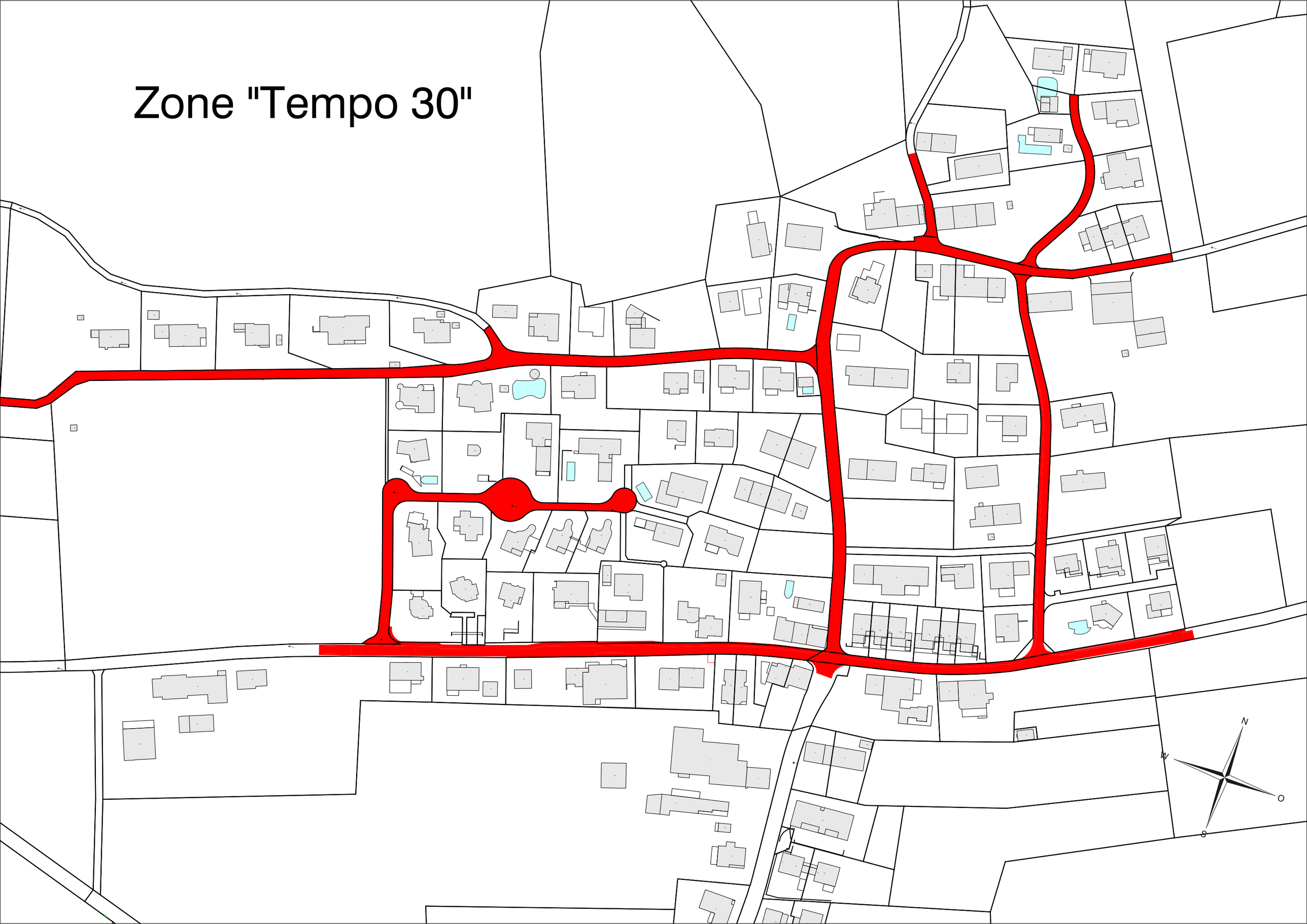Zone "Tempo 30"