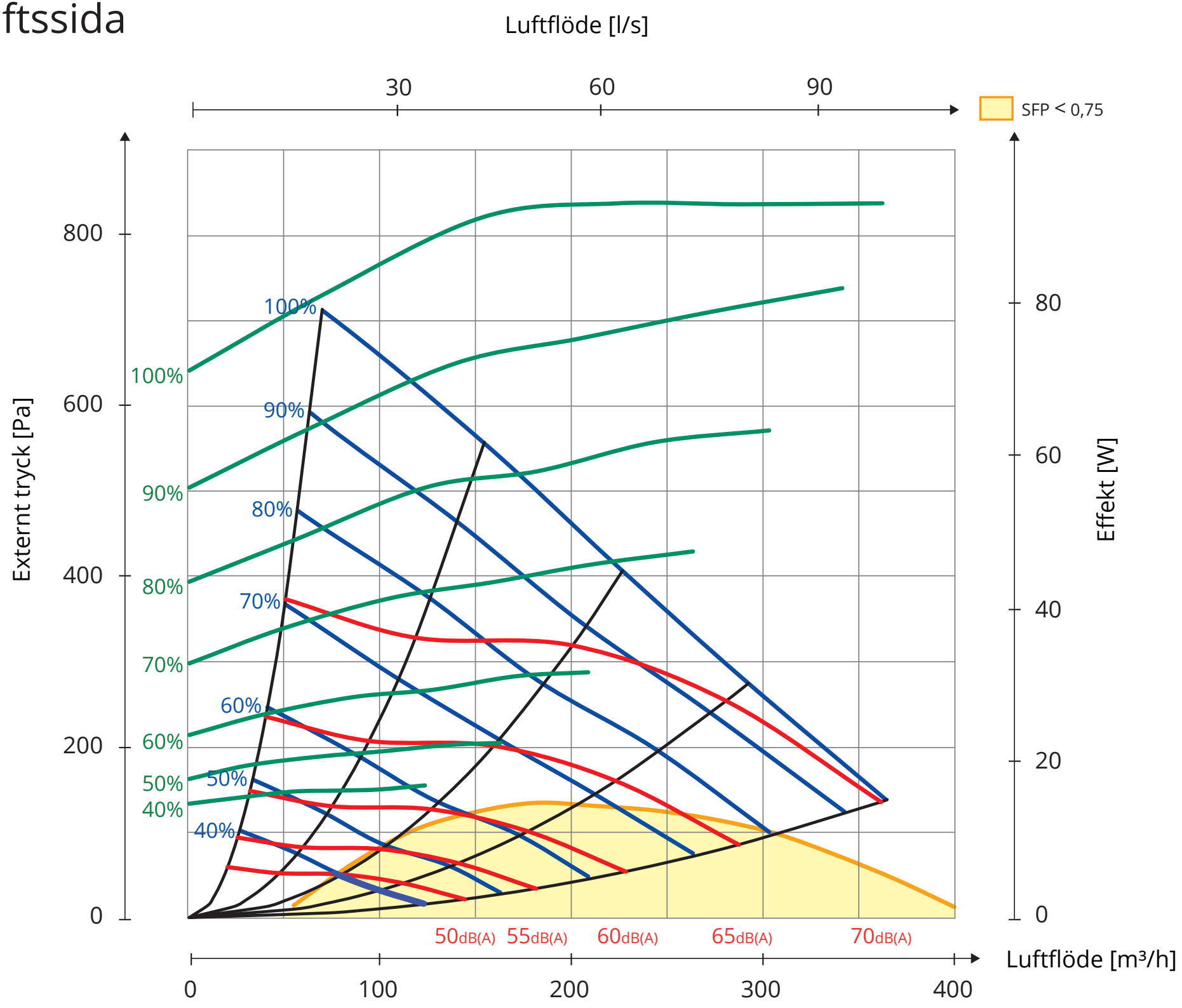Tilluftssida