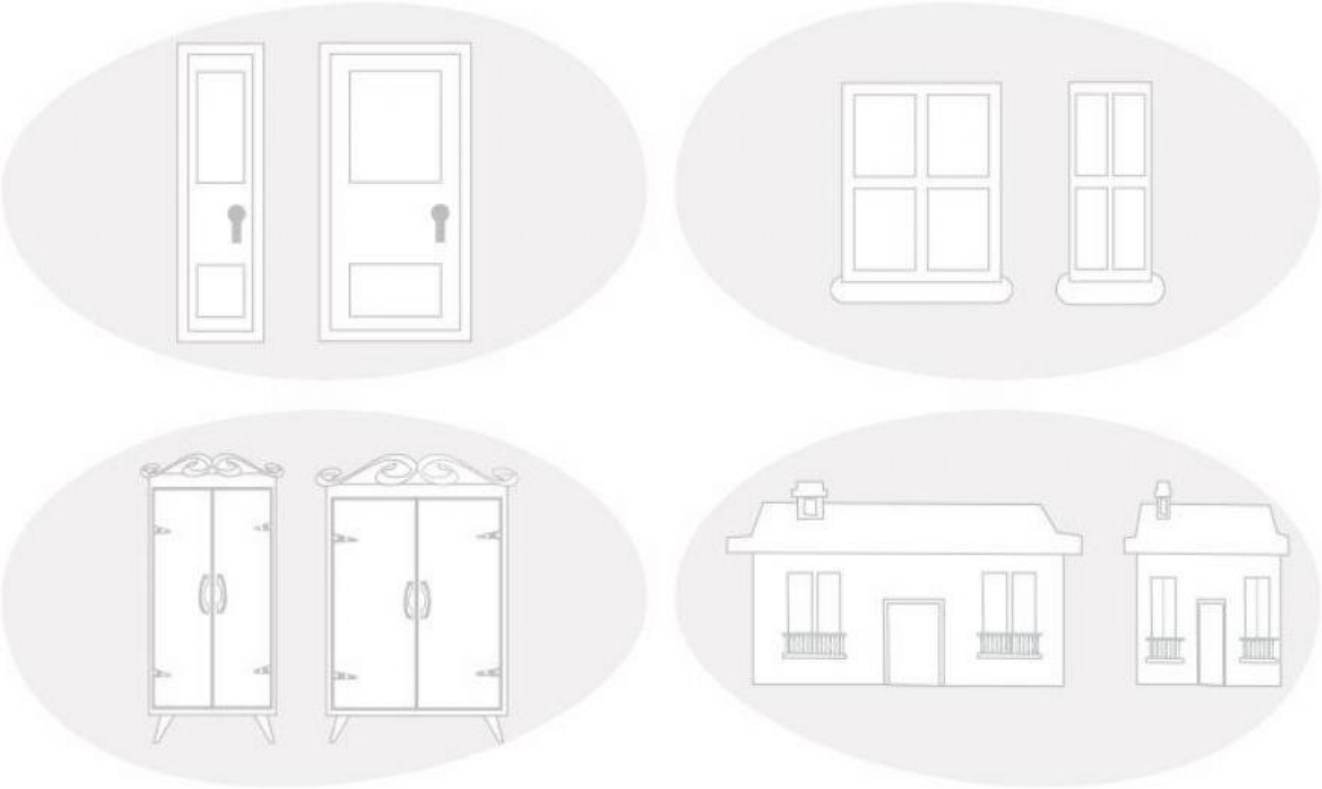medida ·Selecciona los elementos estrechos