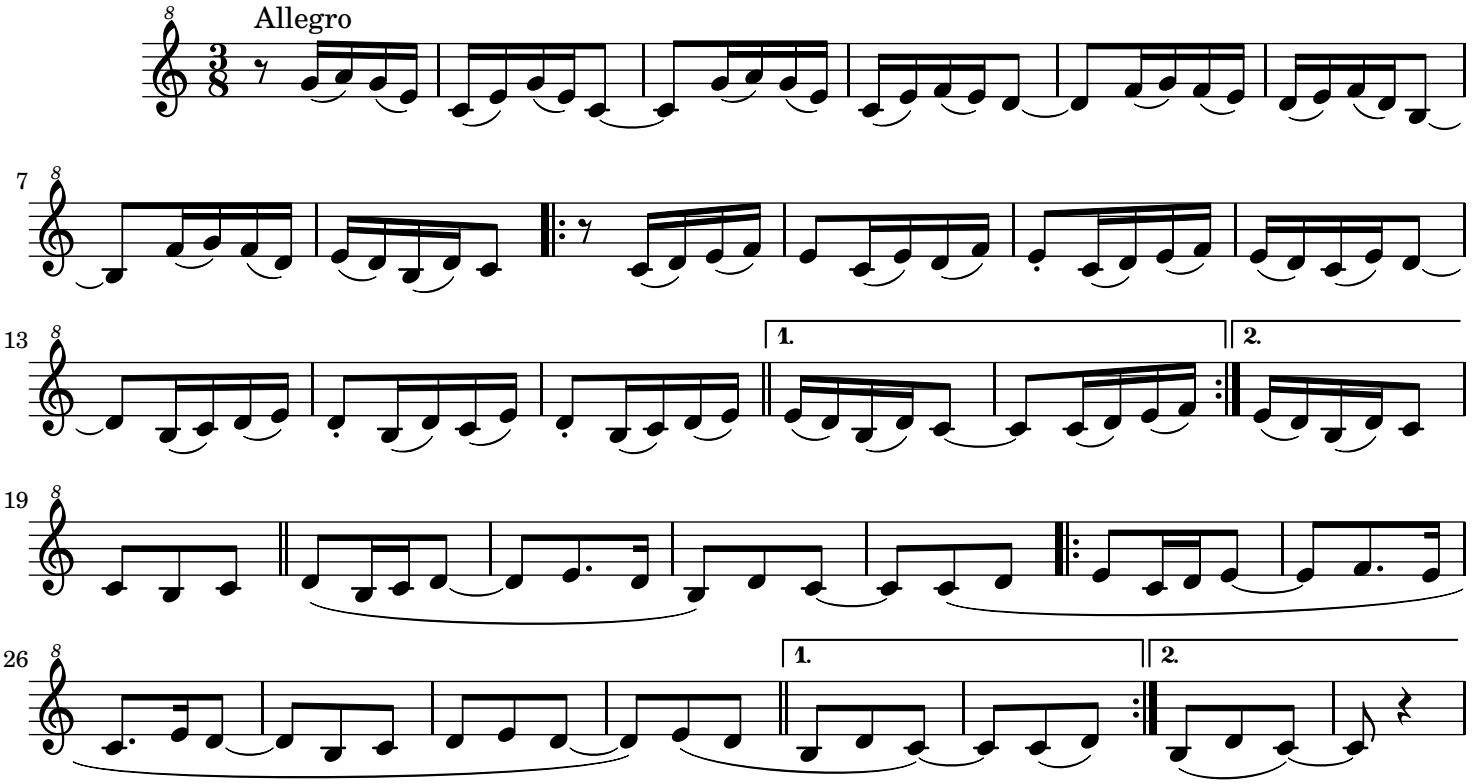Jota de Pontevedra