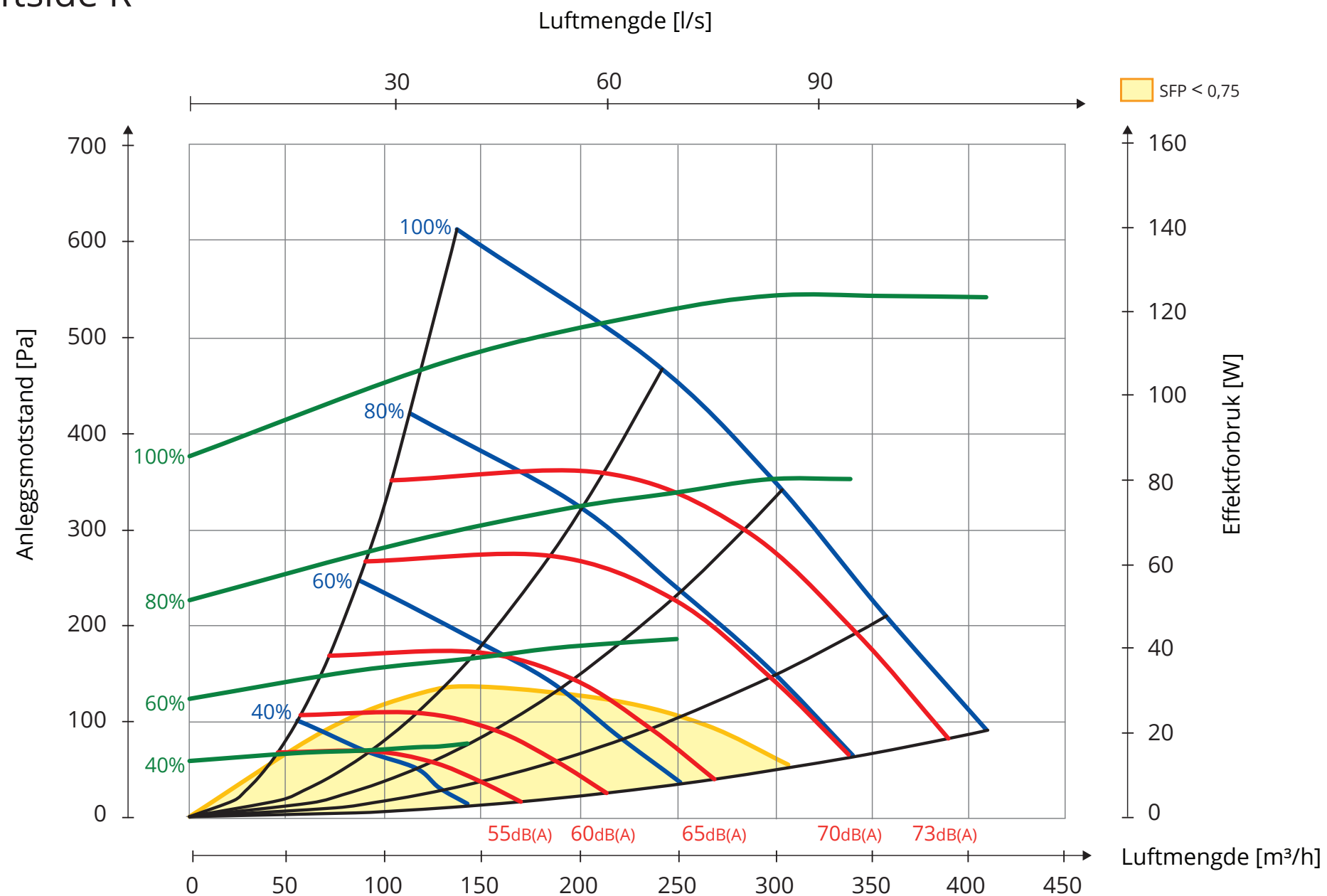Tilluftside R