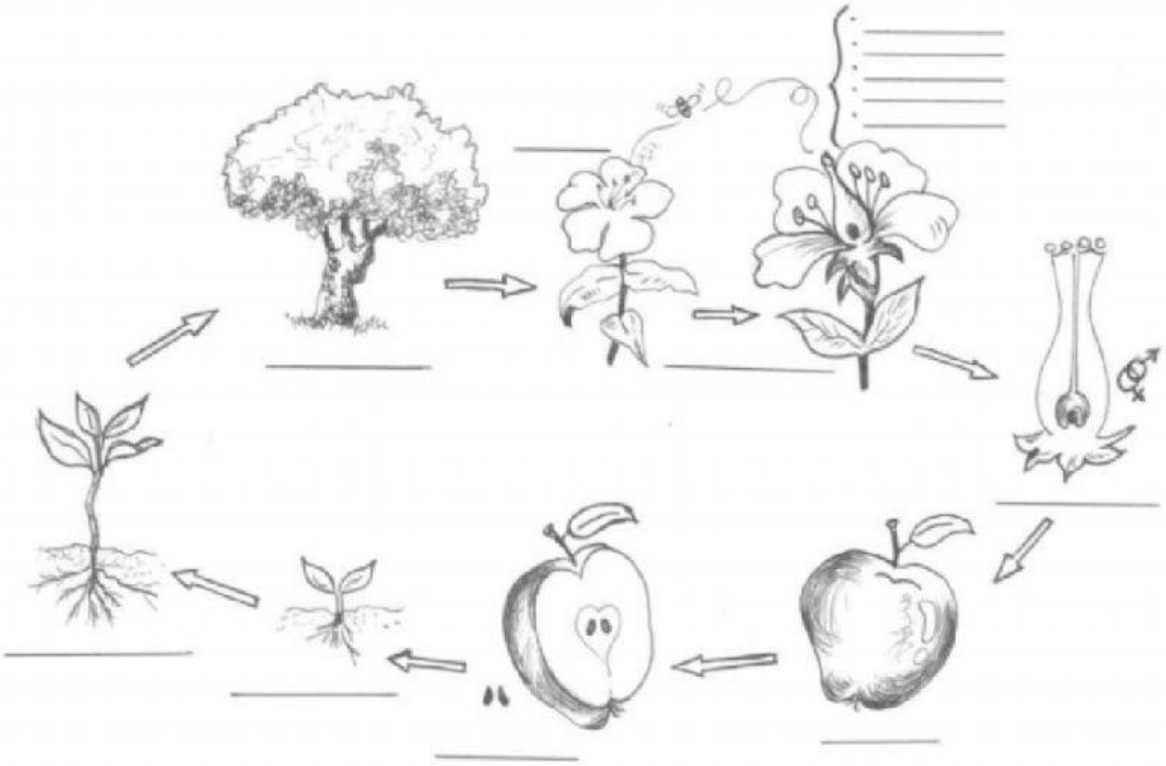Landareen ugalketa zikloa