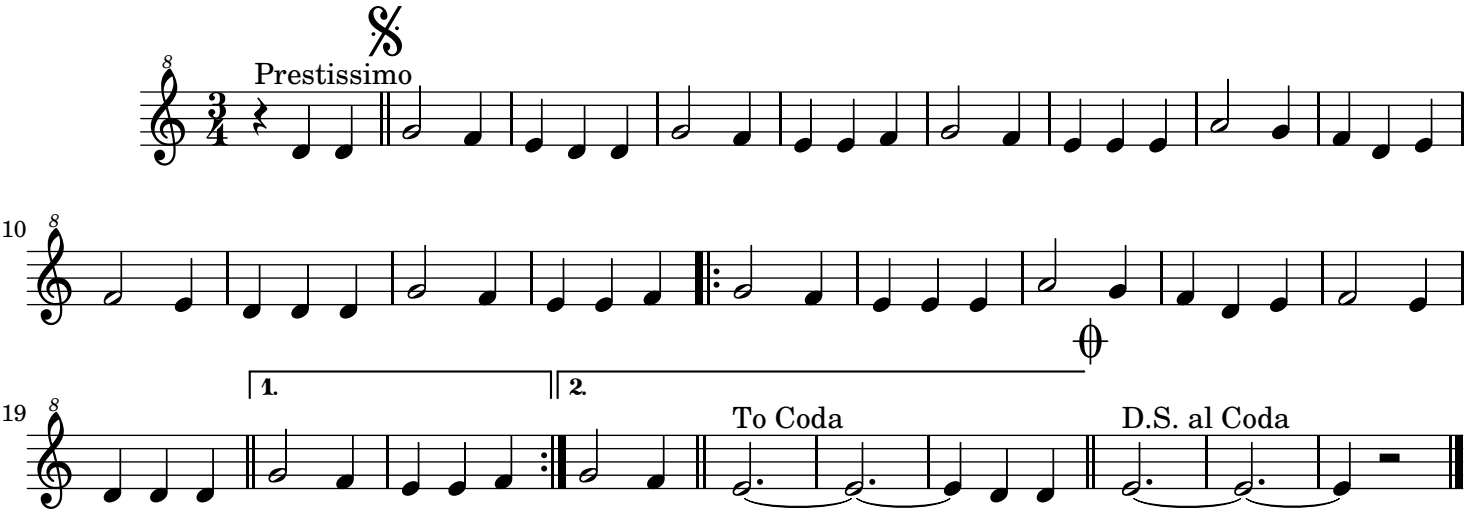Foliada de Marín