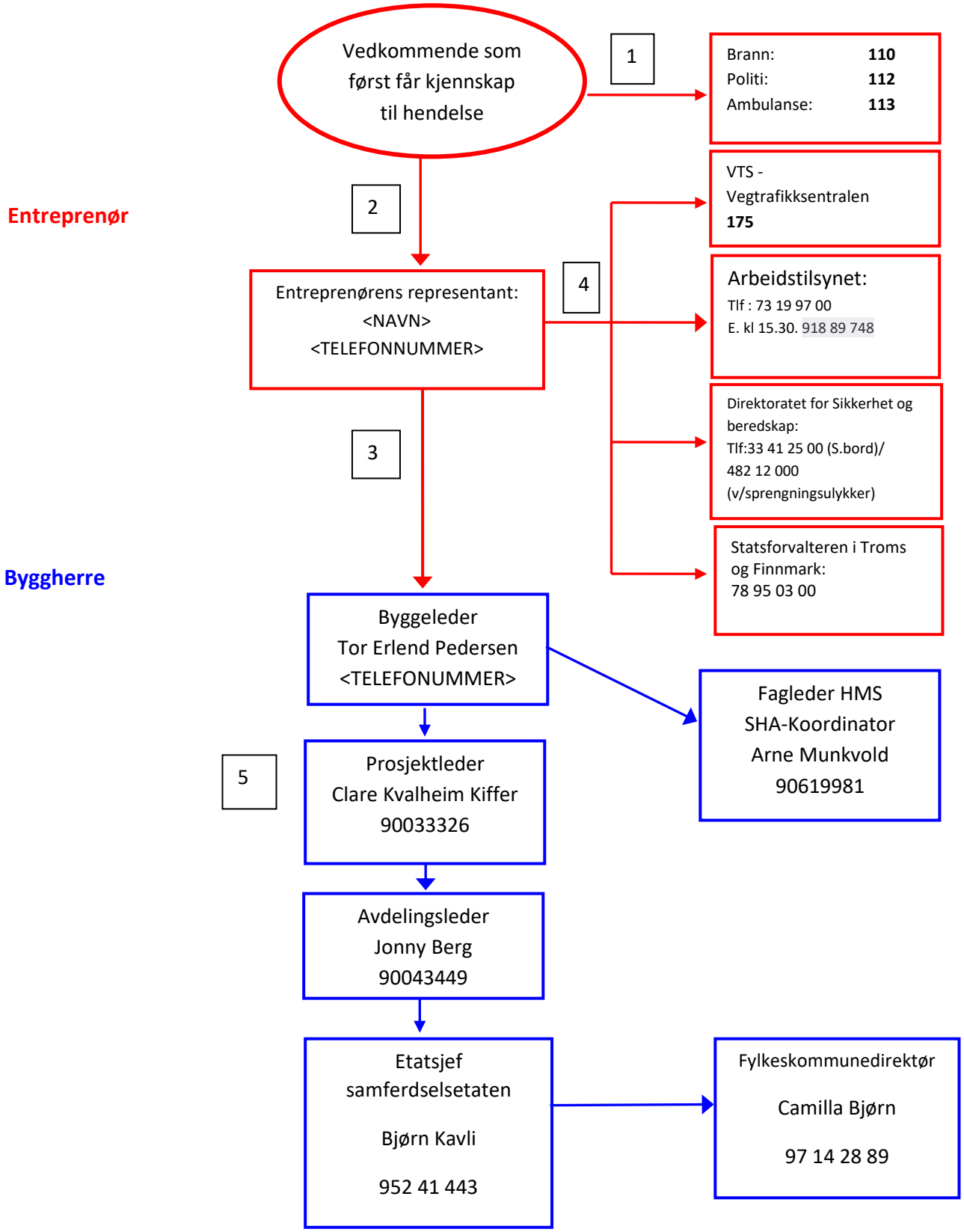VARSLINGSPLAN