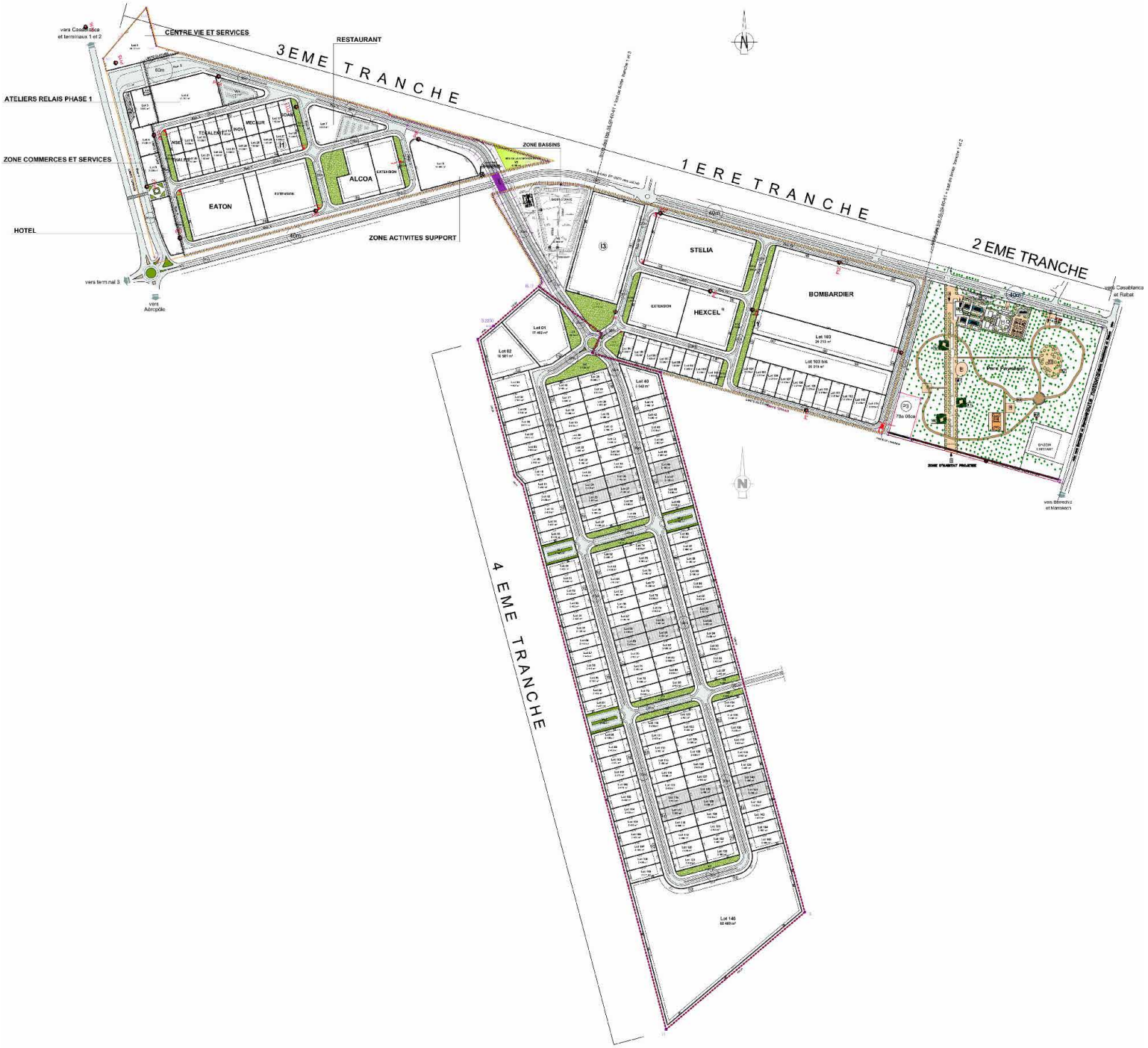MIDPARC PLAN DE MASSE