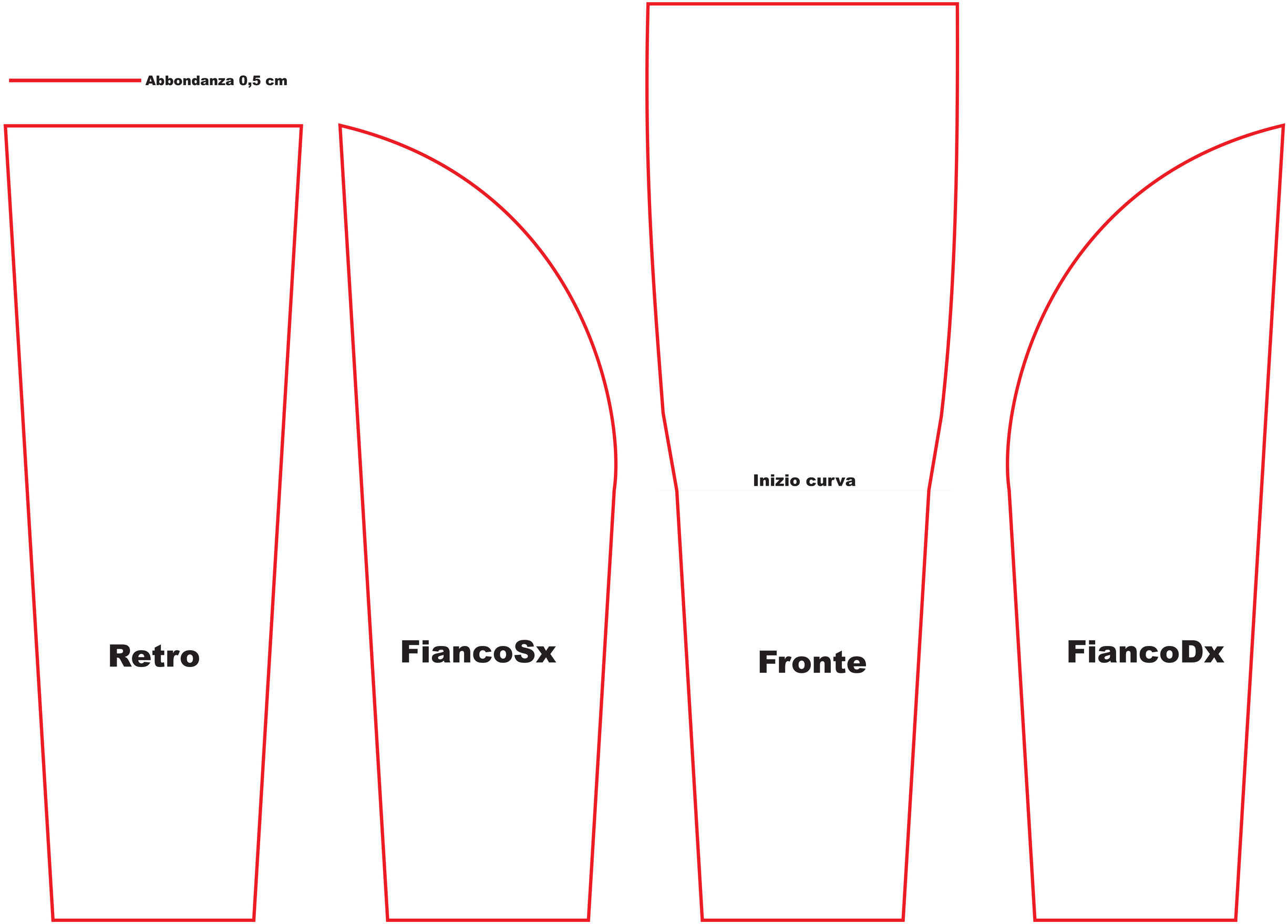Abbondanza 0,5 cm