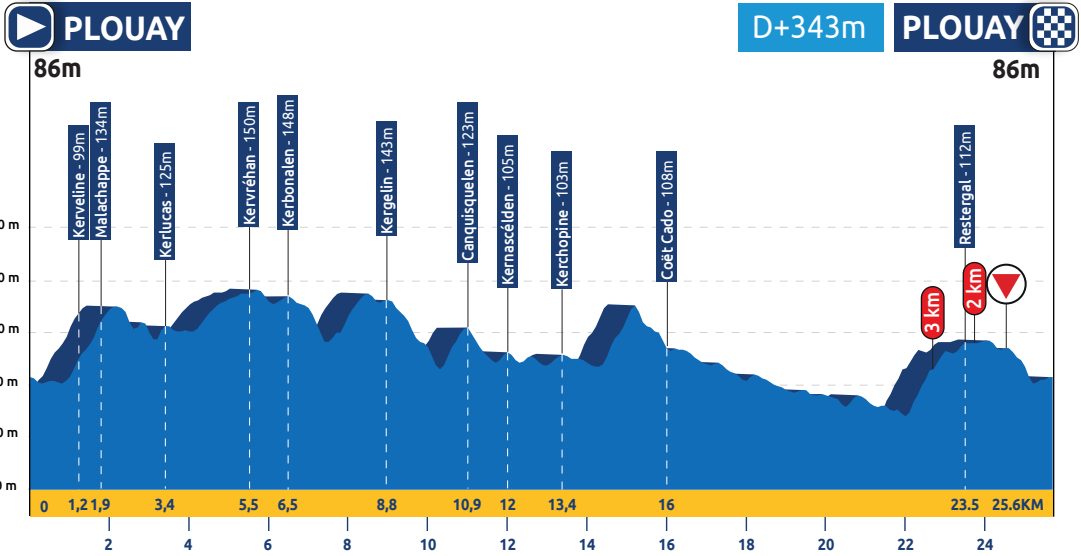CONTRE-LA-MONTRE INDIVIDUEL