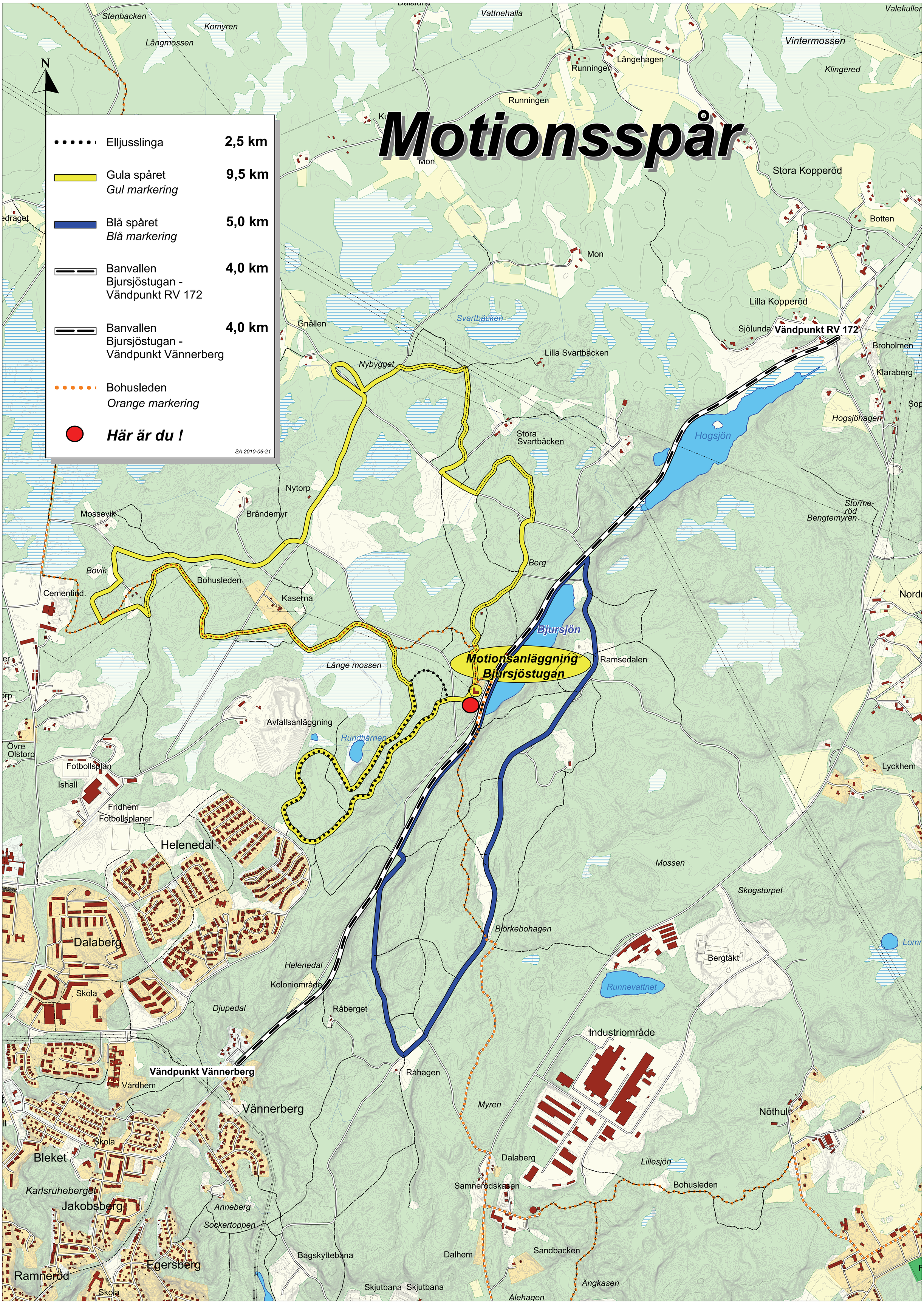Motionsspår