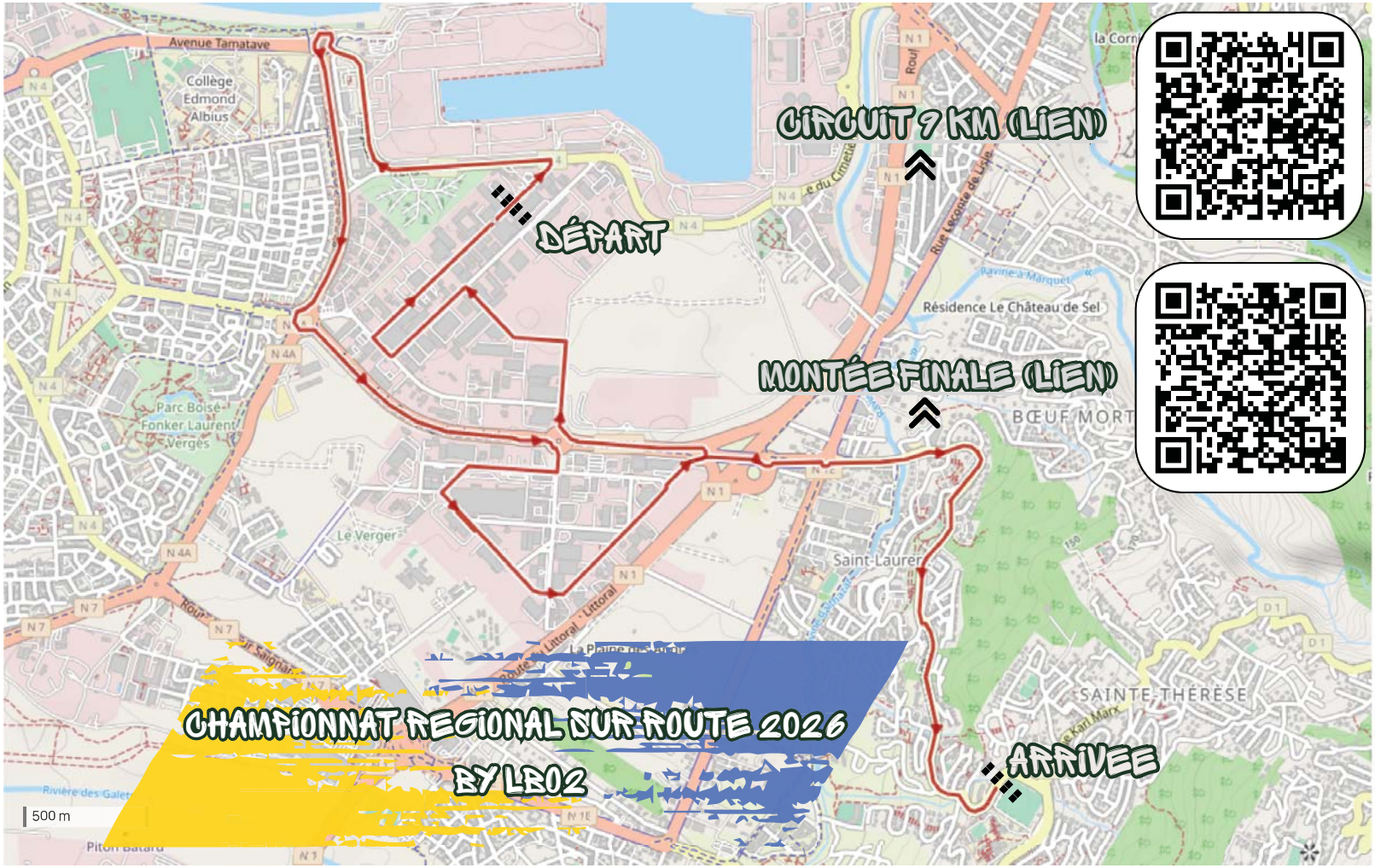PLAN DU CIRCUIT + MONTEE FINALE