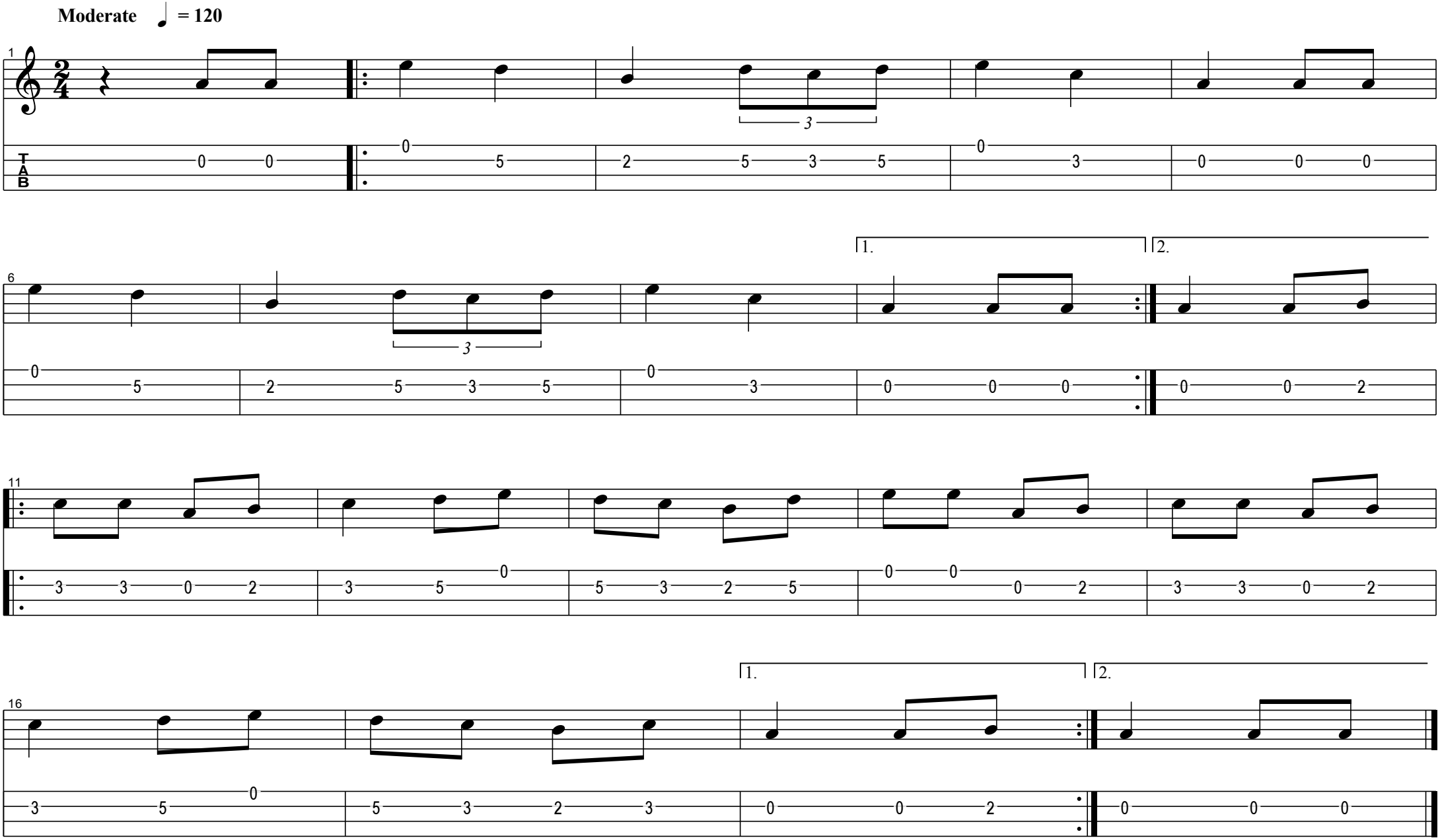Laridé 8 temps