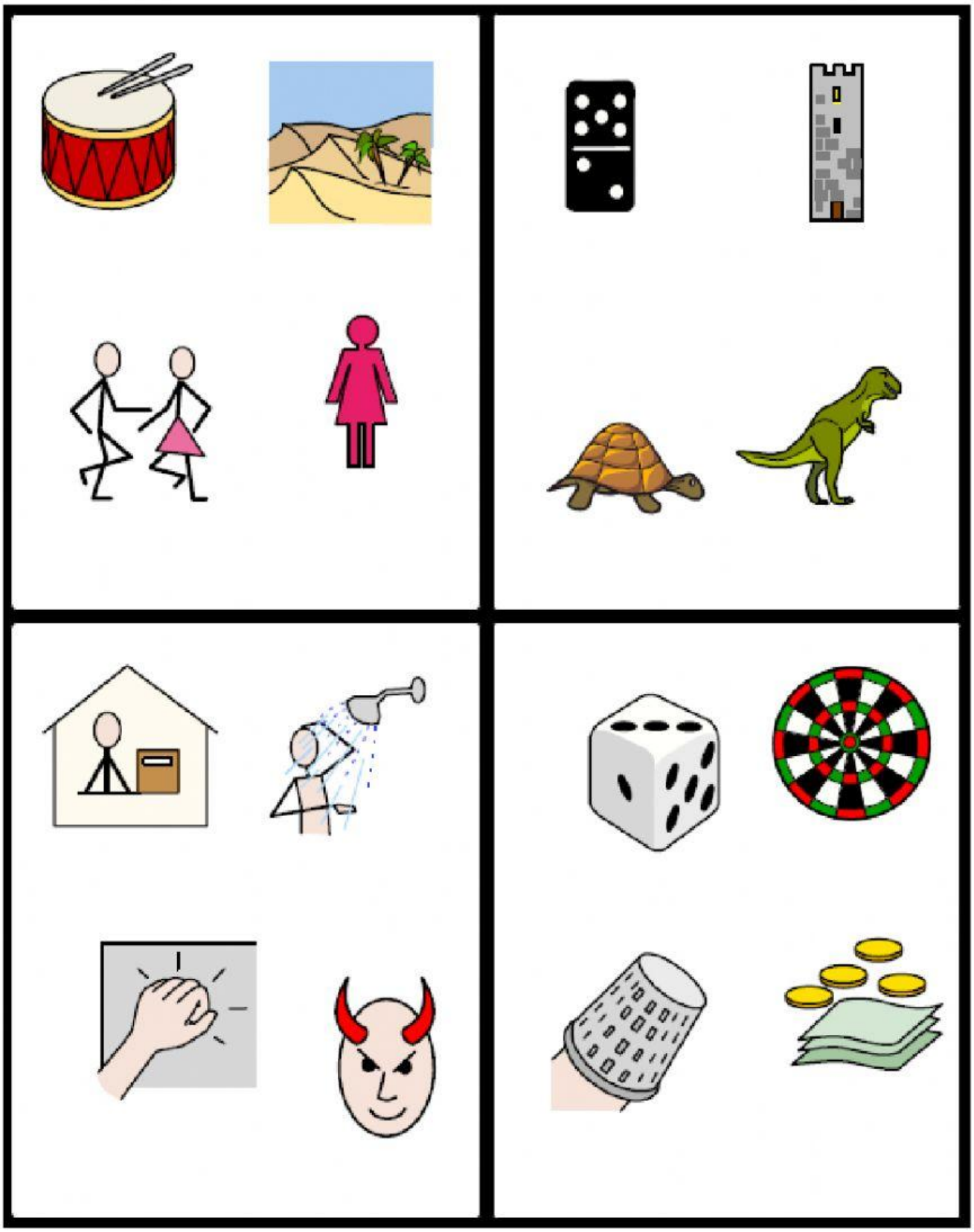Berdin hasten direnak aukeratu