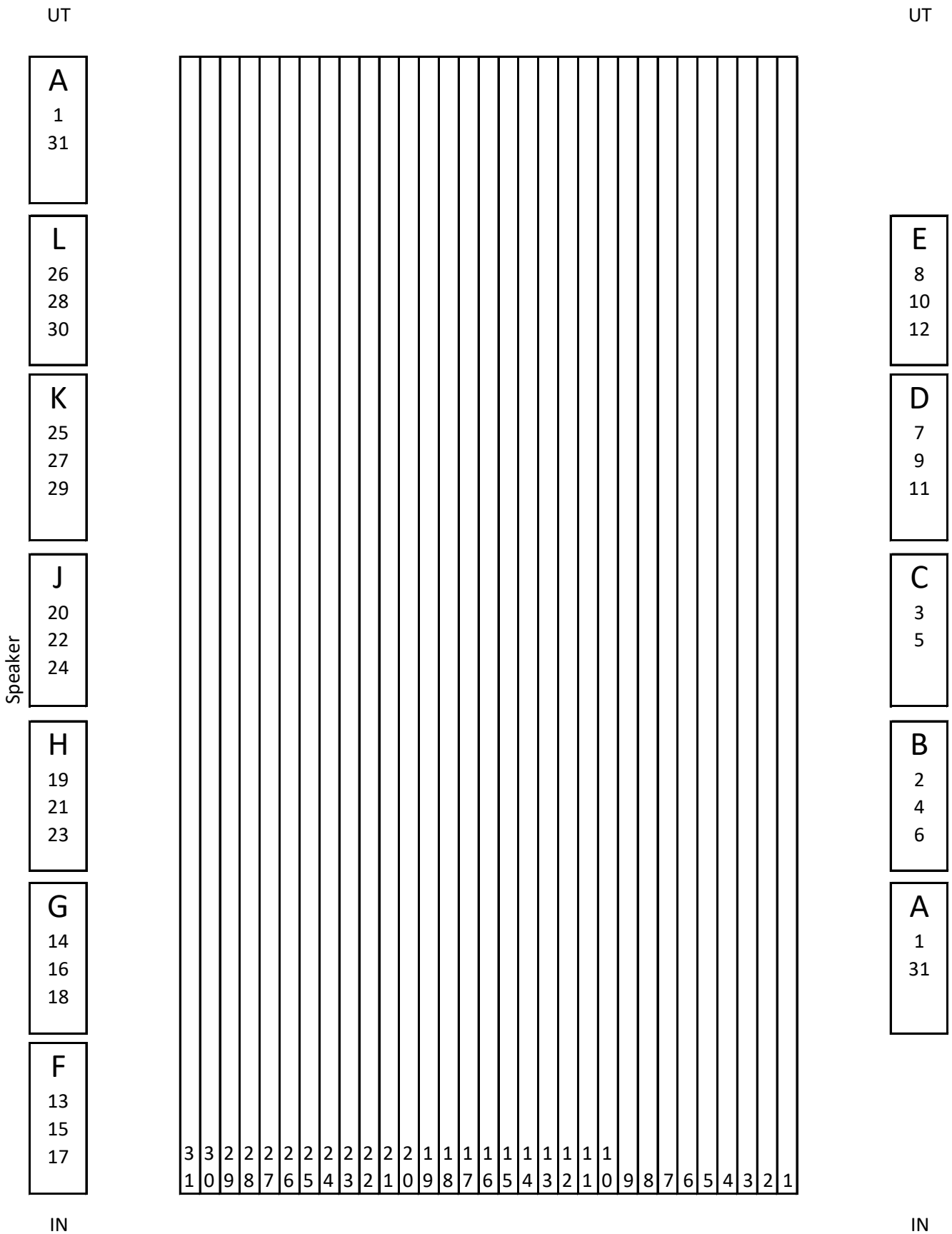Upplockning