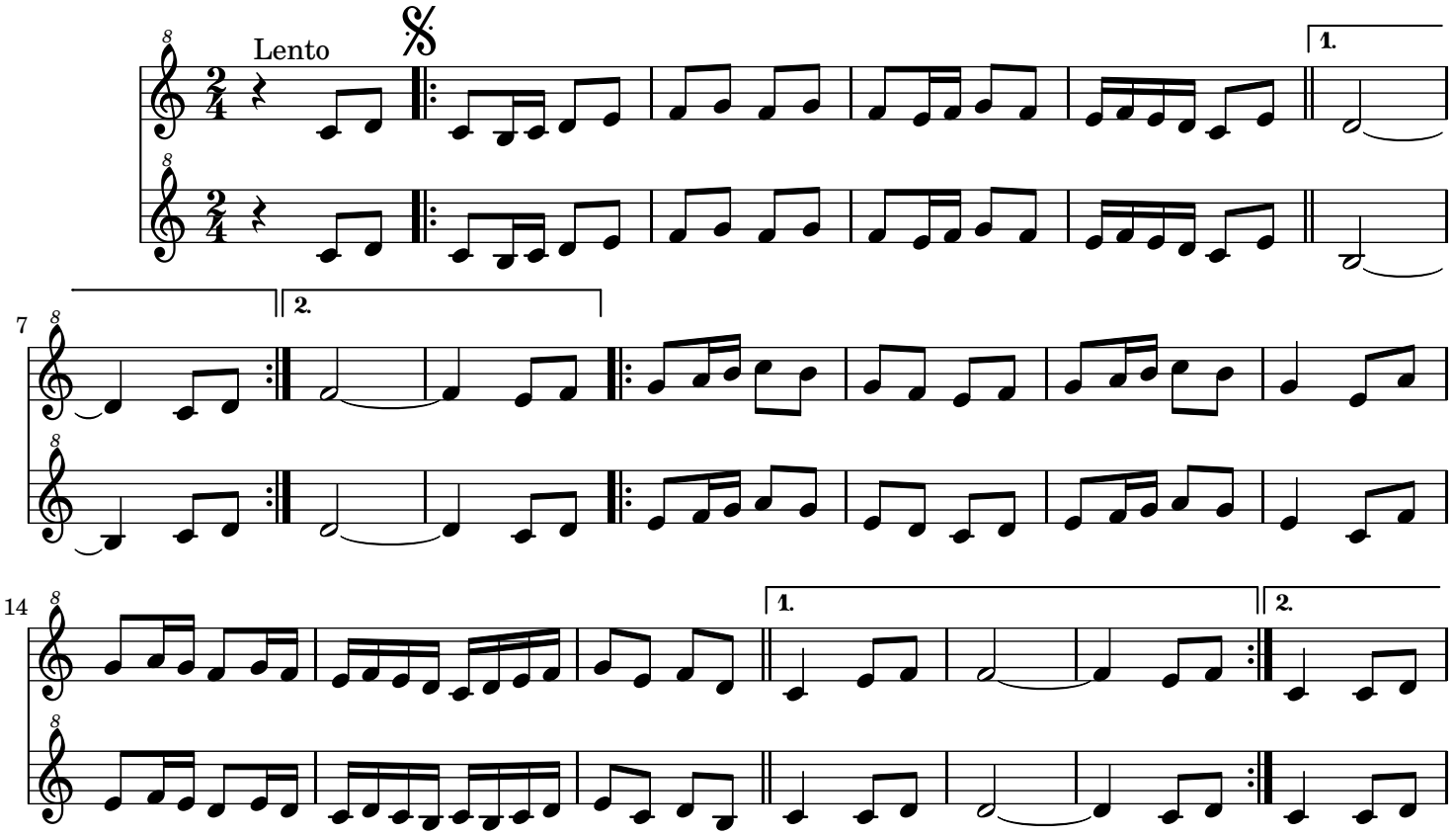Alala de Ourense