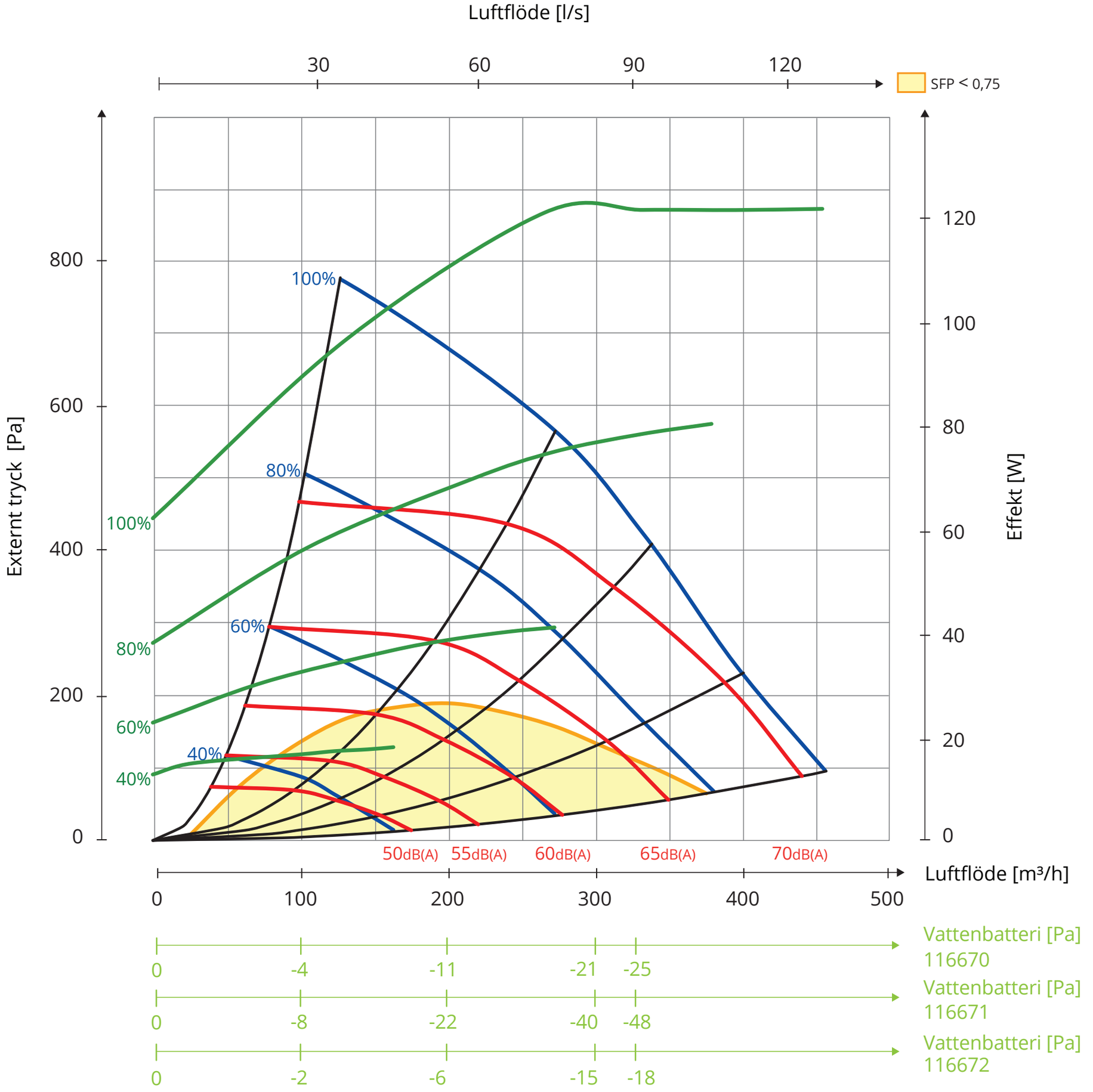Tilluftssida L