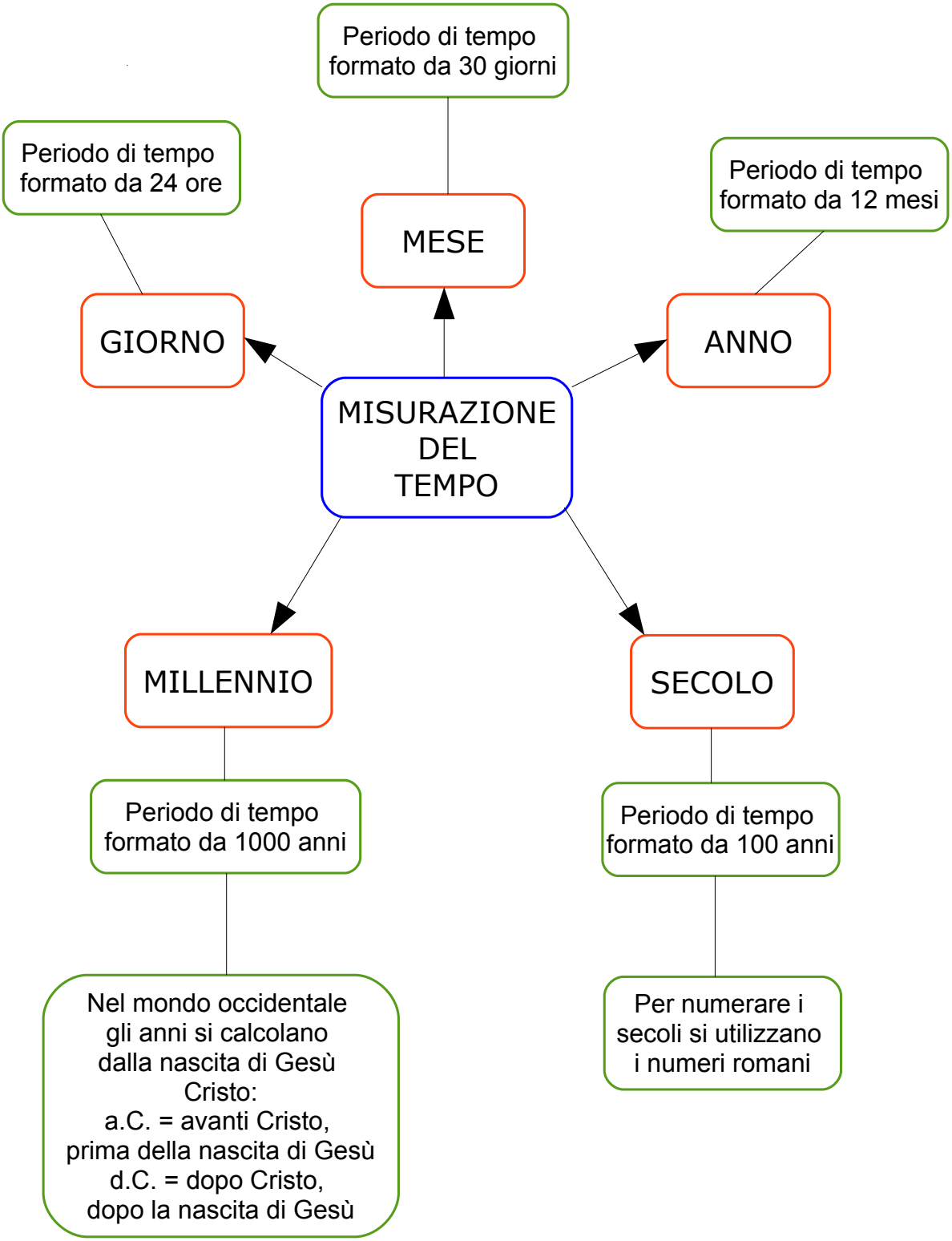La misurazione del tempo