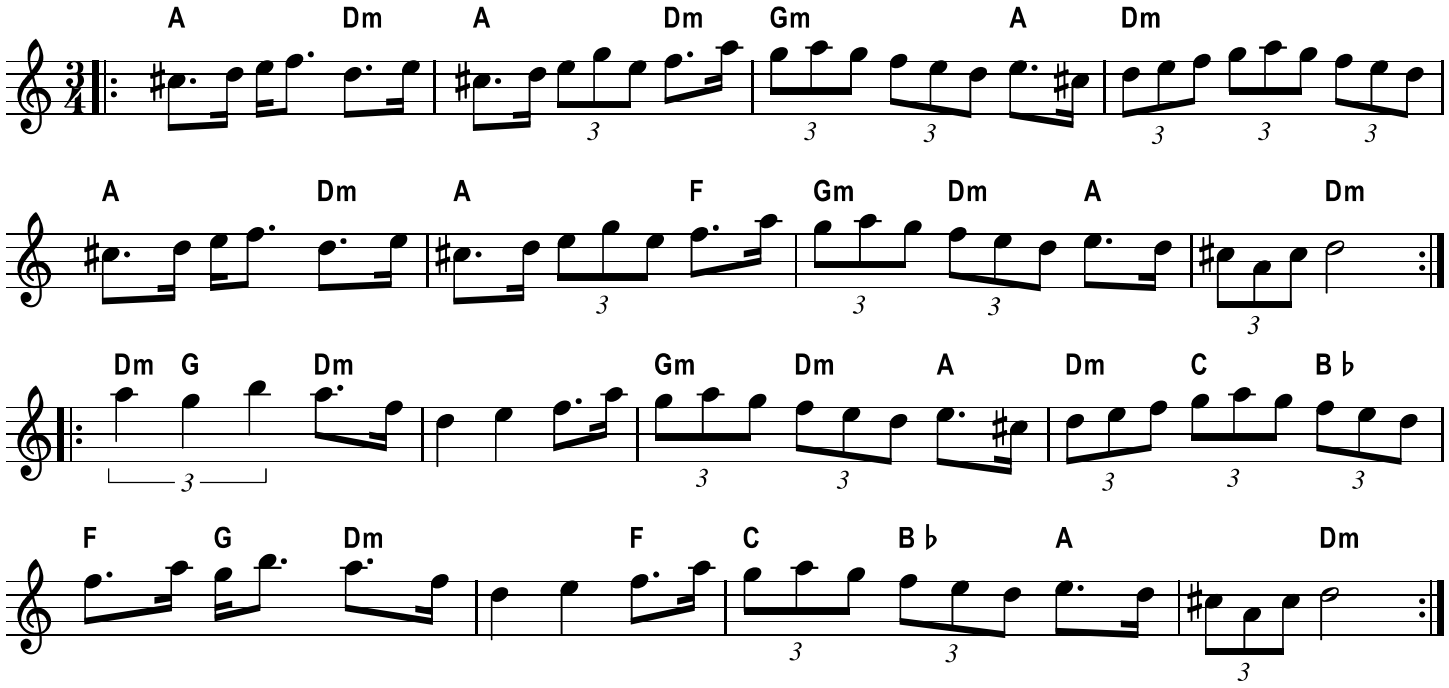Polska efter Lapp-Nils