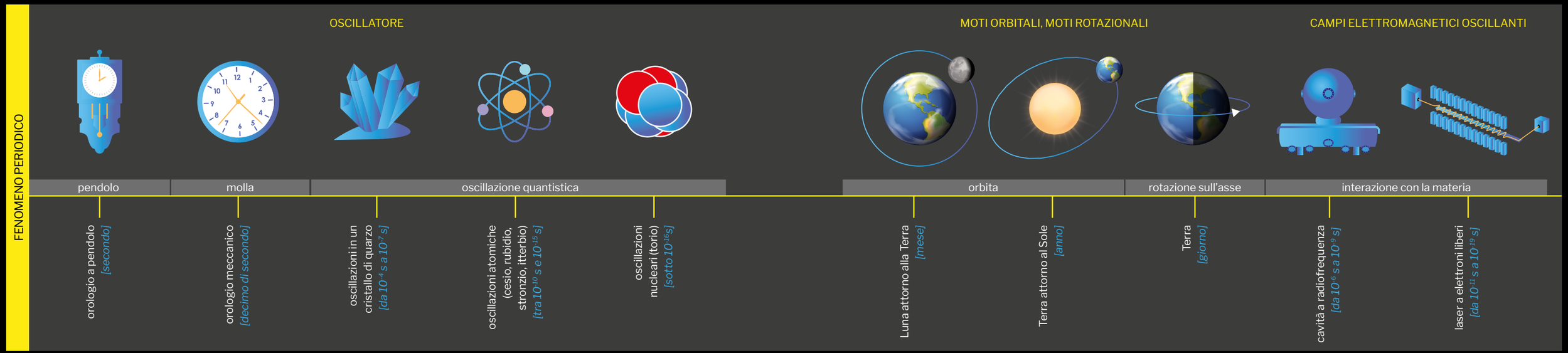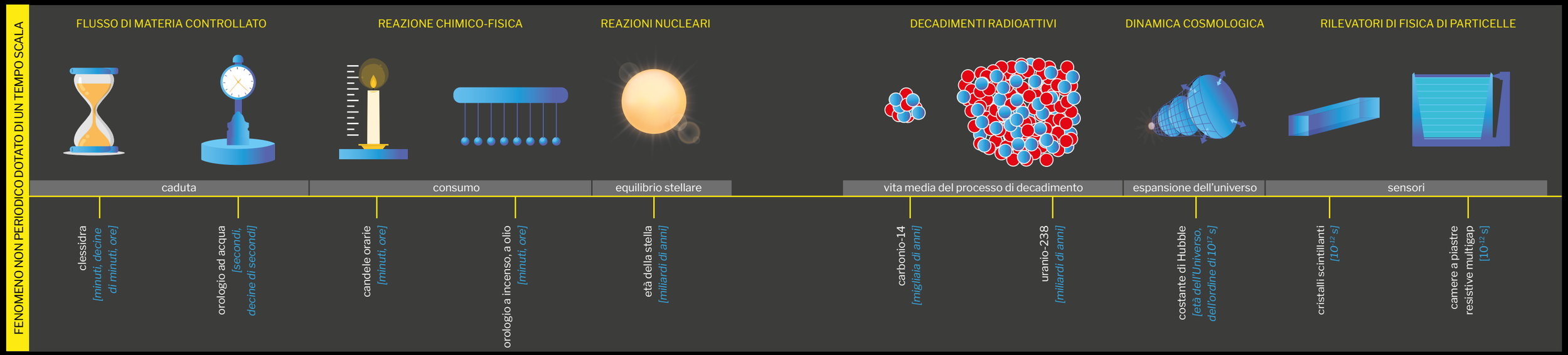[as] Come misurare il tempo