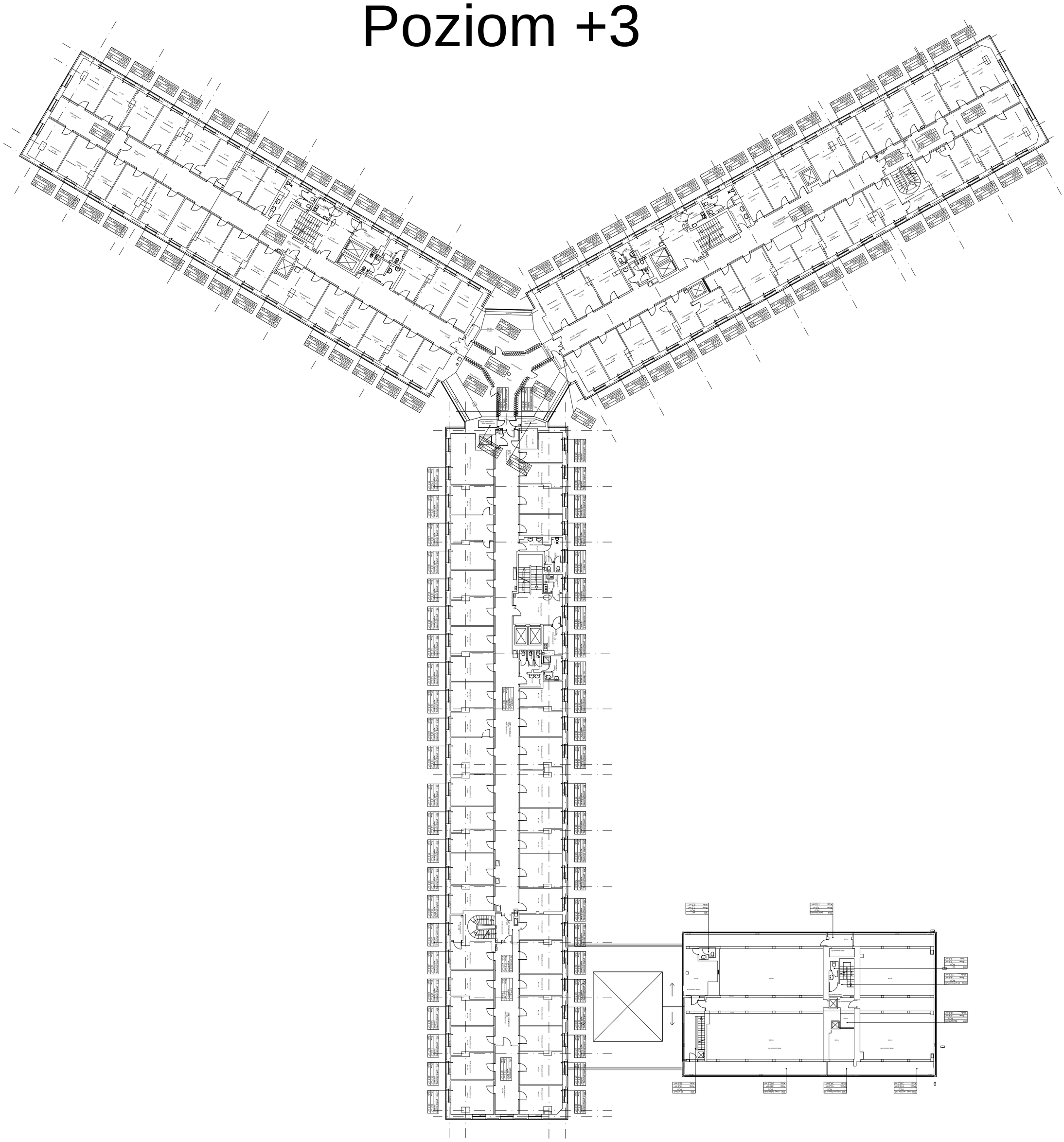Poziom +3