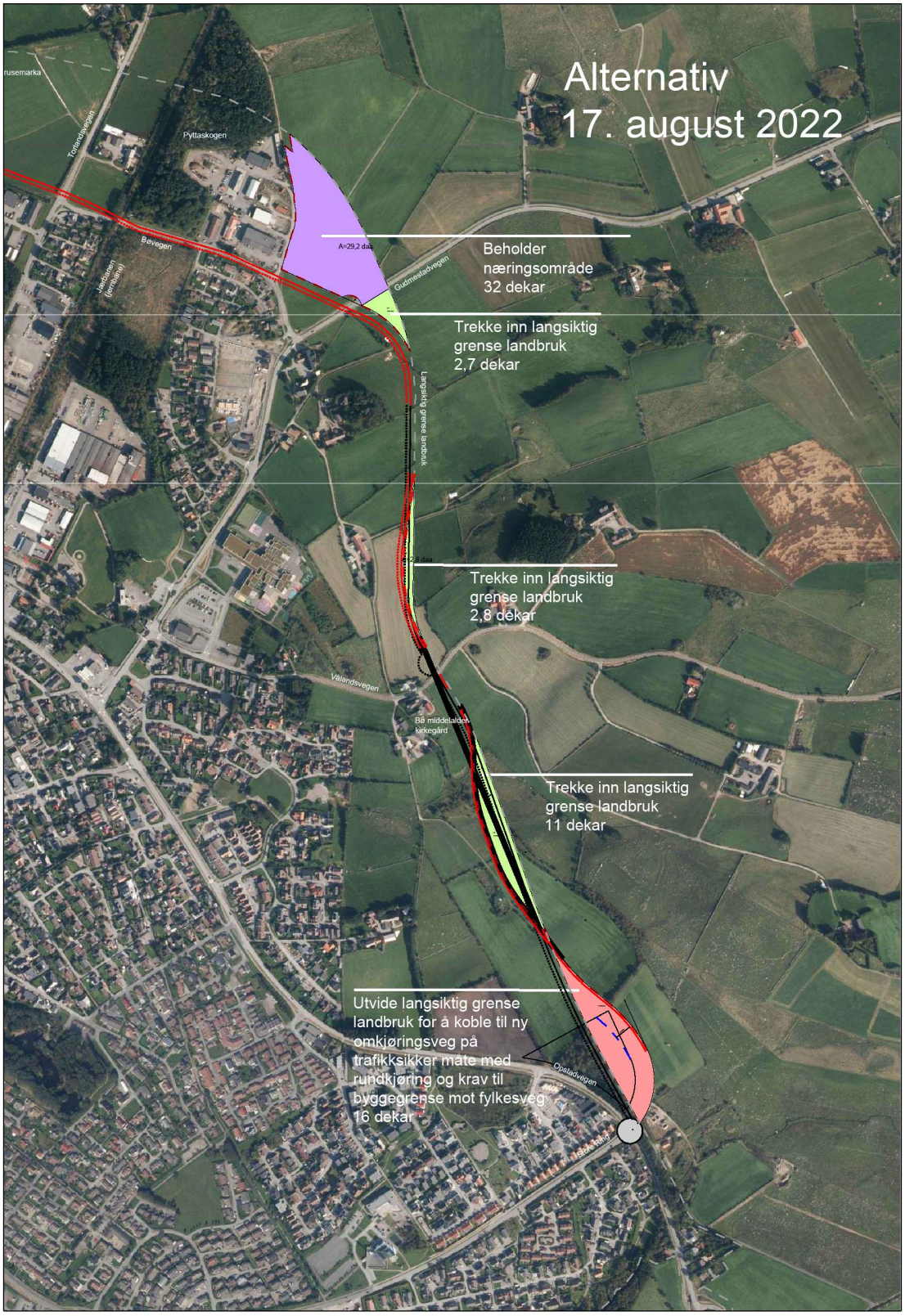Alternativ D