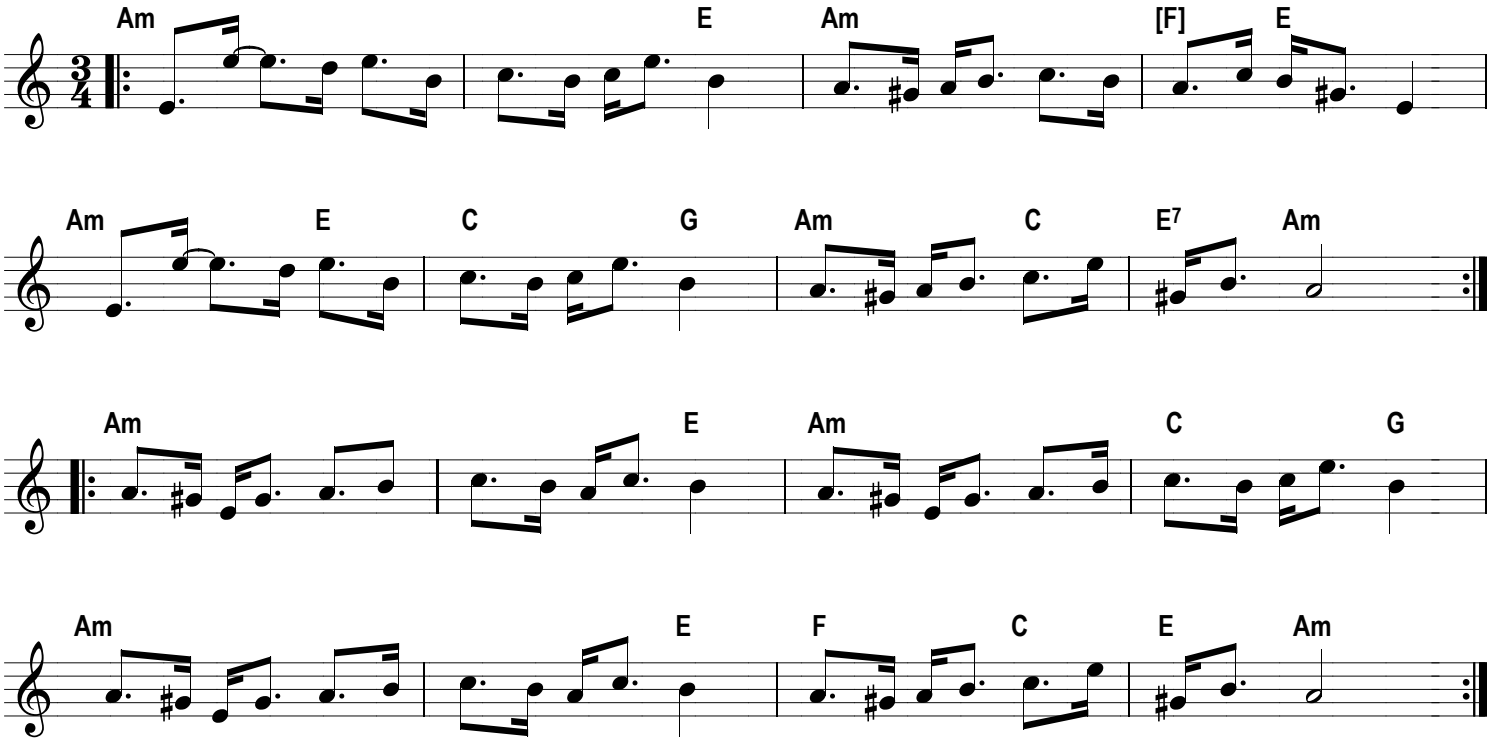Polska efter Troskari-Erik