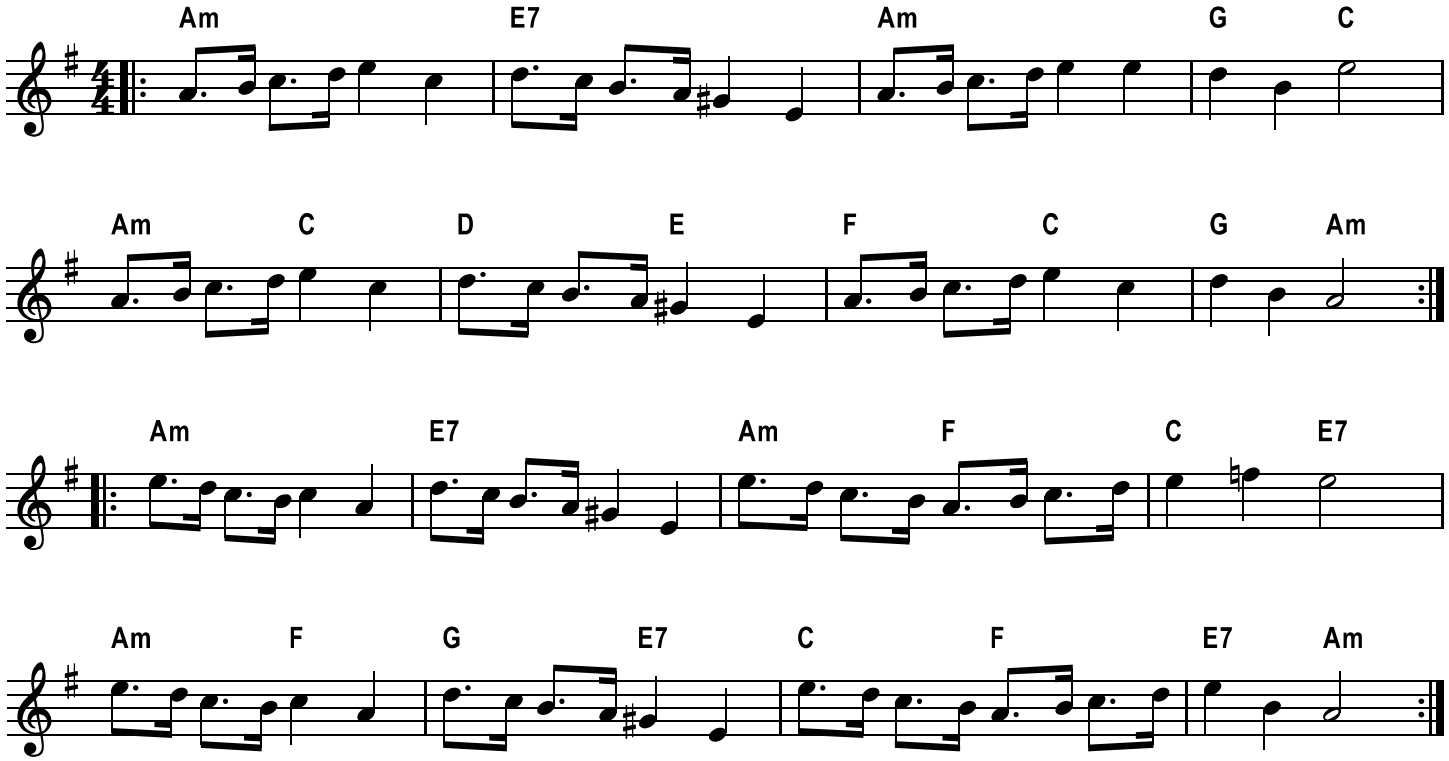Röra röret