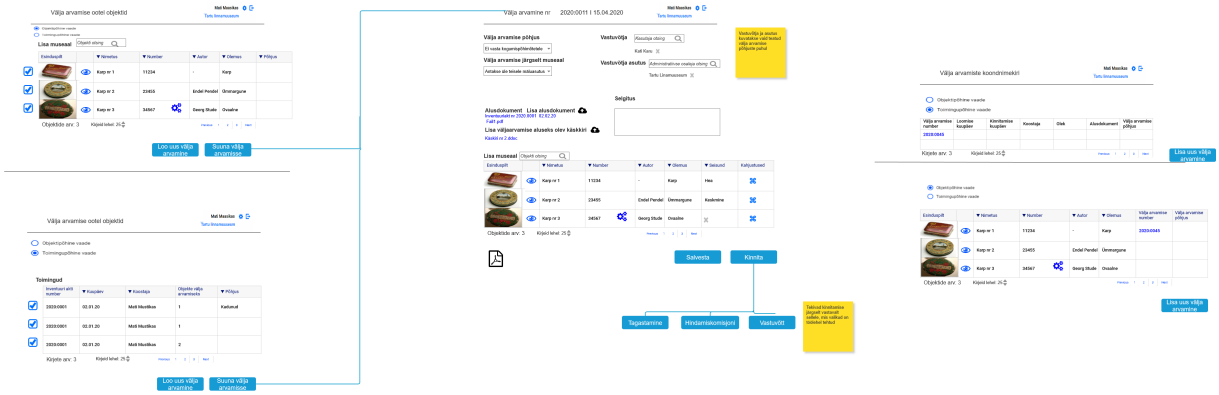Välja arvamine