es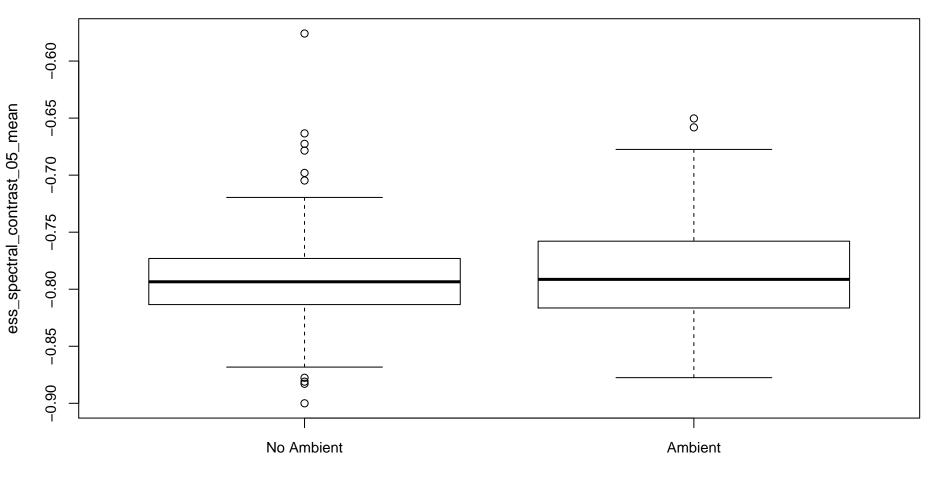s_spectral_contrast_05_mean