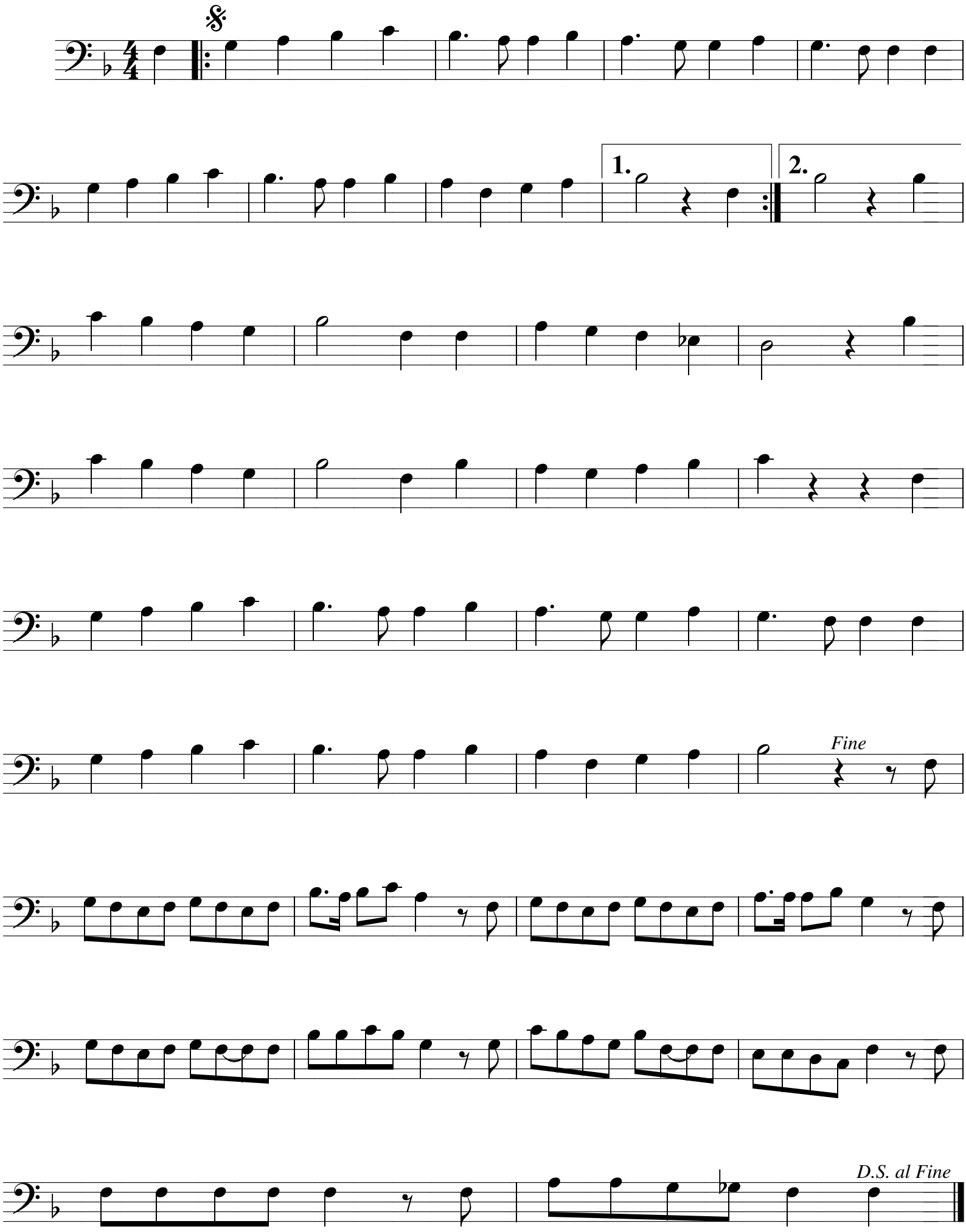Mie trömmelke