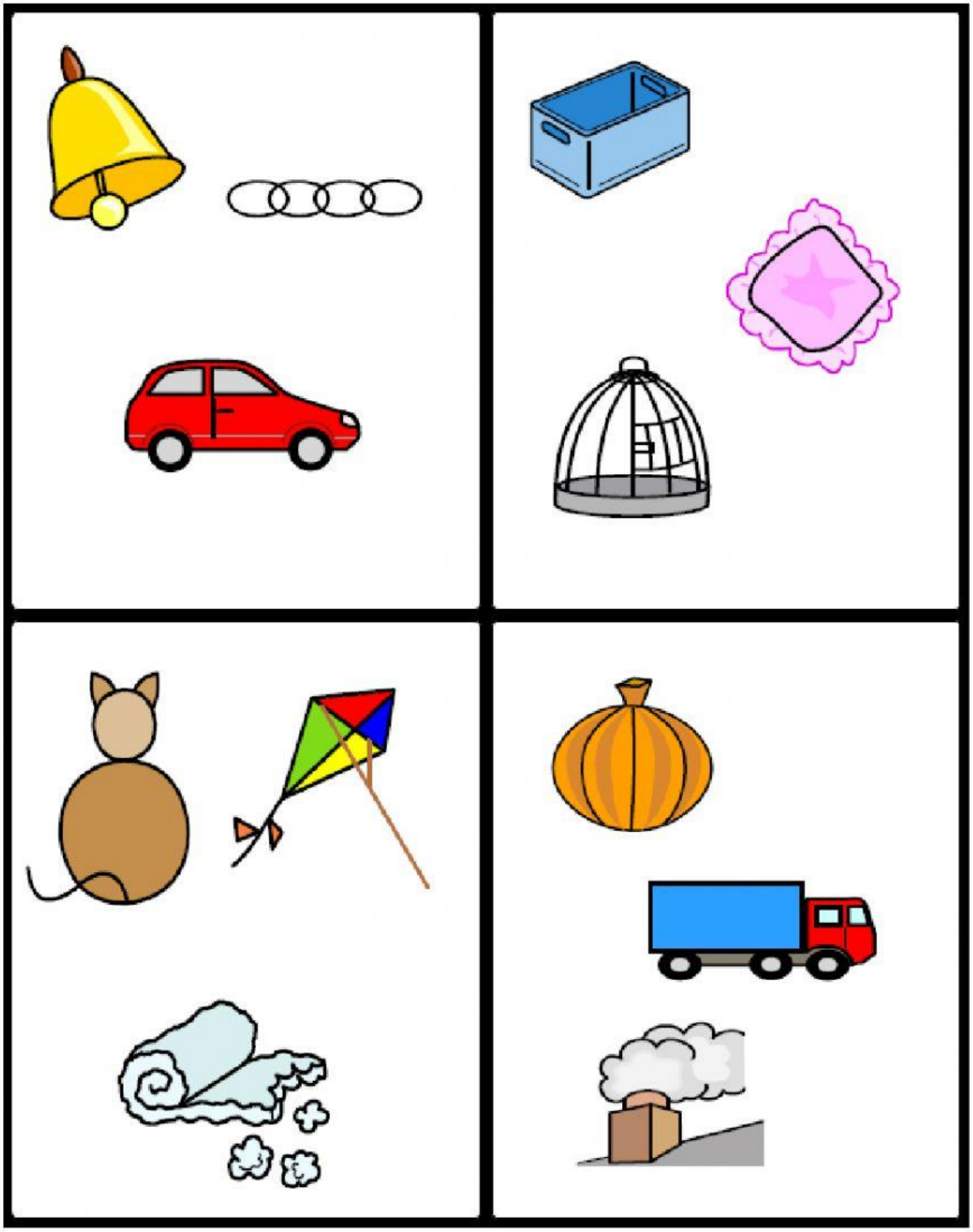Ezberdin hasten den marrazkia aukeratu