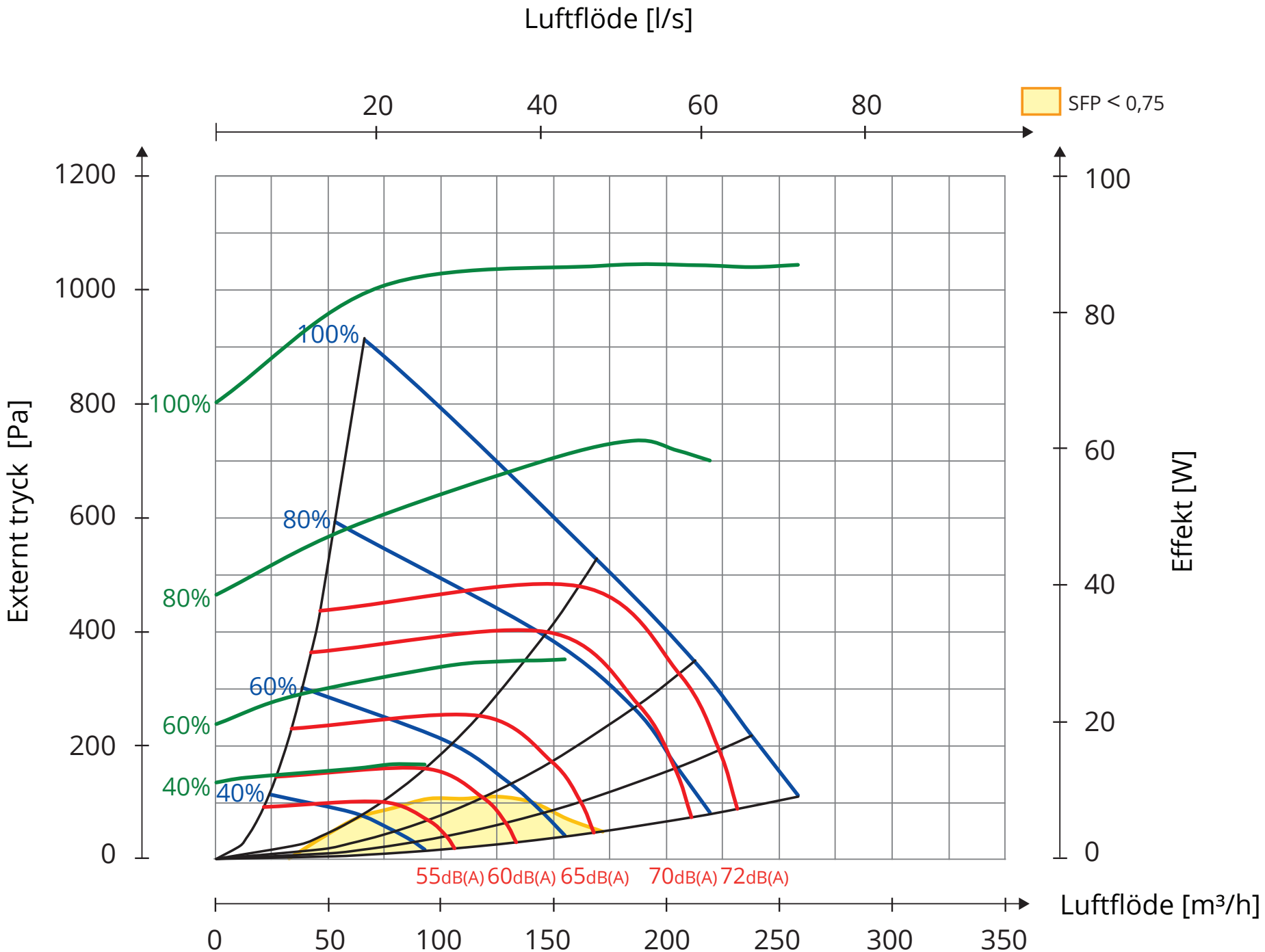Tilluftssida R