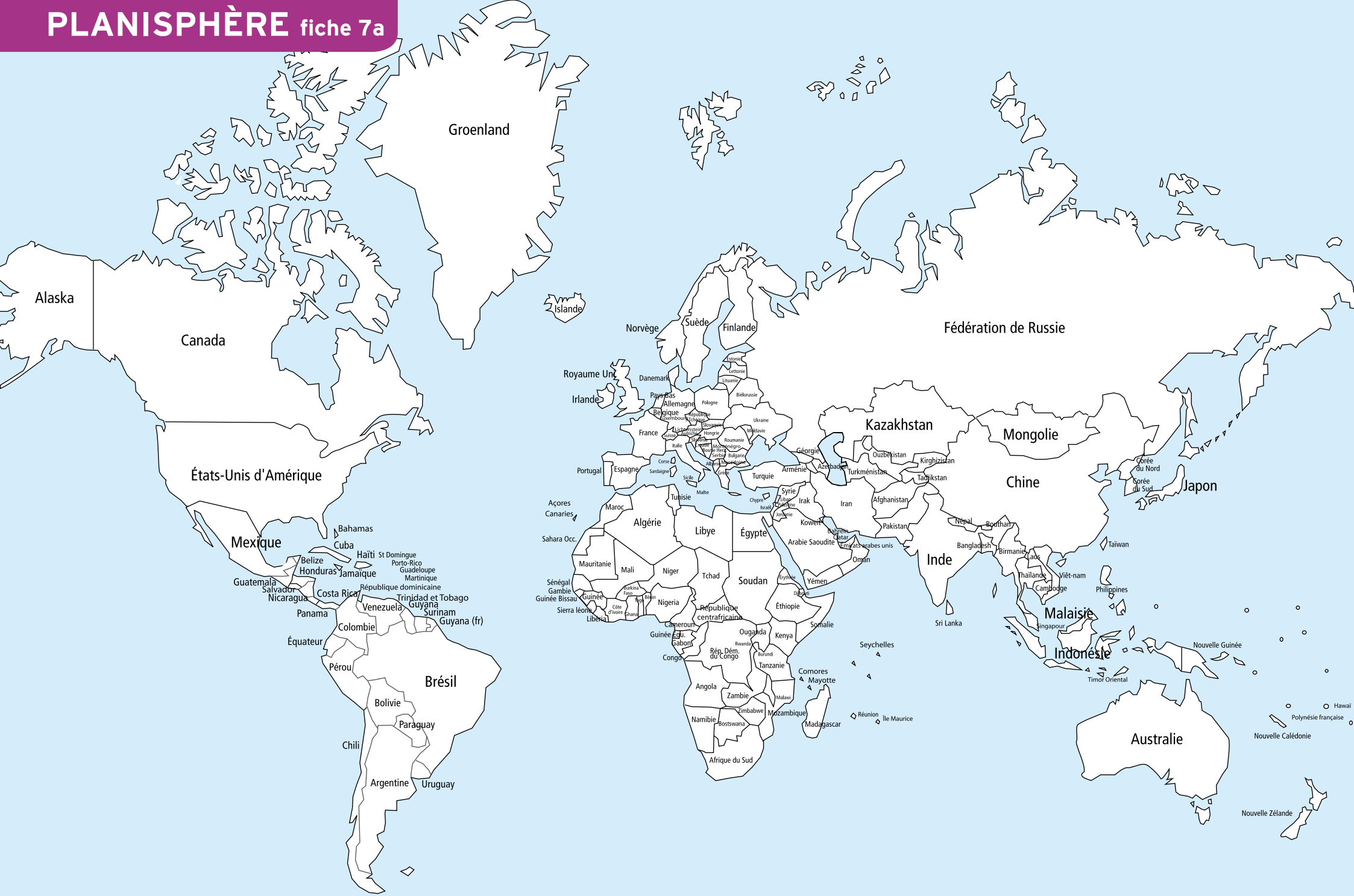PLANISPHÈRE fiche 7a