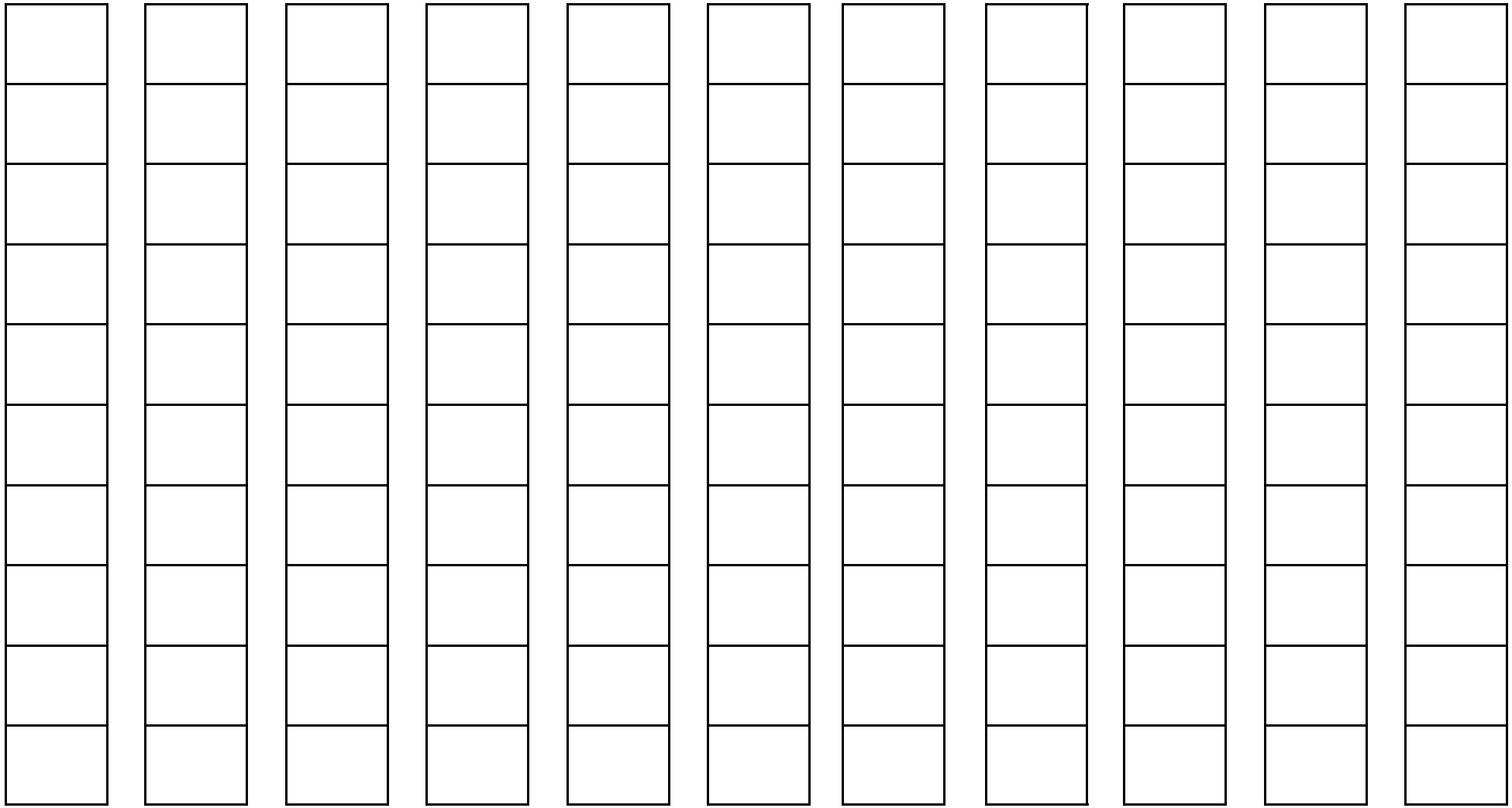Les tours de 10