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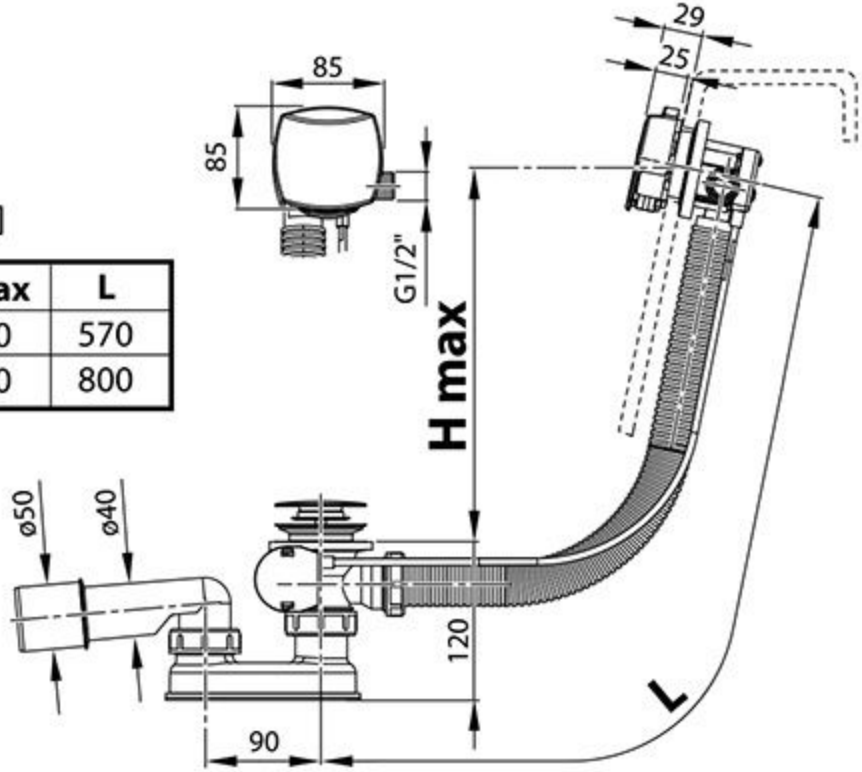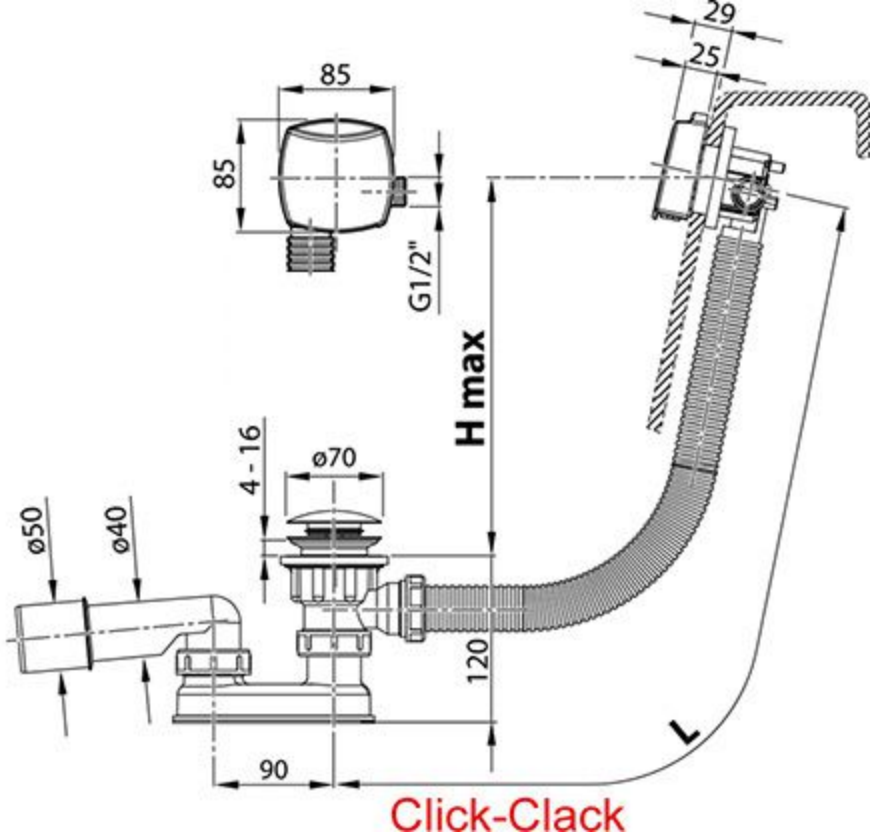
H max	L
370	570
600	800