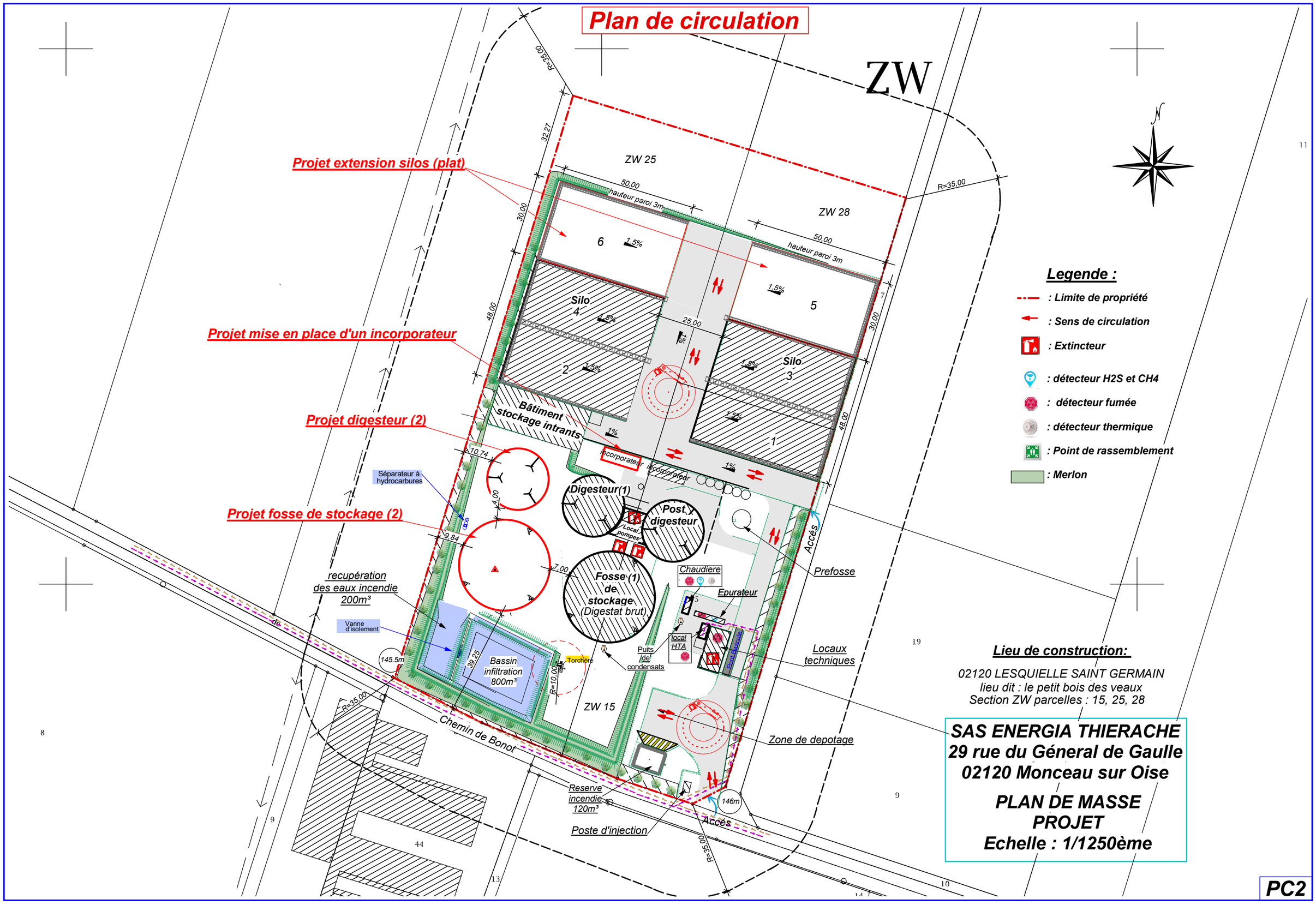Plan de circulation