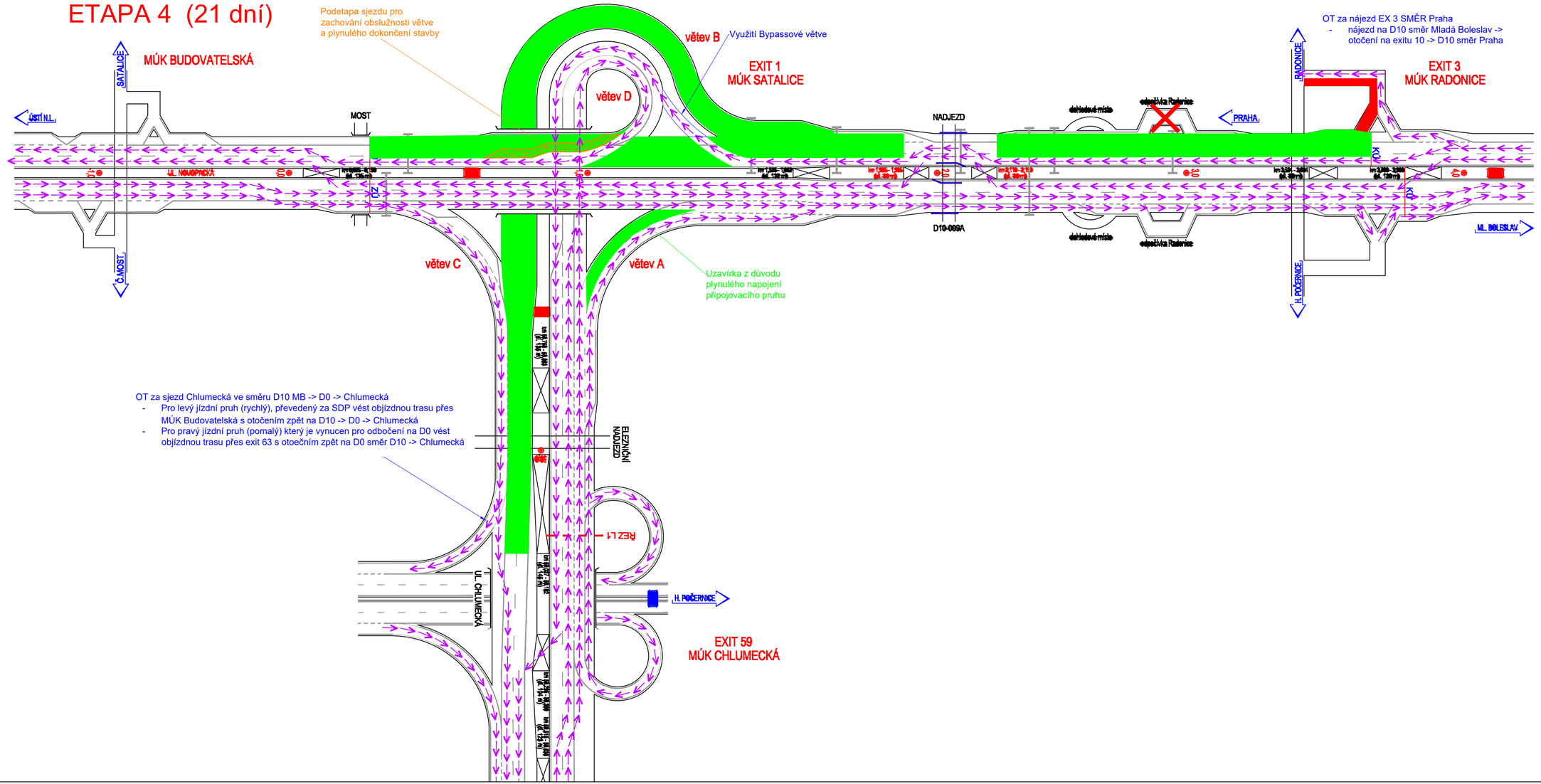ETAPA 4 (21 dní)