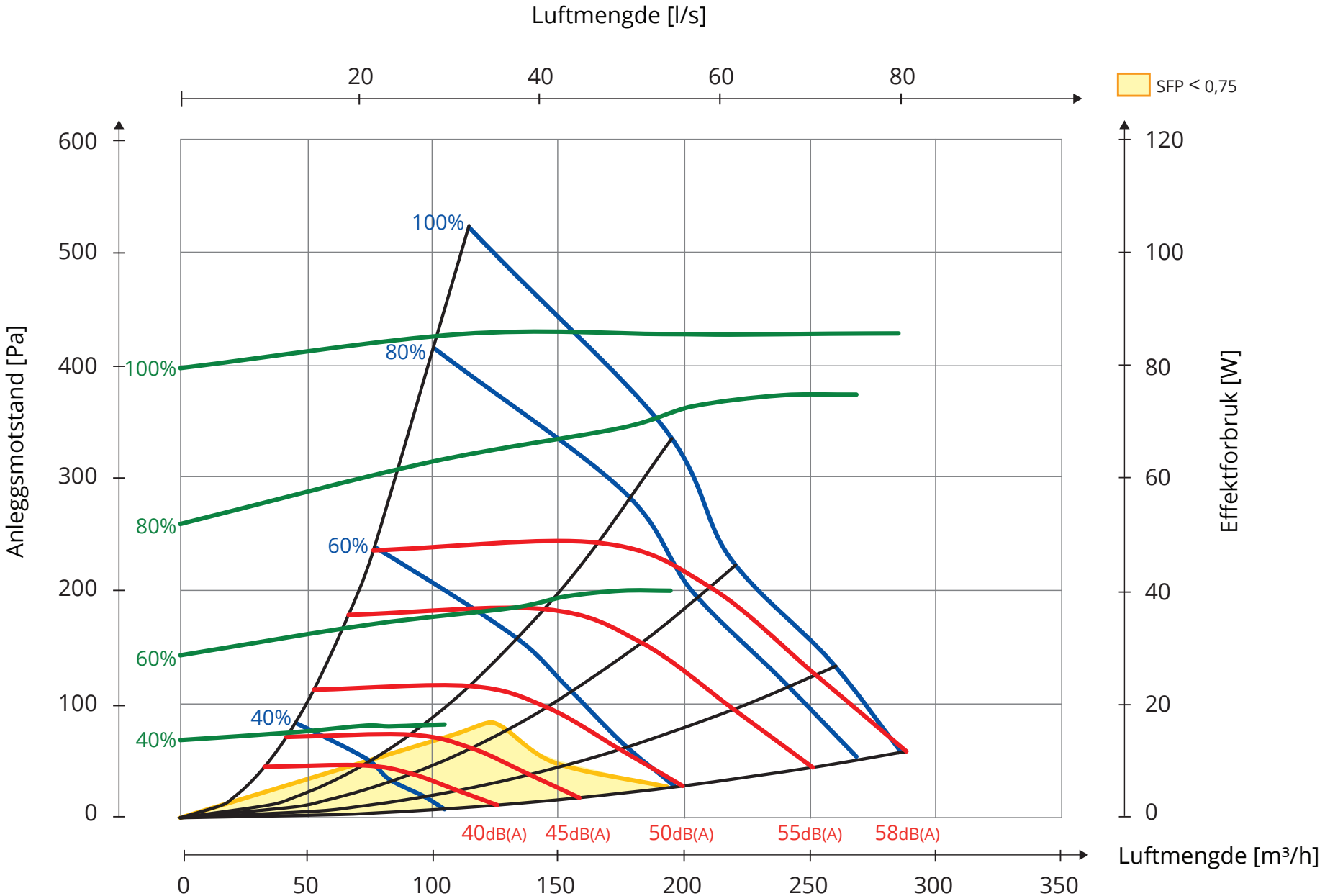Avtrekkside L