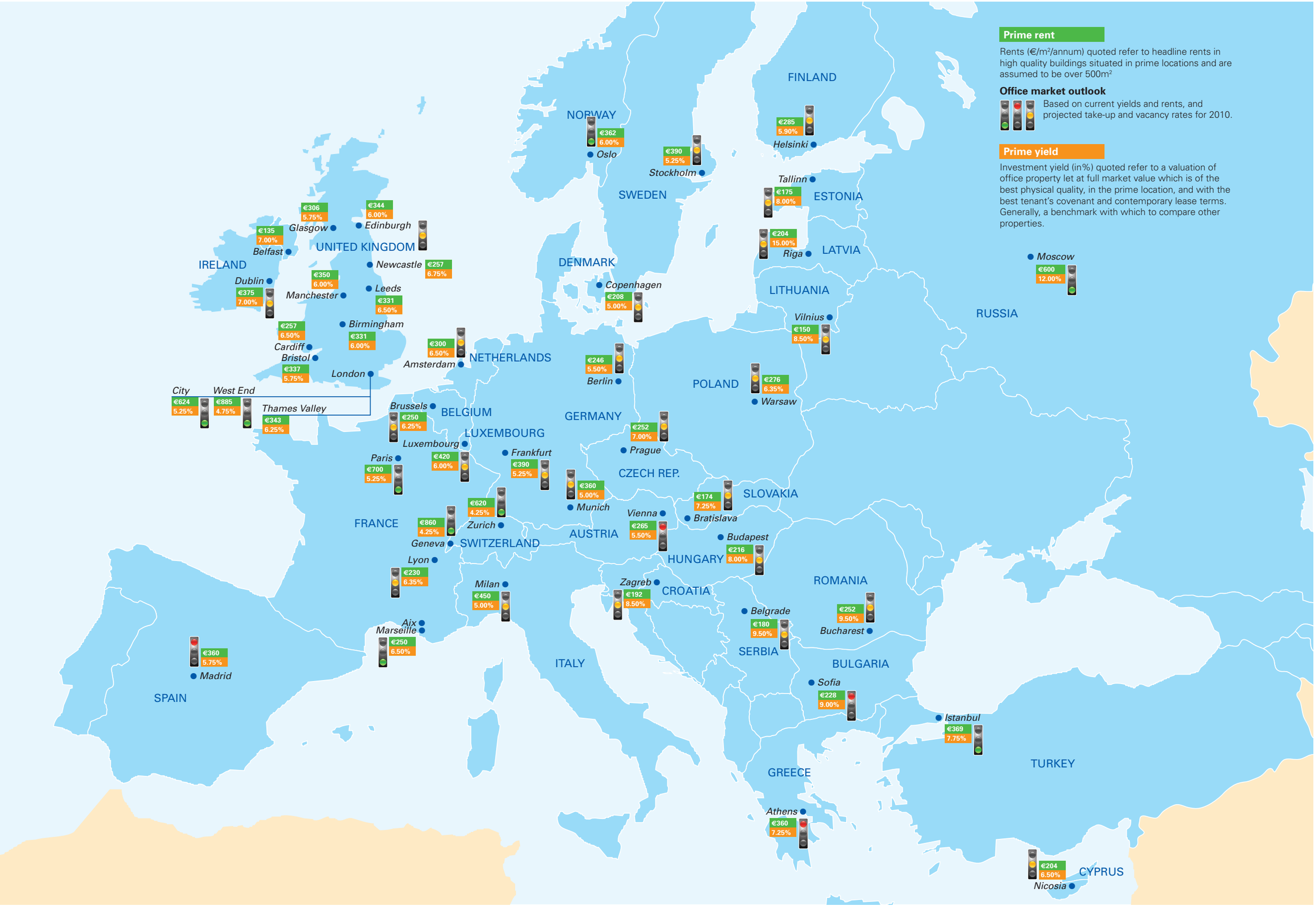Prime rents and yields - mid-2010 and Office market outlook 2010 - 2011