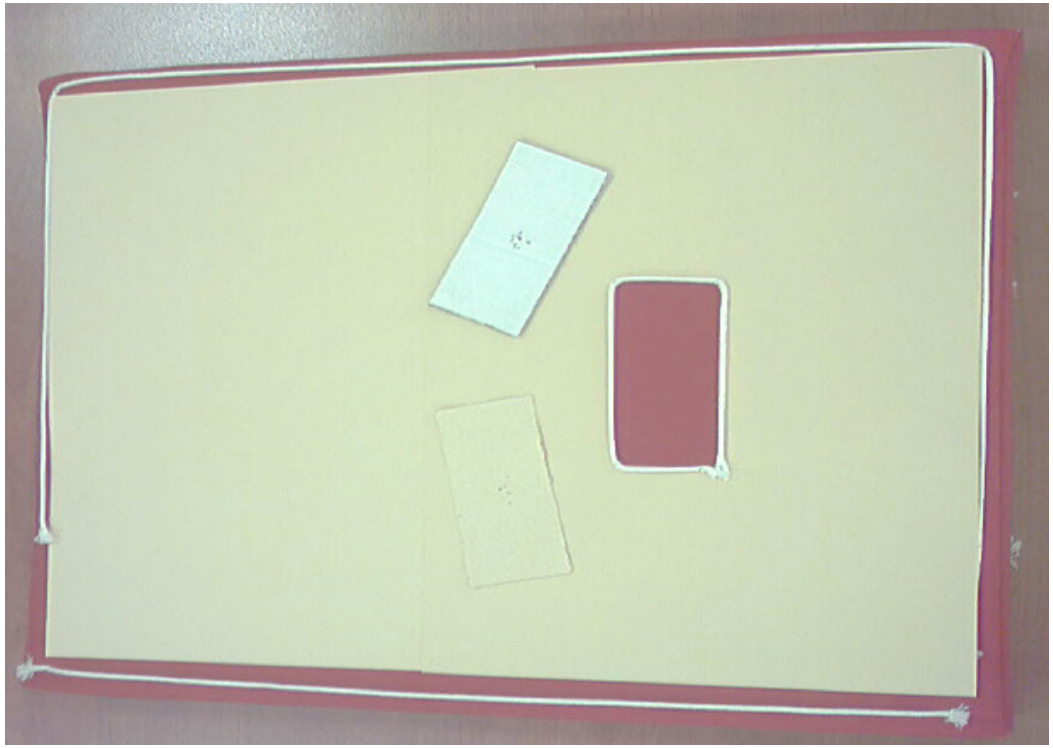Cuscinetto: tecnica dello strappo