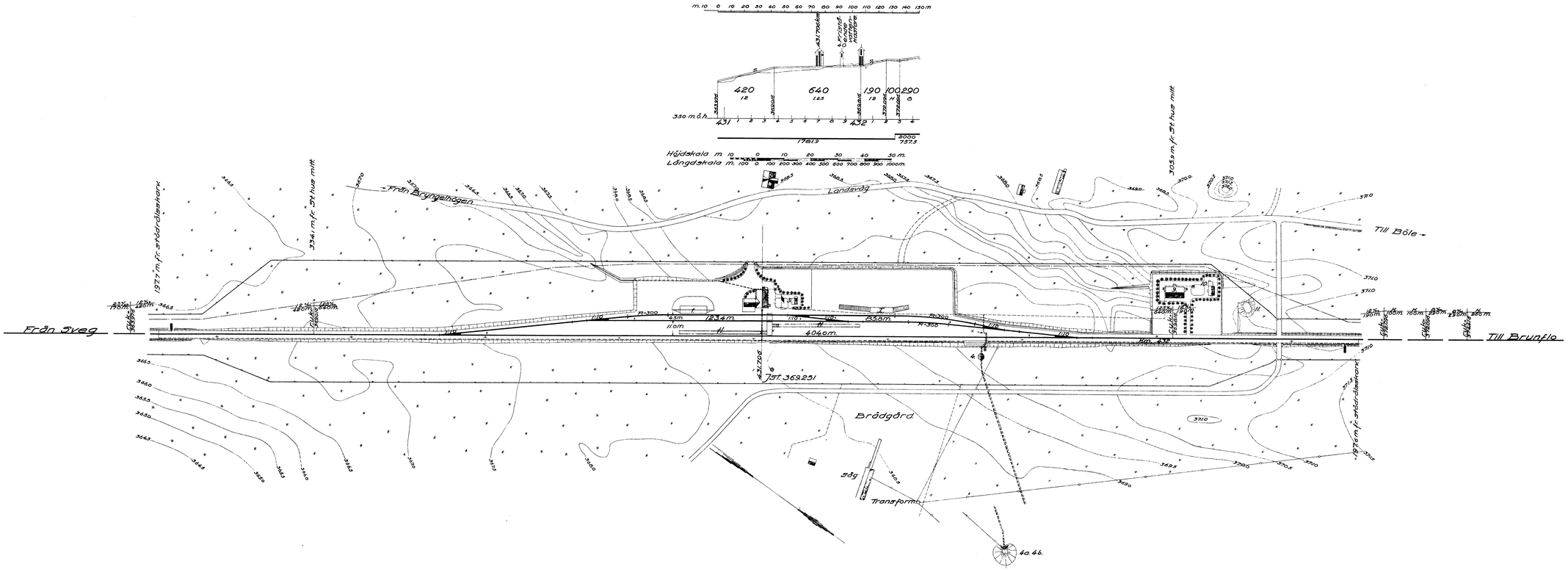BRYNGELHÖGEN