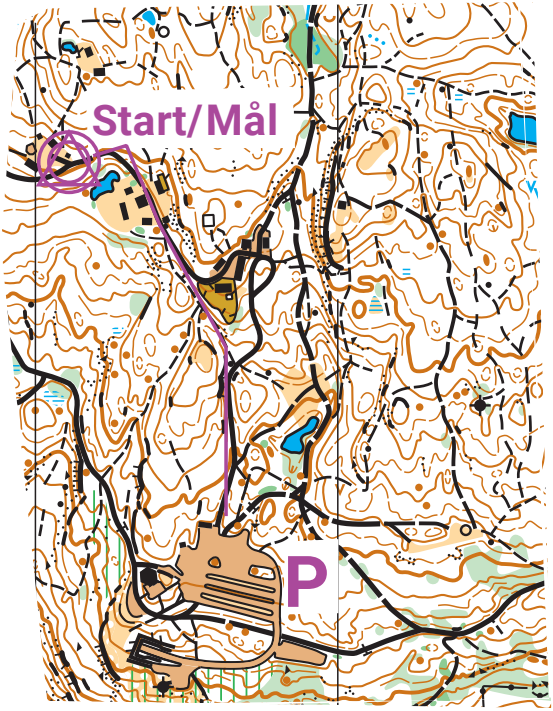


Spiralen