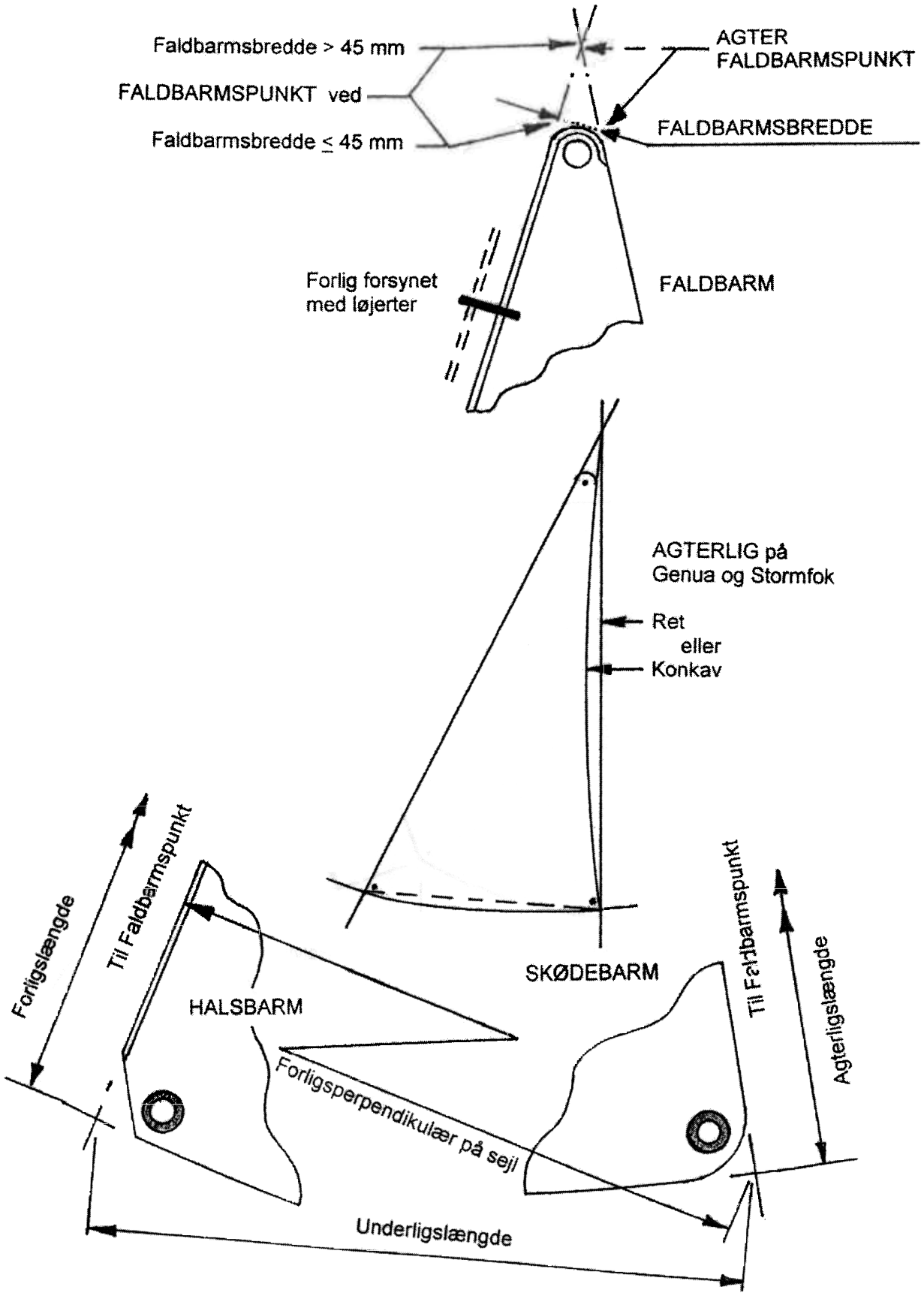FORSEJLSMÅLING