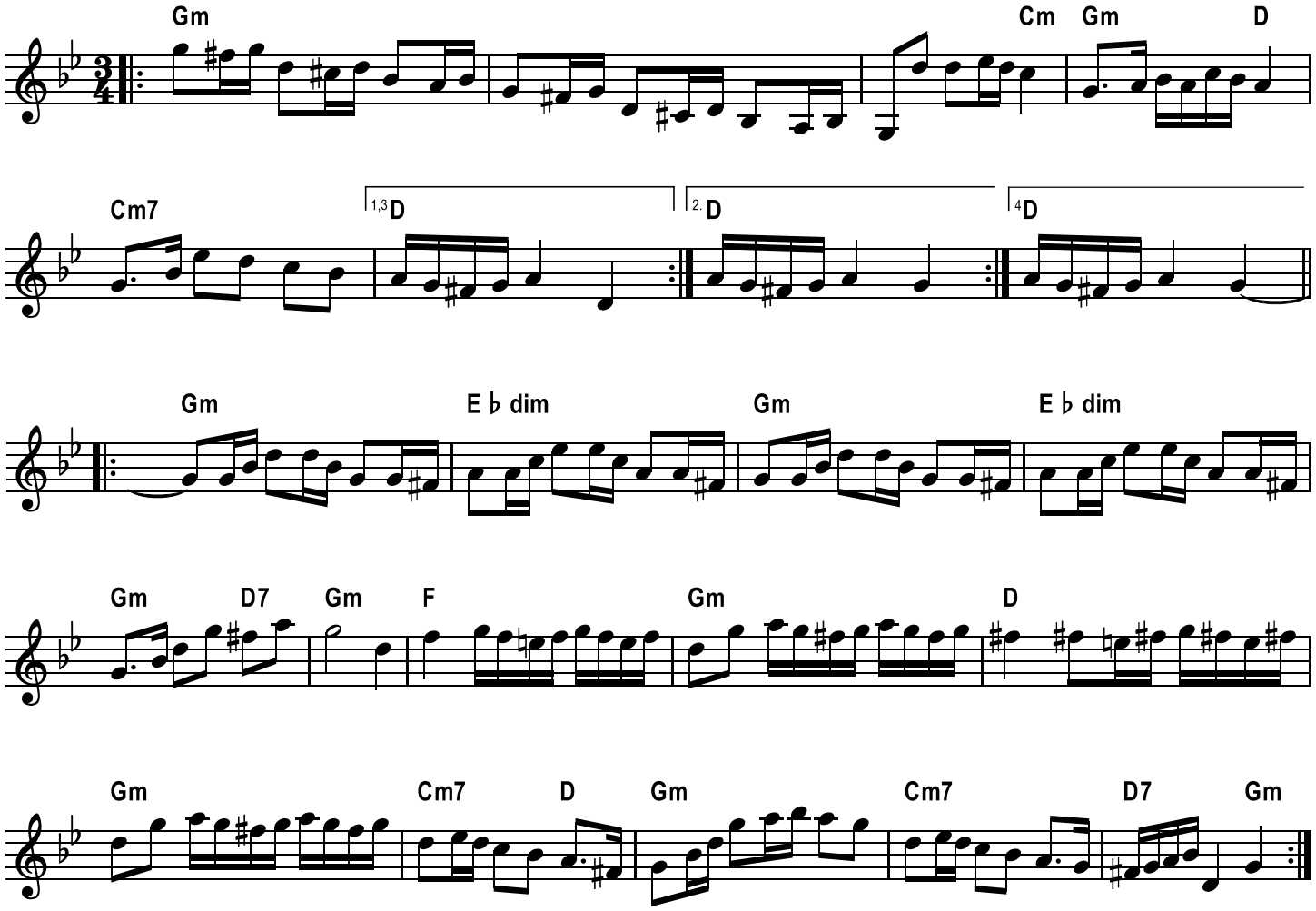Polska efter Myr Hans Nilsson