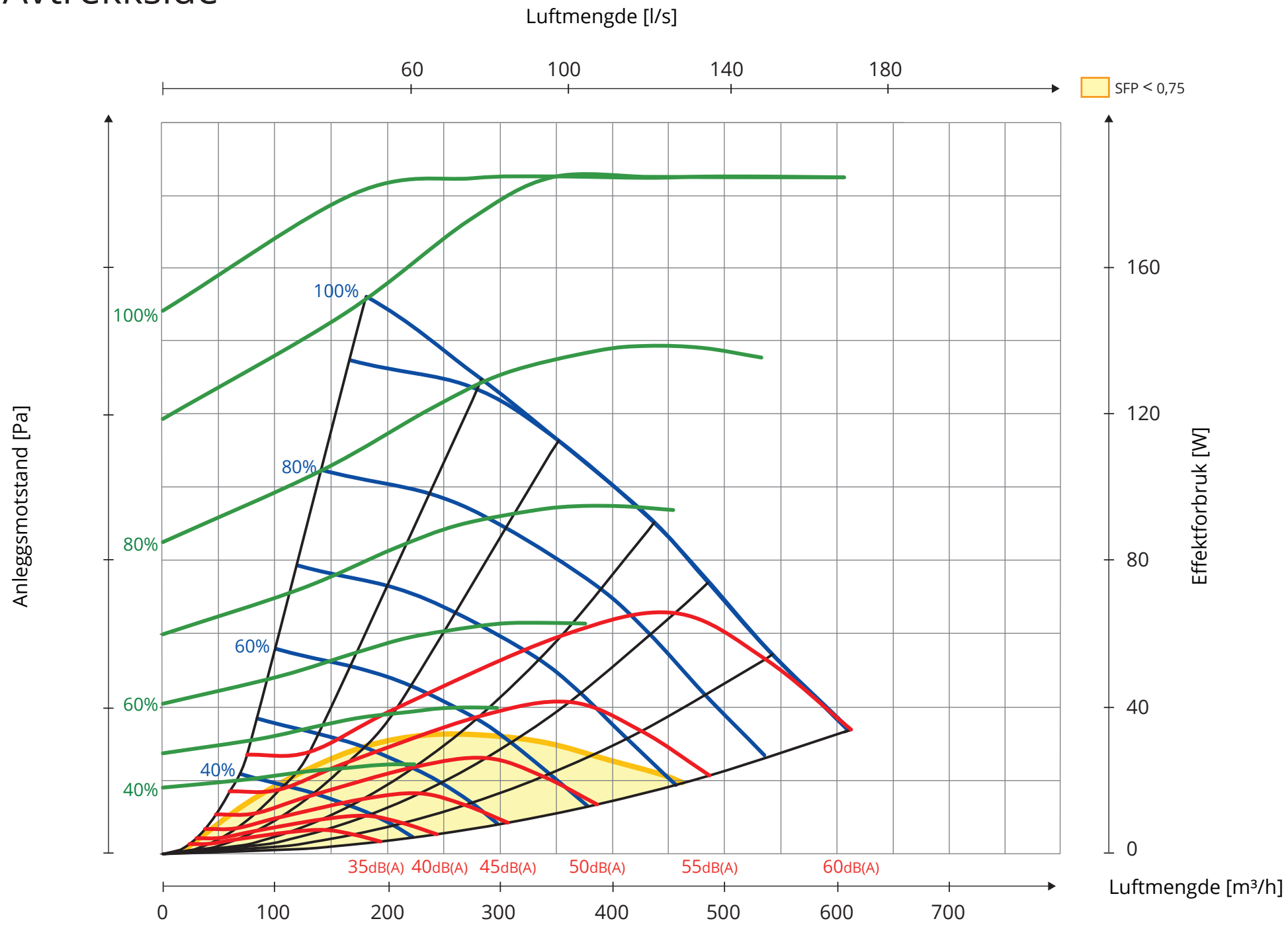Avtrekkside