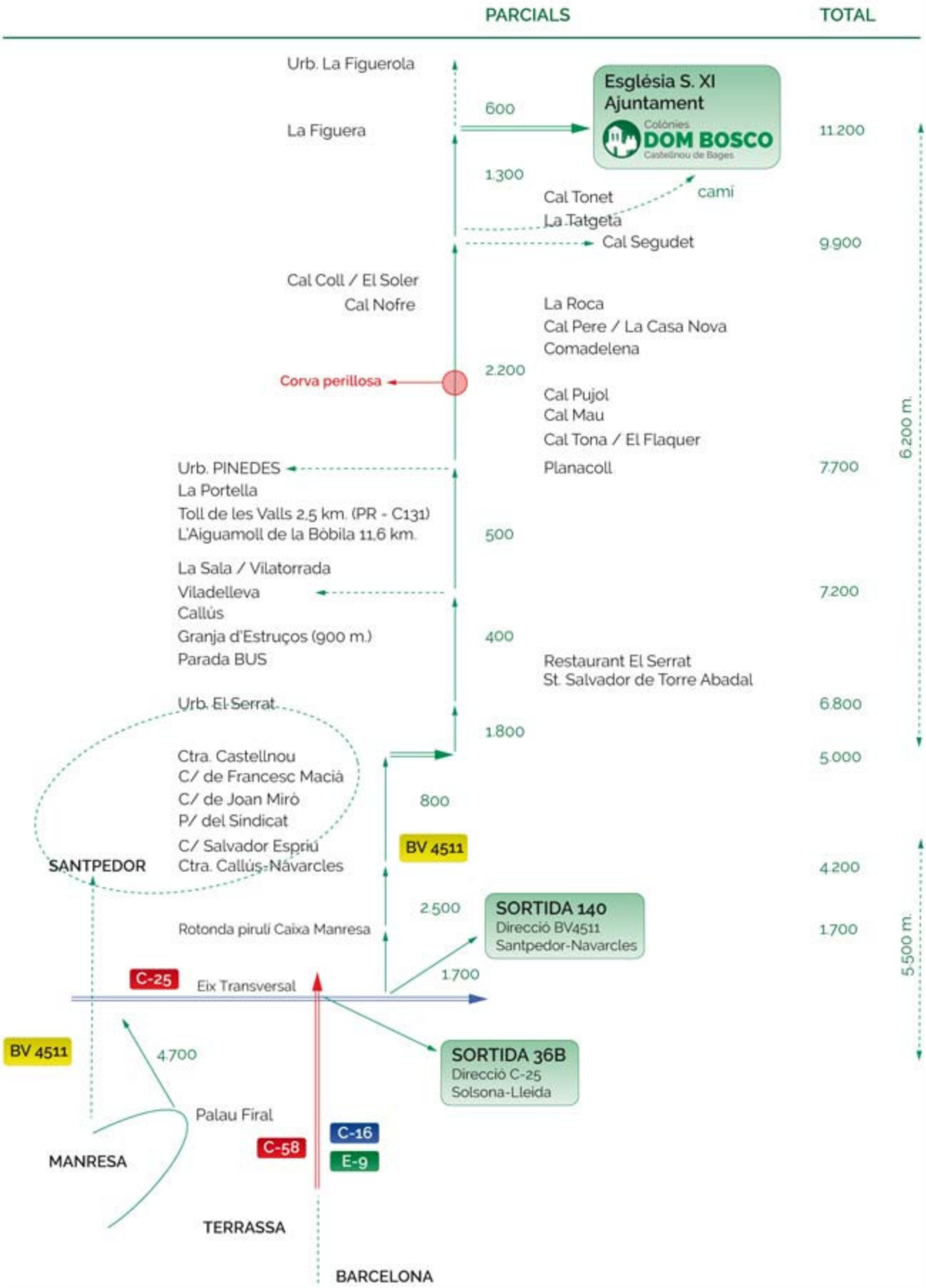De MANRESA a CASTELLNOU (distancies en metres)