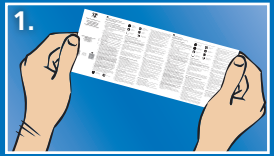
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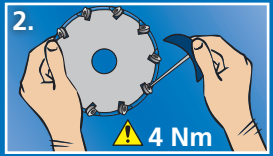
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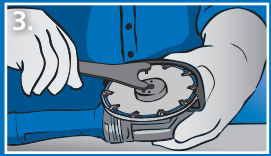
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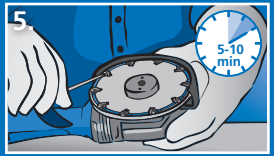
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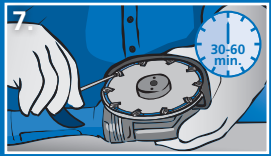
5-10
min

6.


7.
30-60
min.

8.