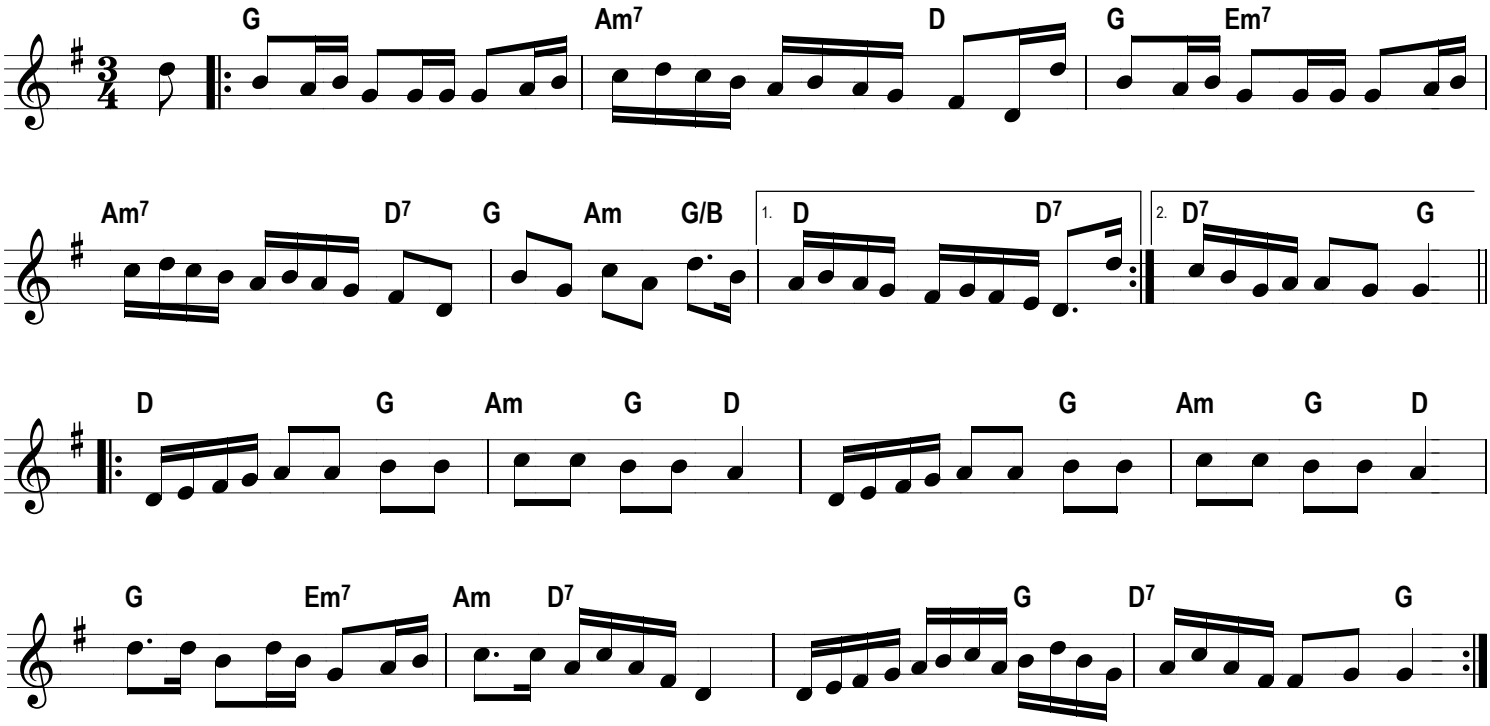Polska fran Markaryd