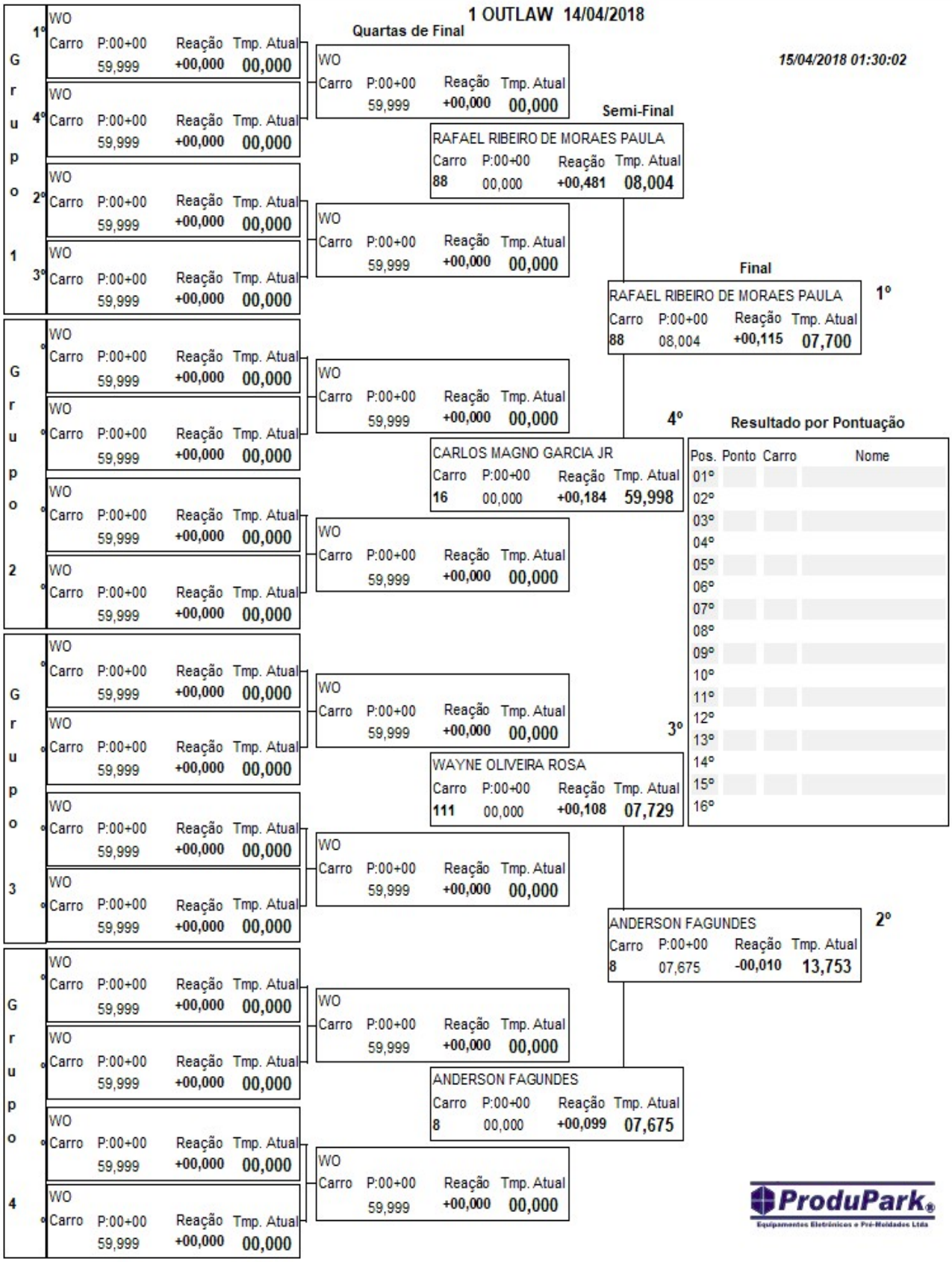E -> (7.5 S) Categoria 7.5 segundos