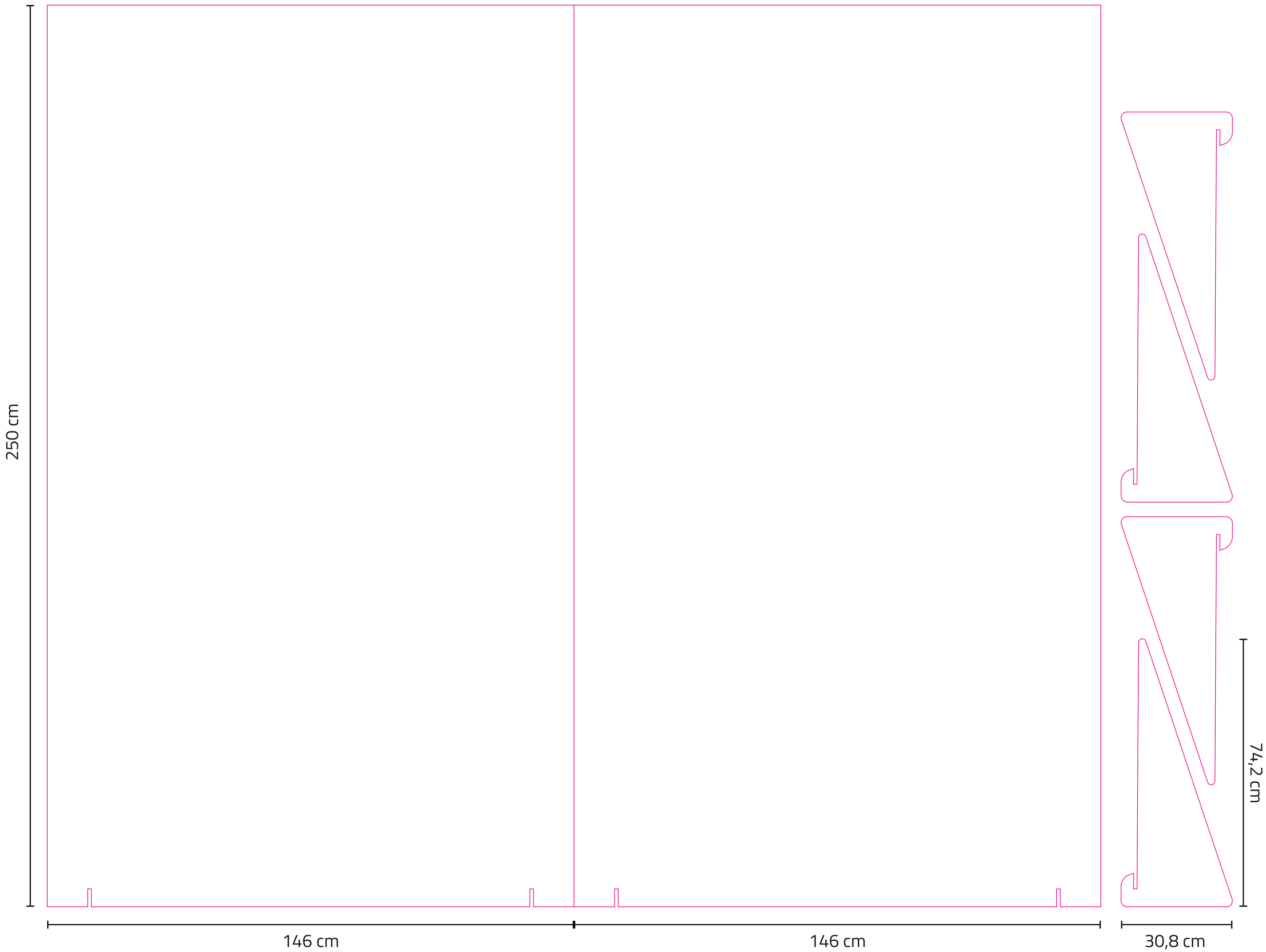M PLUS 146x250 cm