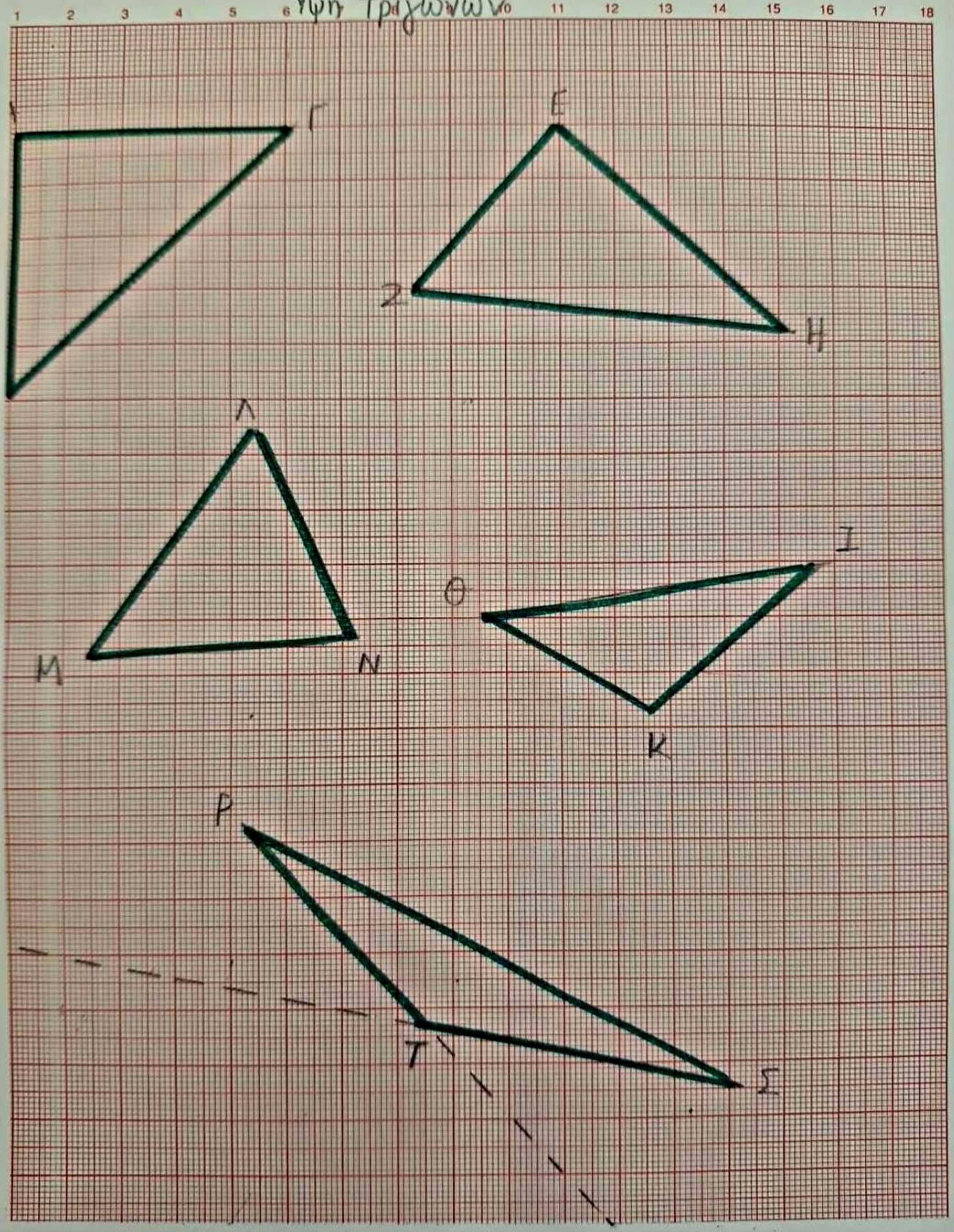Ύψη Τριγώνων