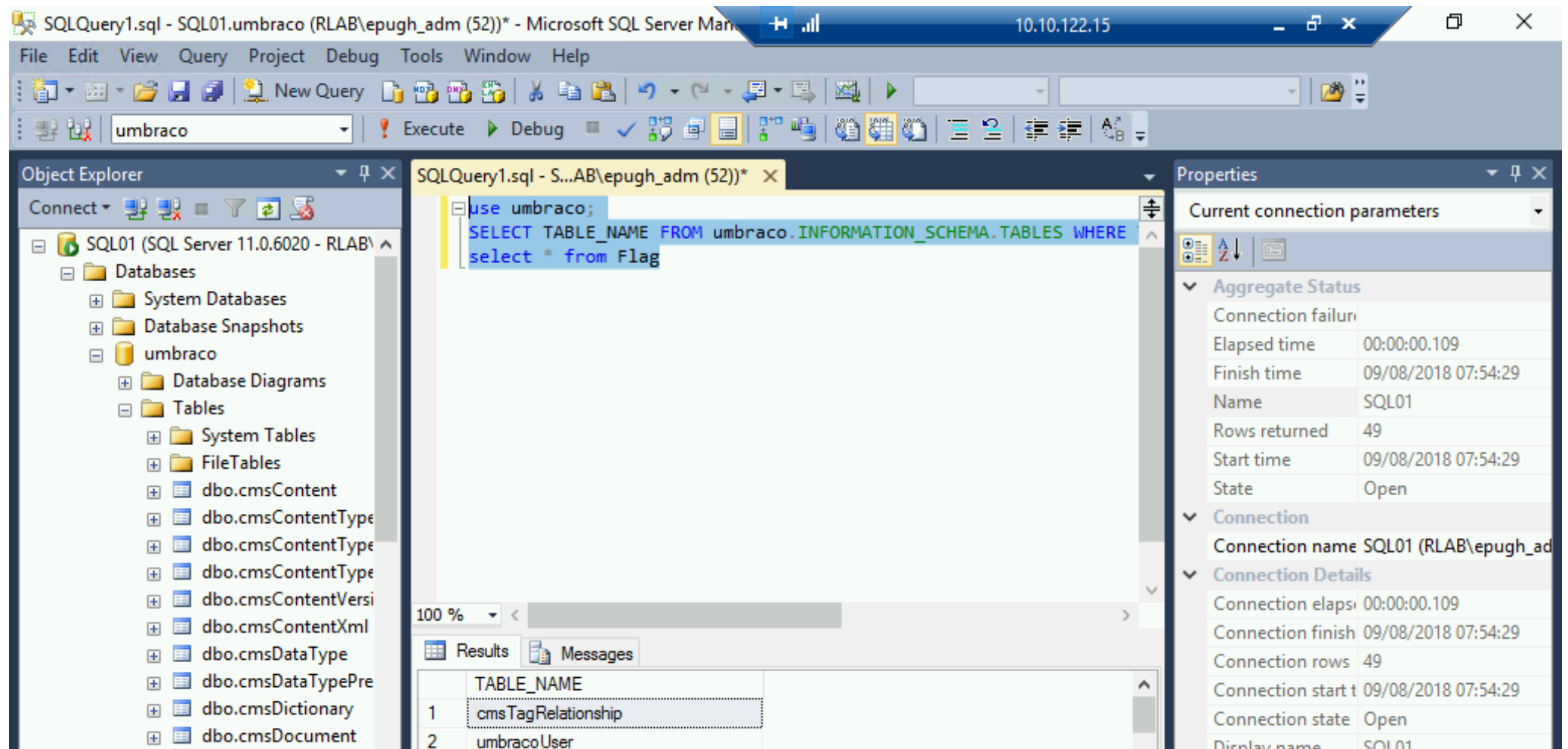using epugh_adm creds, logged in to web01 (10.10.110.10) and from there took rdp of sql01(10.10.122.15) using same creds.

start sql mangement studio,
connect via windows authentication,

use umbraco;
SELECT TABLE_NAME FROM umbraco.INFORMATION_SCHEMA.TABLES WHERE TABLE_TYPE = 'BASE TABLE'
select * from Flag

RASTA{d474b4535_4r3_u5u4lly_1n73r3571n6}