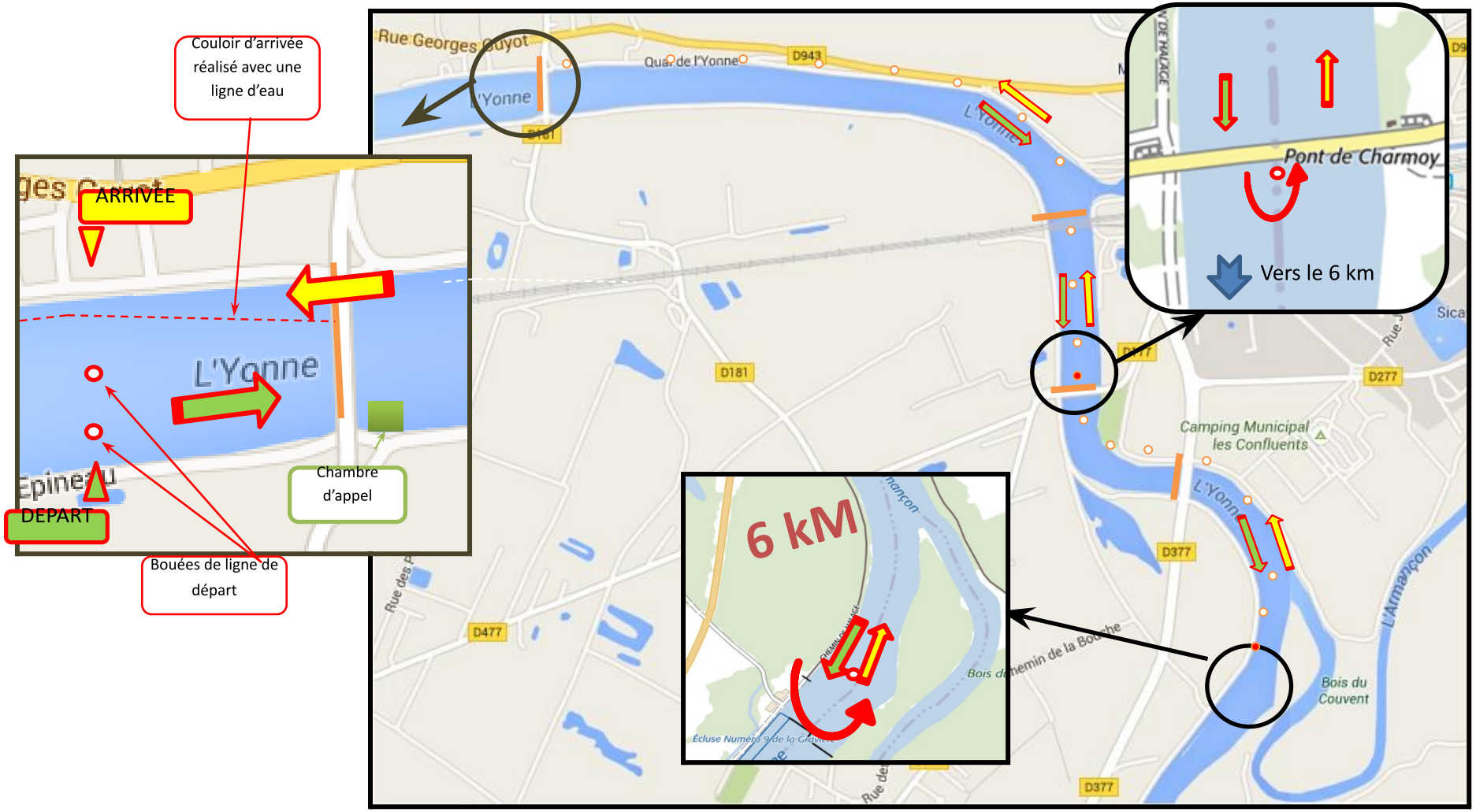PLAN DE COURSE :