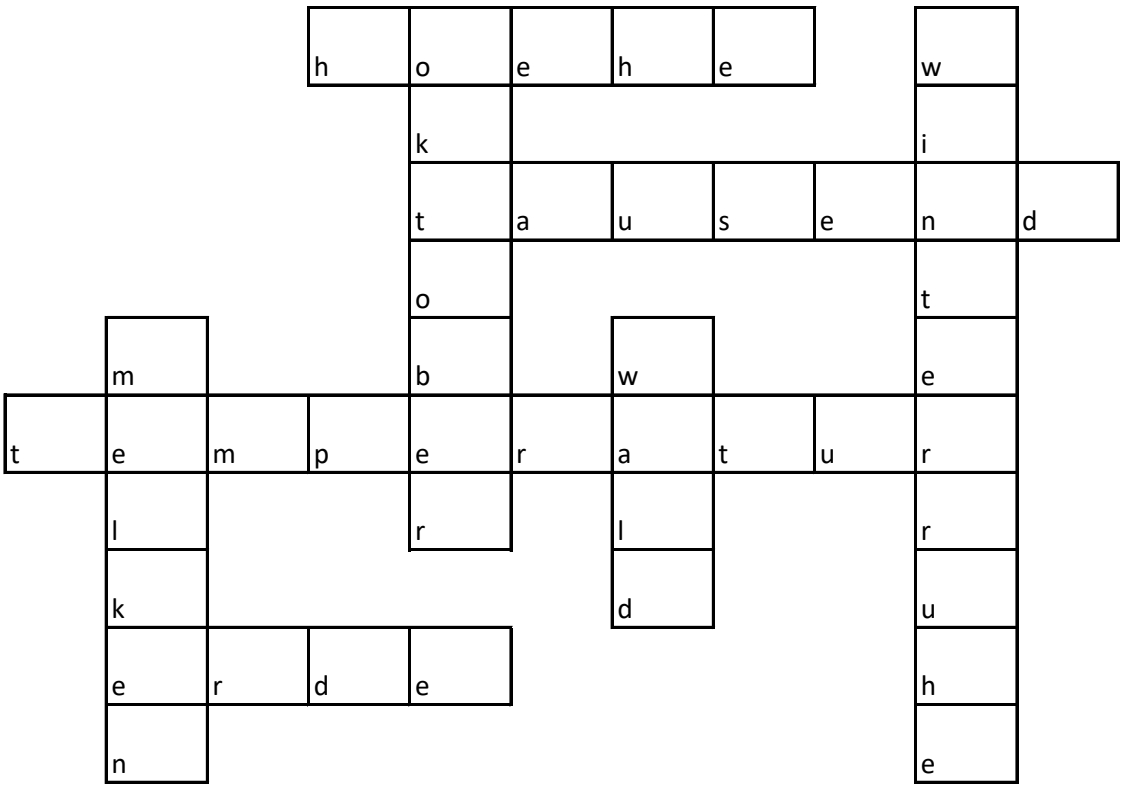Lösung