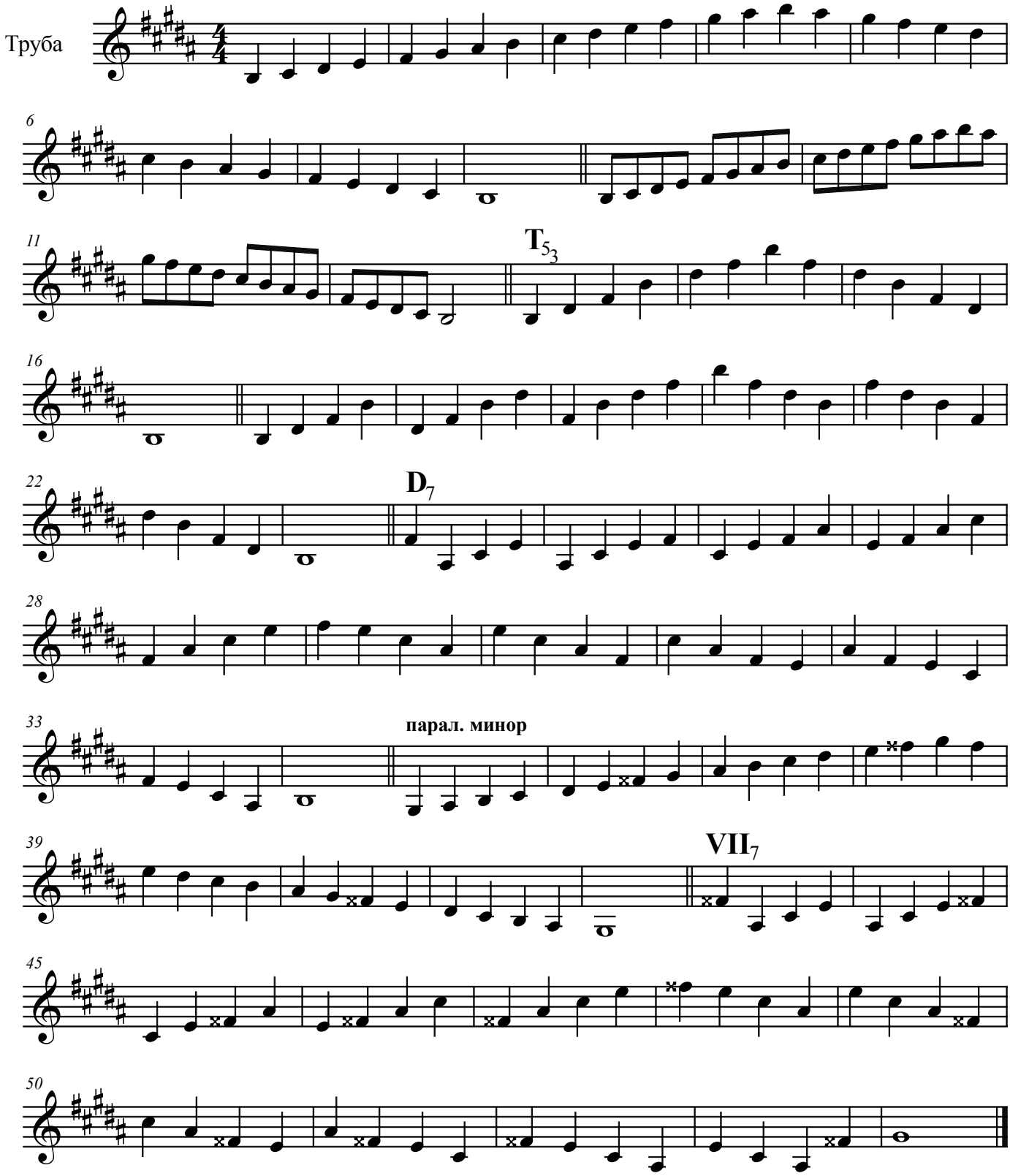H-dur