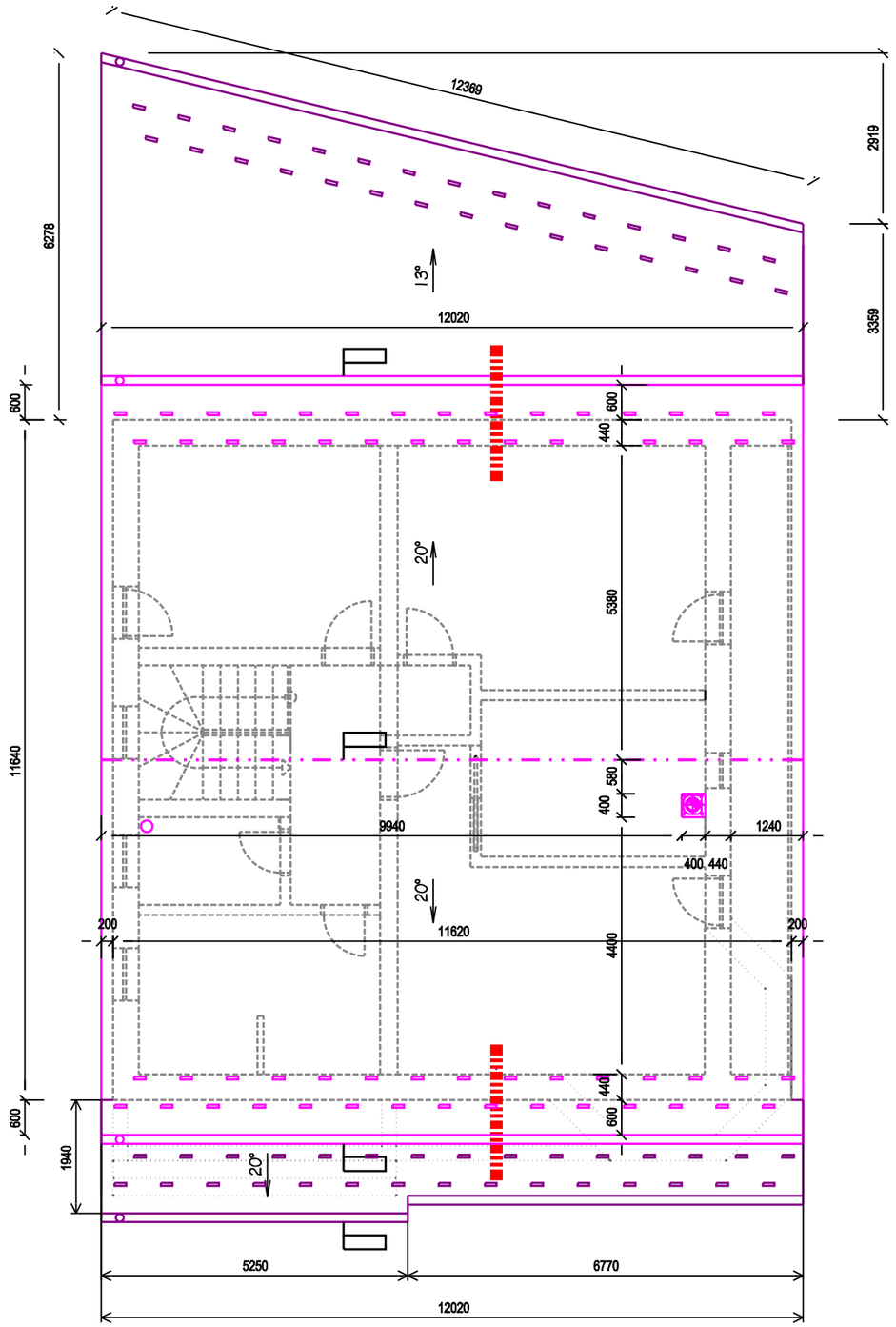PÔDORYS STRECHA