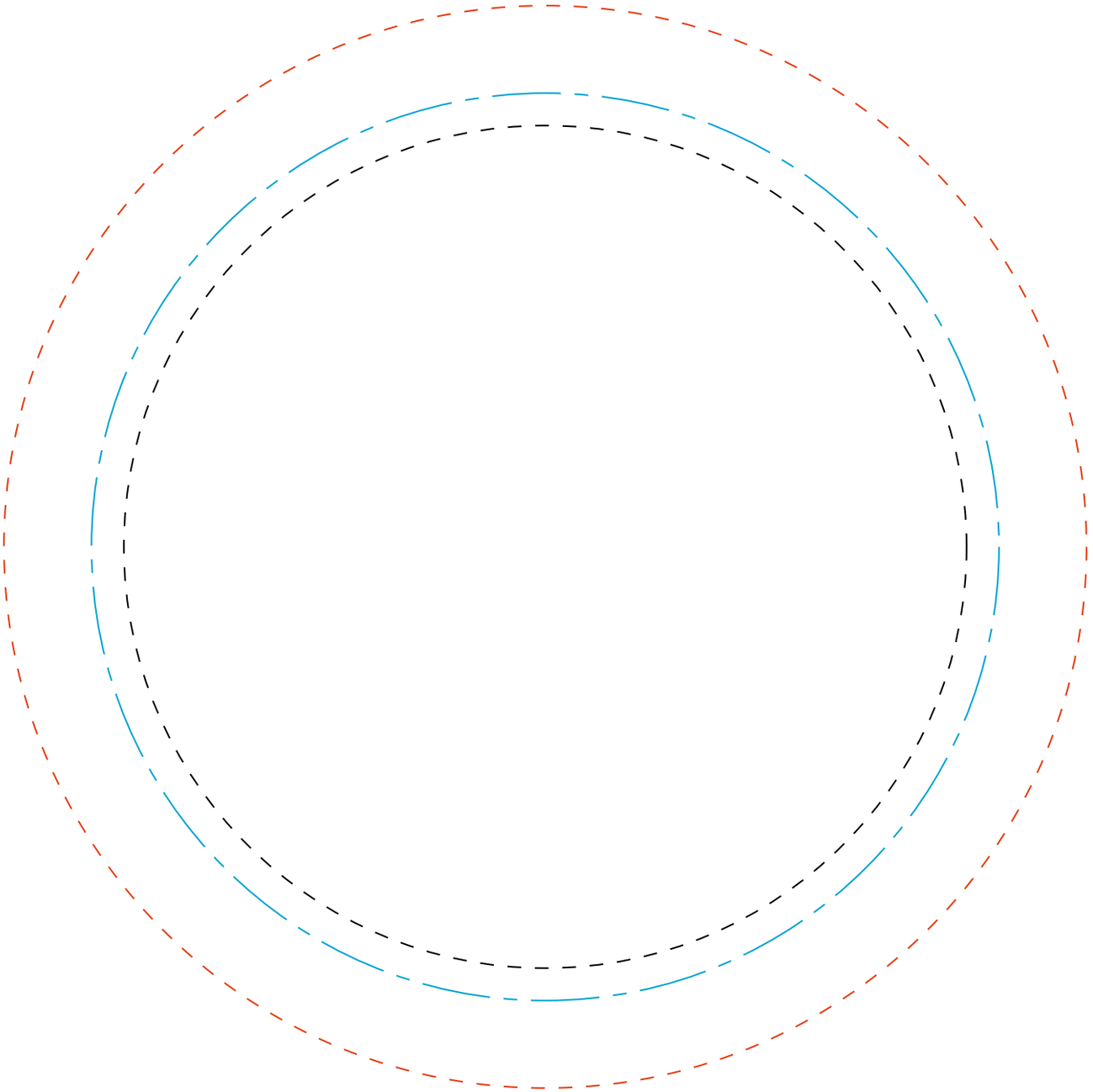56mm