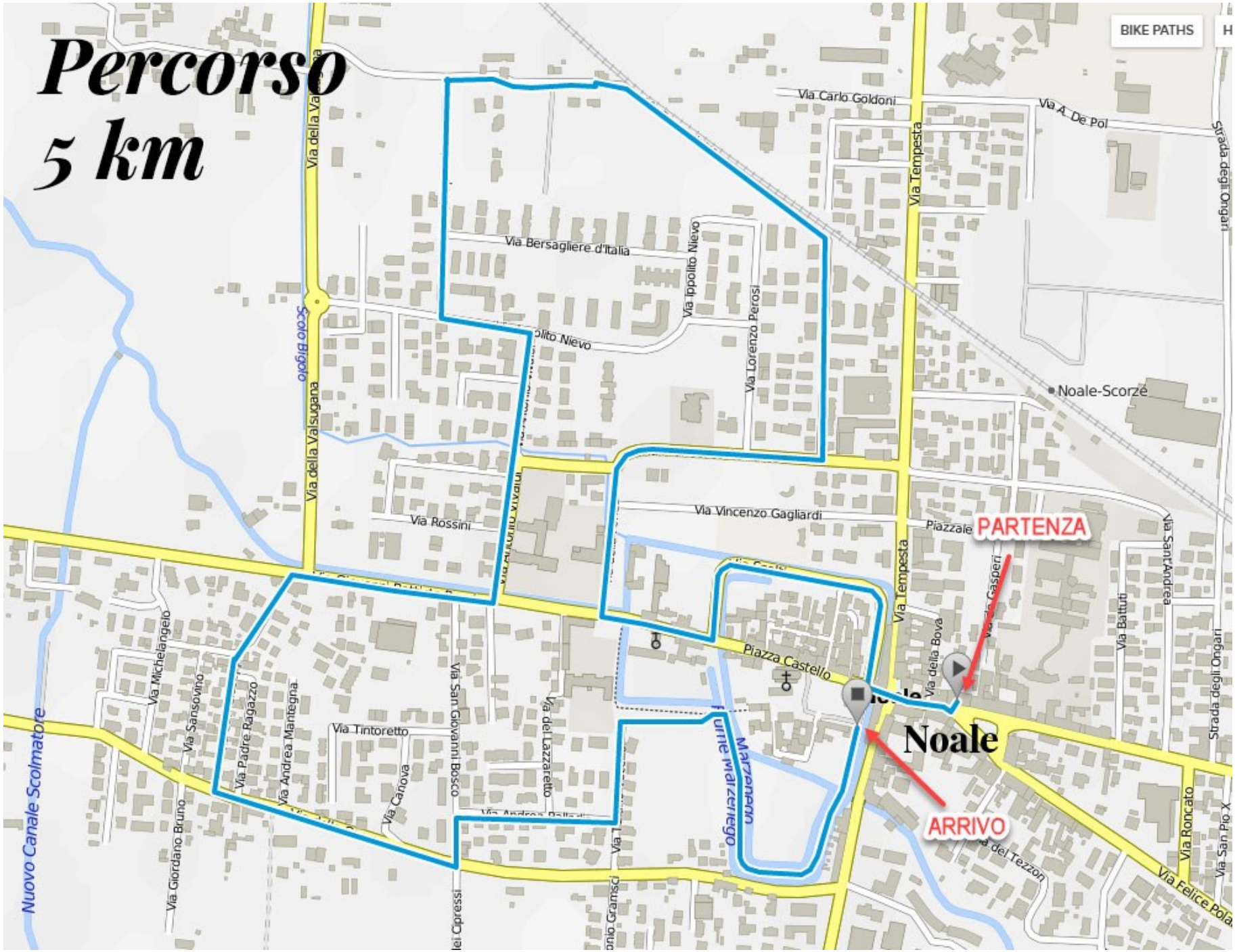Percorso 5 km