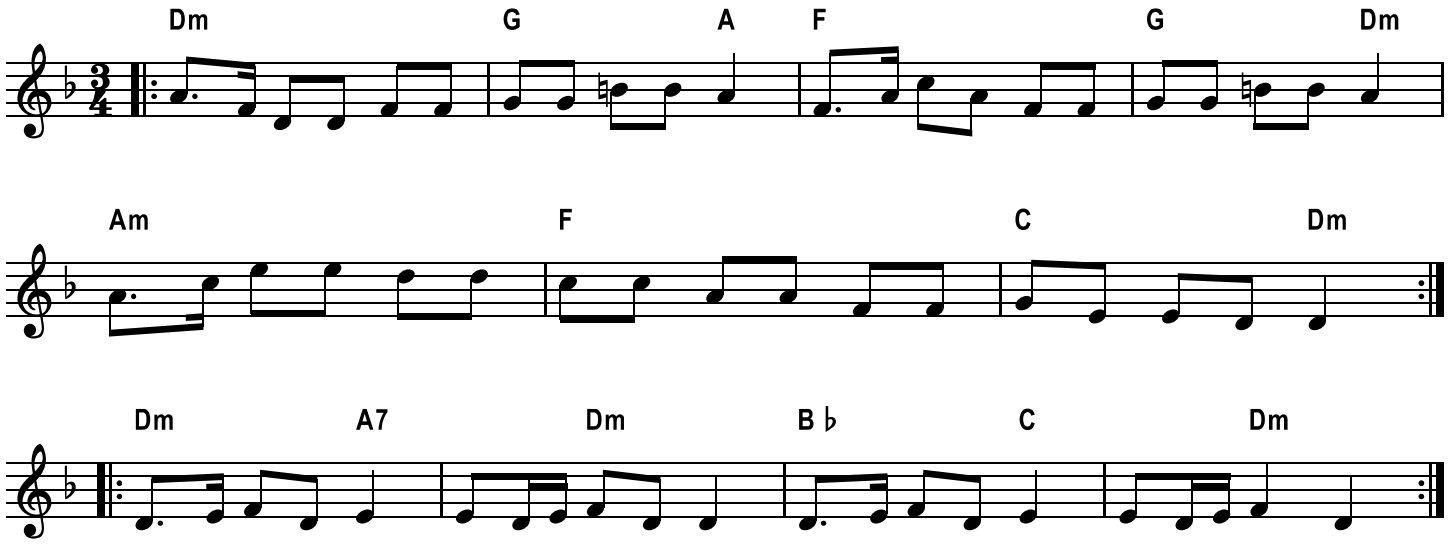Kruspolskan