<!DOCTYPE HTML>

<html>

<head><title></title></head>

<body>

<div style="height:80px;display:flex;">

<div style="flex:1;background-color:blue;text-align:center;align-items:center;text-align:center;">Header</div>

</div>

<div style="height:500px;display:flex;">

<div style="flex:1;background-color:orange;text-align:center;">Left</div>

<div style="flex:5;background-color:white;text-align:center;margin-top:250px;">Main</div>

<div style="flex:1;background-color:green;text-align:center;">Right</div>

</div>

<div style="height:80px;display:flex;">

<div style="flex:1;background-color:blue;text-align:center;">Footer</div>

</div>

</body>

</html>

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<!DOCTYPE HTML>

<html>

<head><title></title>

<style>

body,div{

margin:0px;

padding:0px;

}

</style>

</head>

<body>

<div style="display:flex;background:red;justify-content:flex-start;align-items:flex-start">

<div style="background:yellow;flex:1">A</div>

<div style="background:green;flex:2;">B</div>

<div style="background:blue;flex:2">B</div>

<div style="background:green;flex:4">B</div>

</div>

</body>

</html>