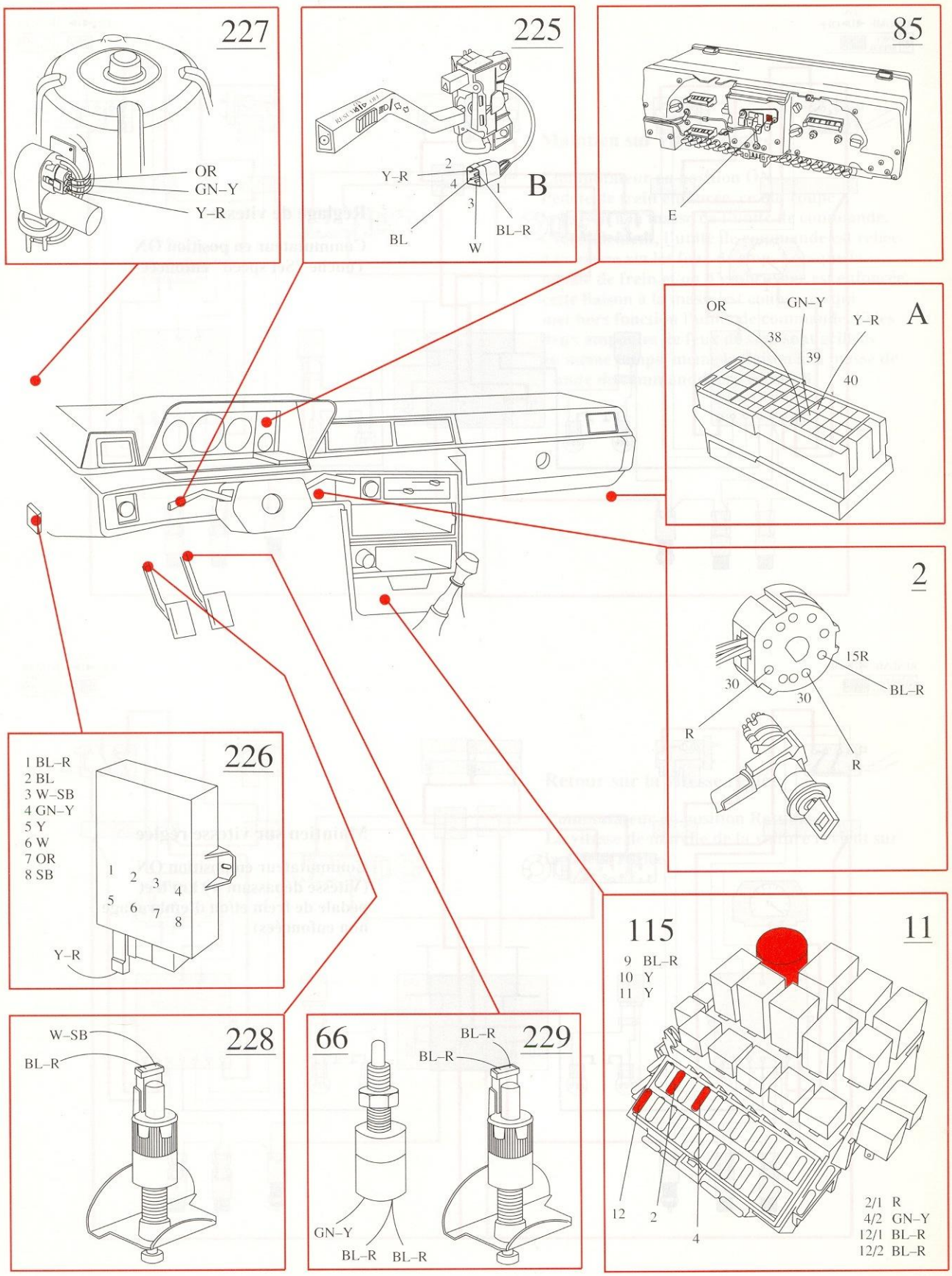Marche à vitesse de croisière