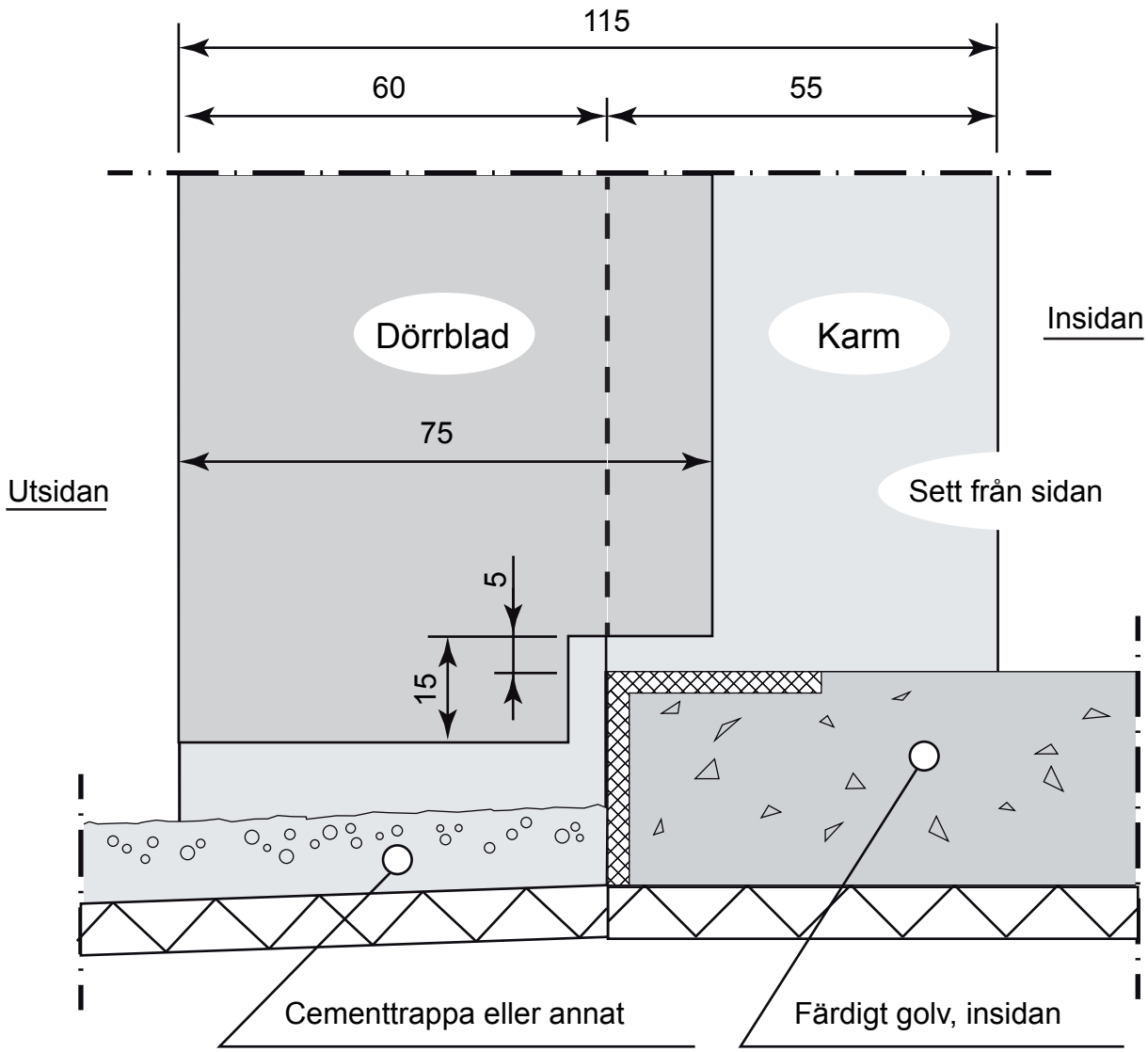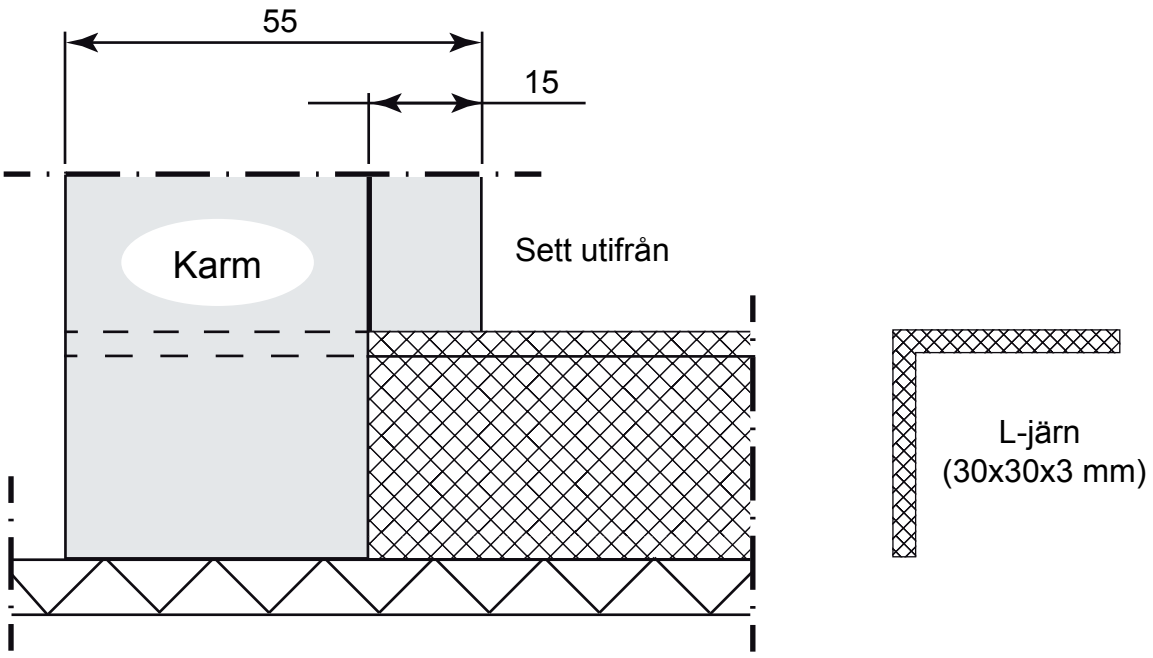L-JÄRNSTRÖSKEL