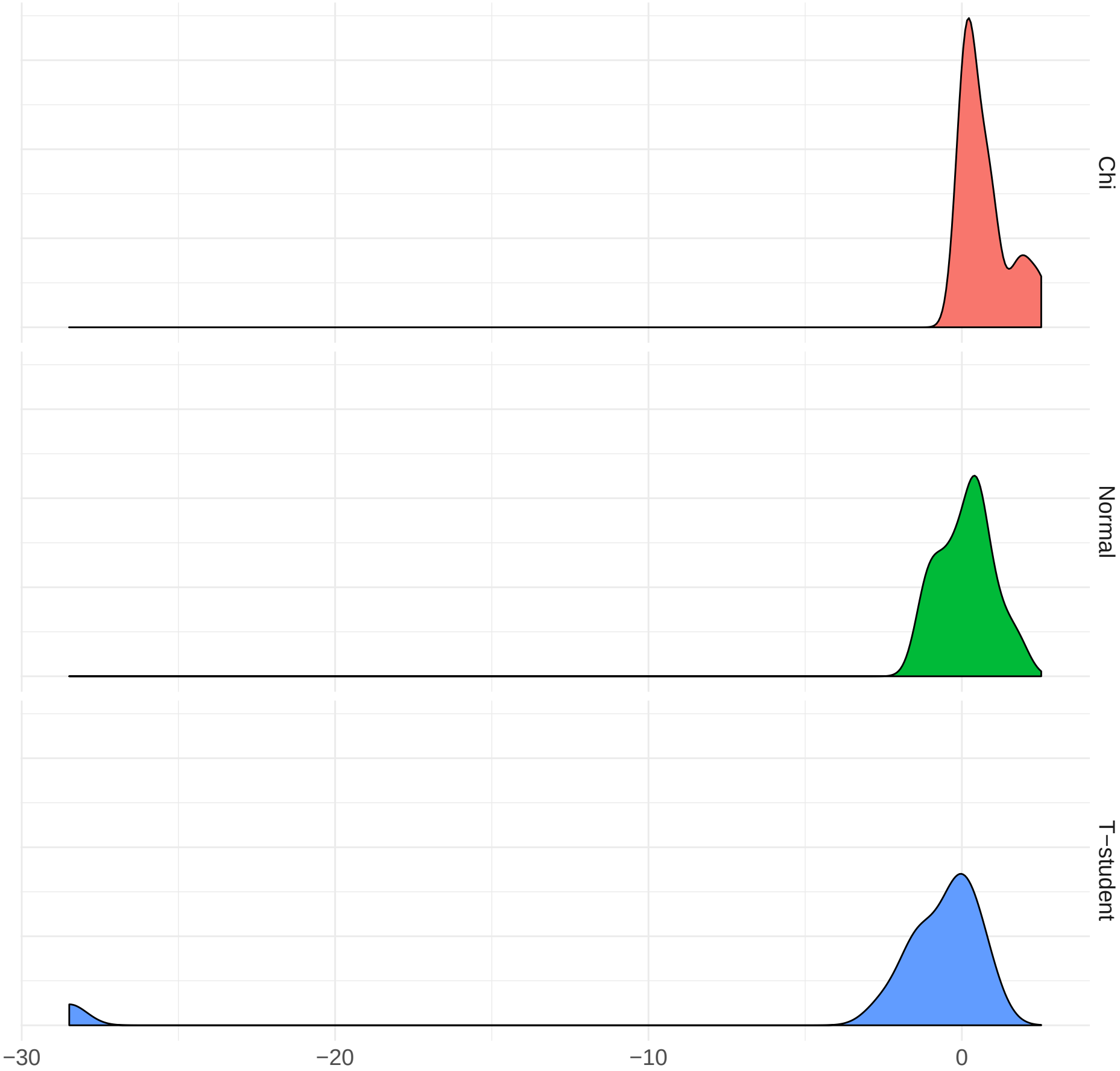Histograma