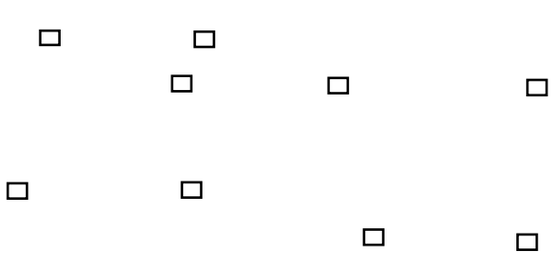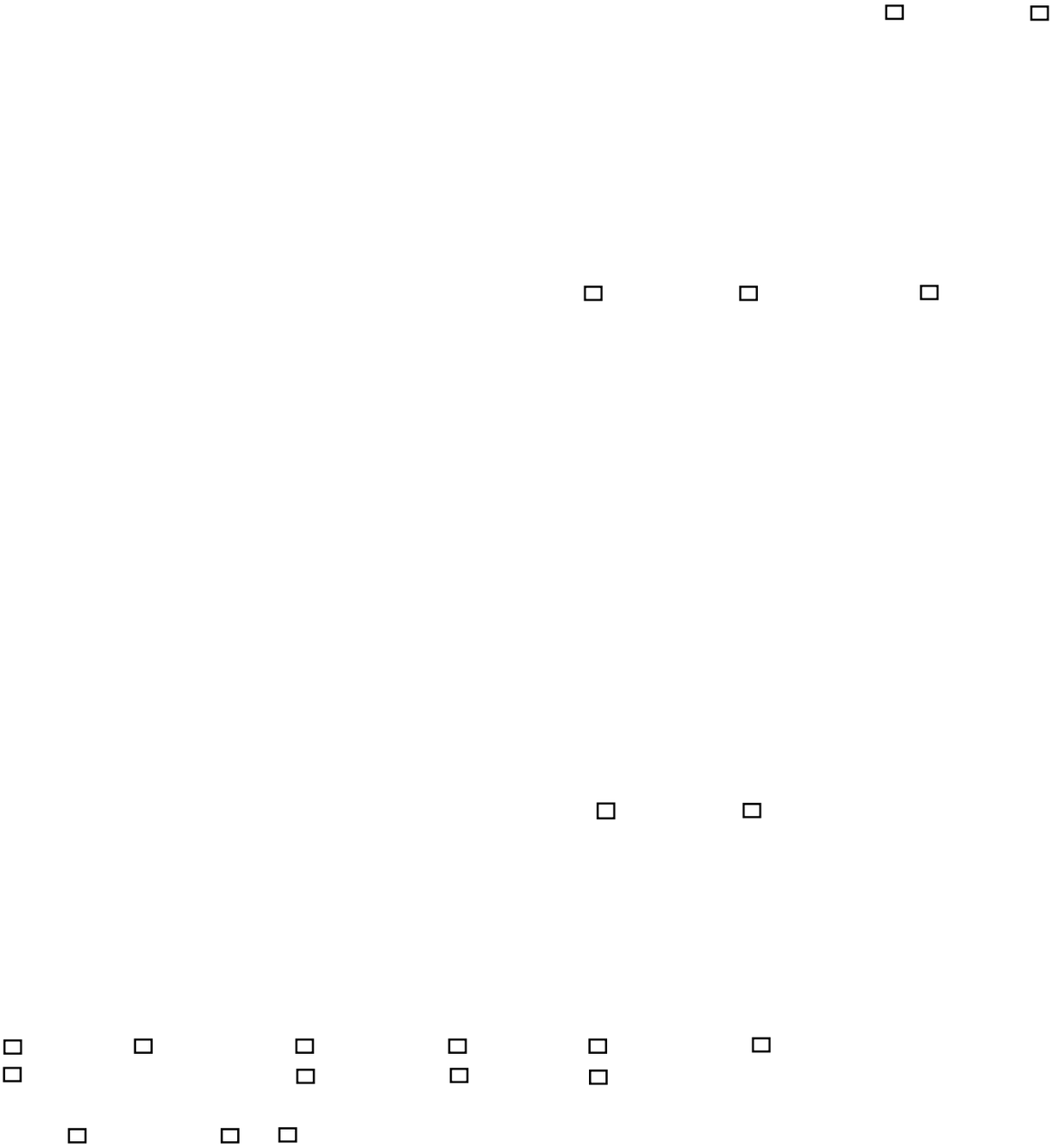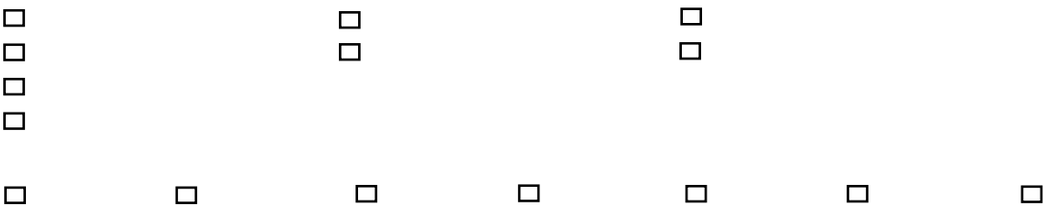seleccionar región