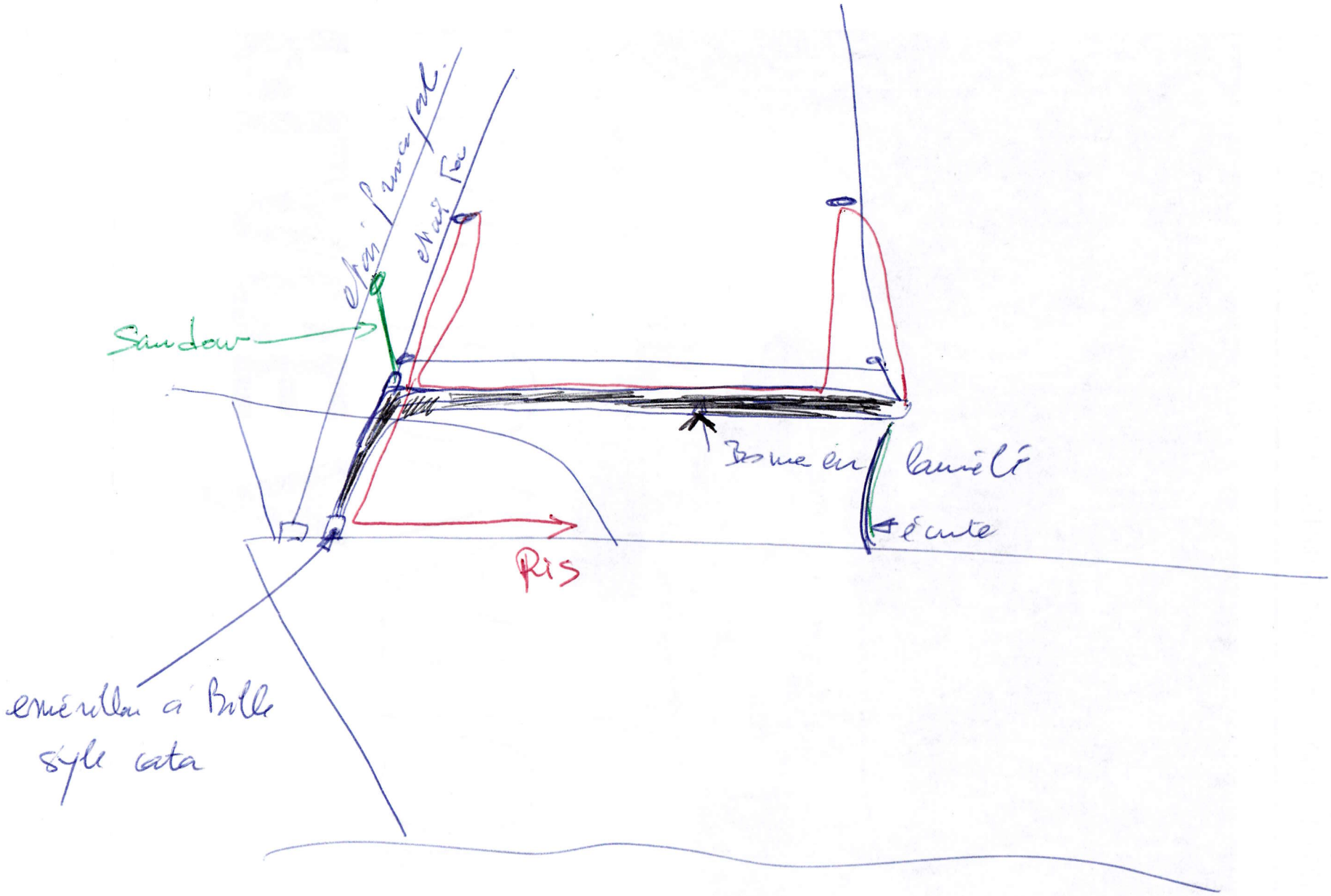
Sandow
Ris
écrou