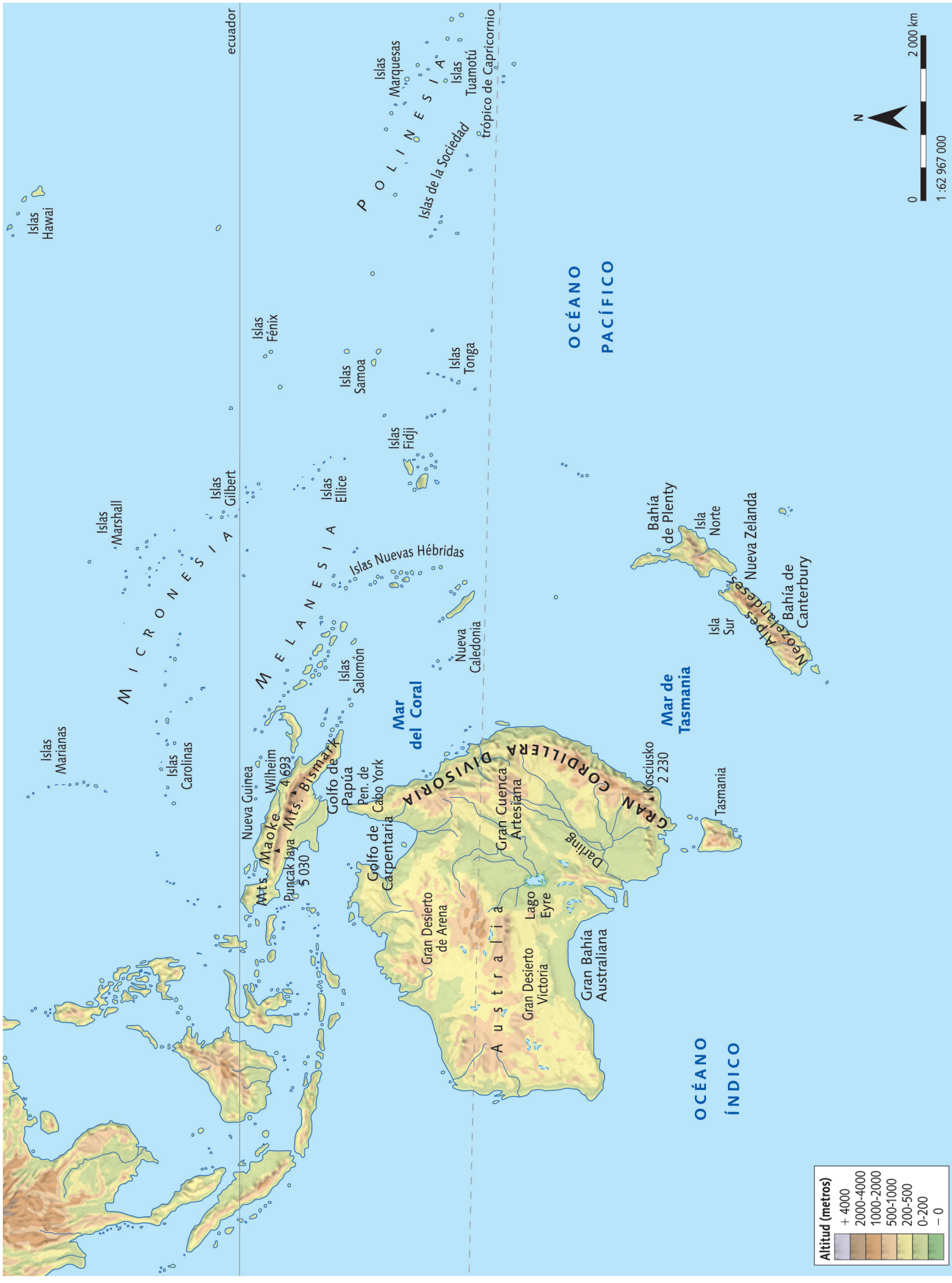Mapa físico de Oceanía