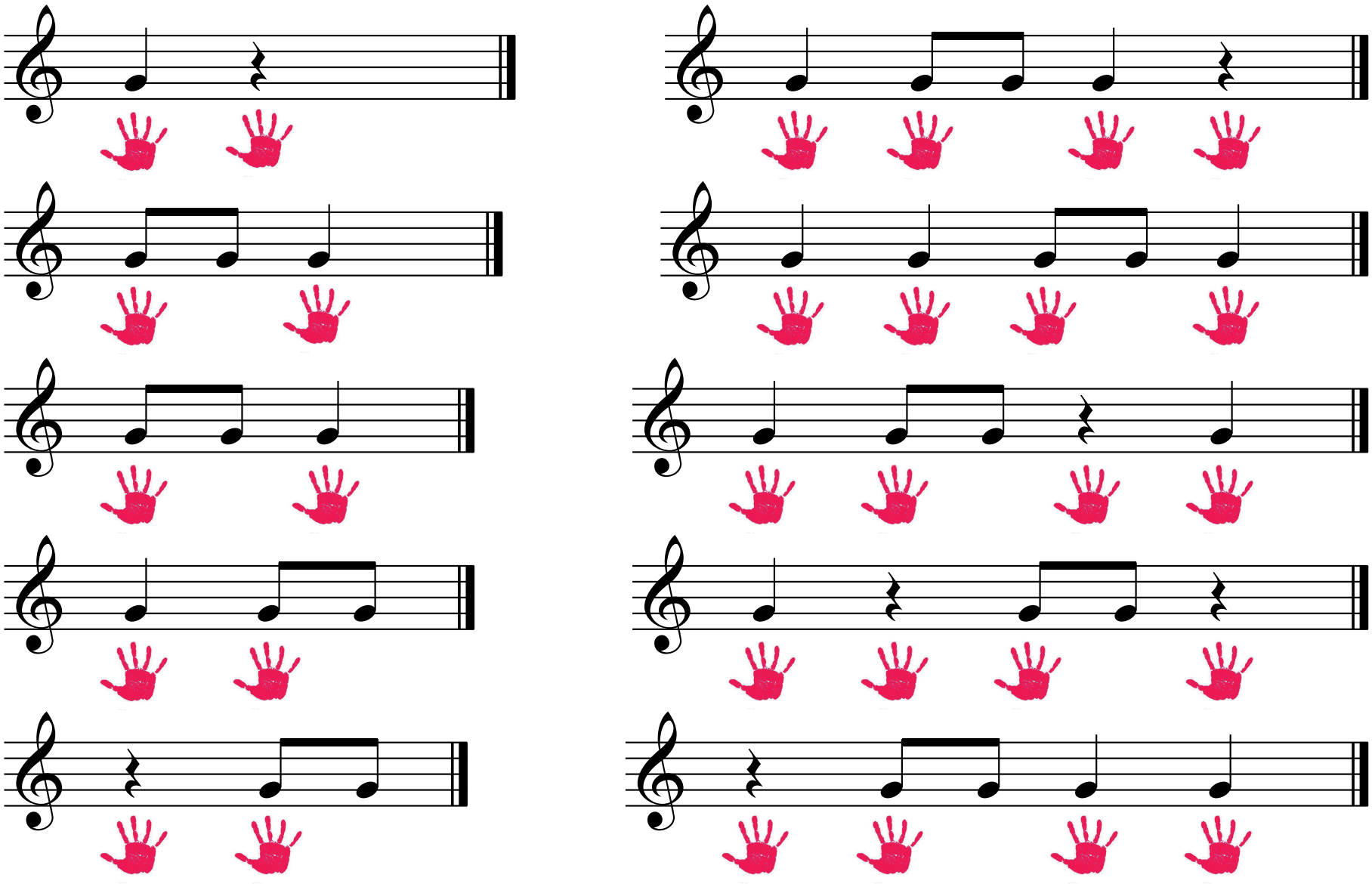Ritmo hablado 1