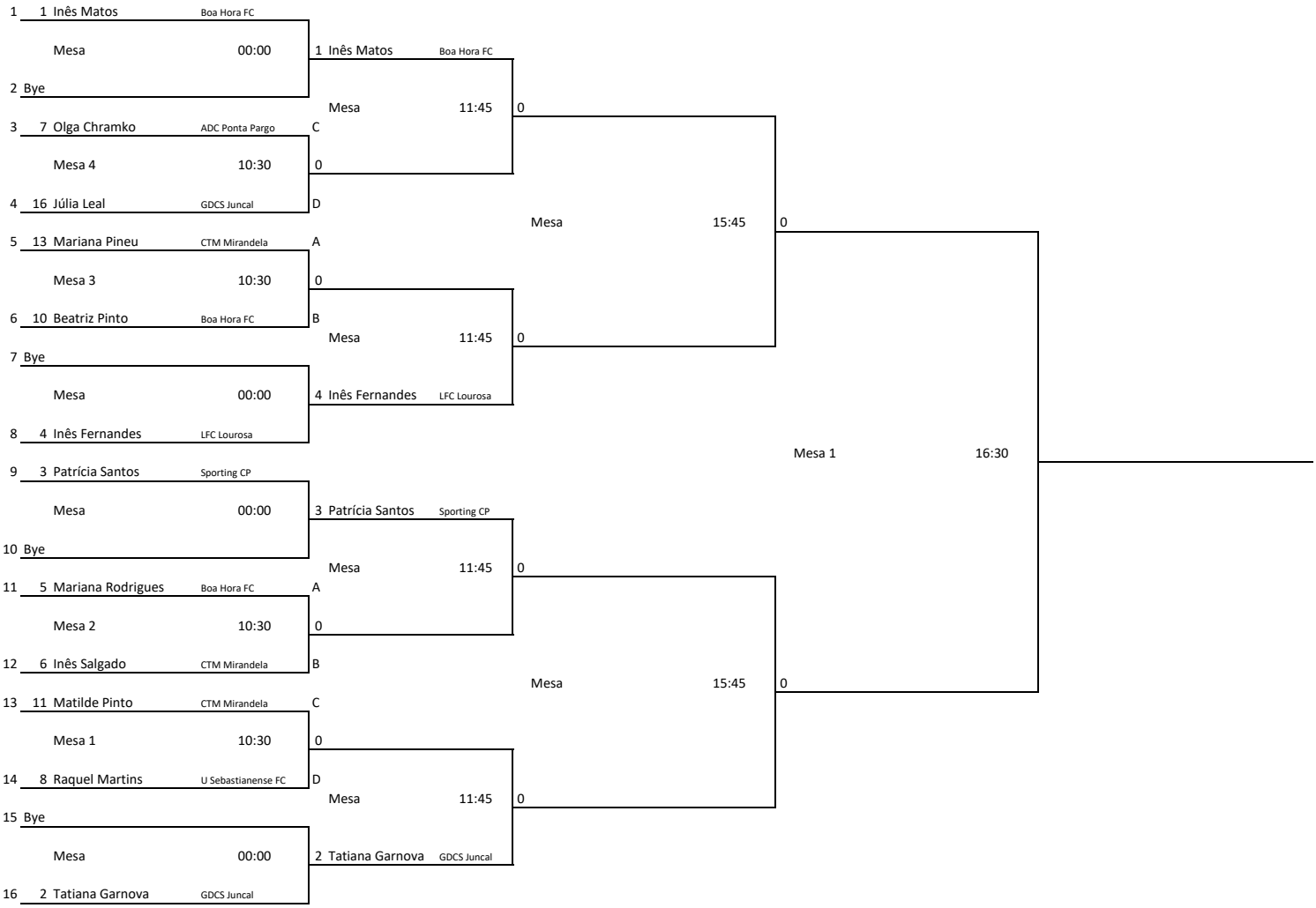Seniores Femininos