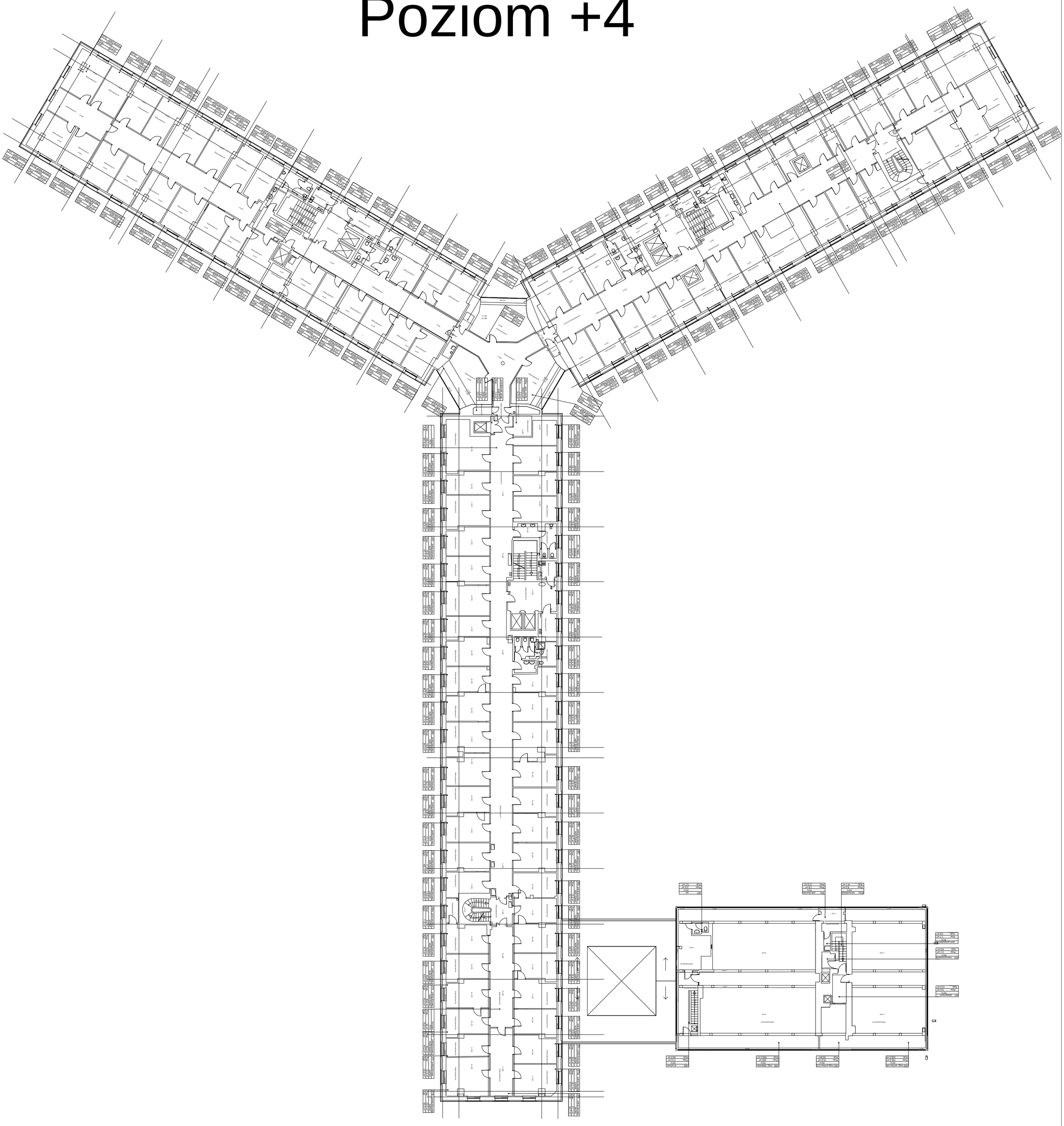Poziom +4