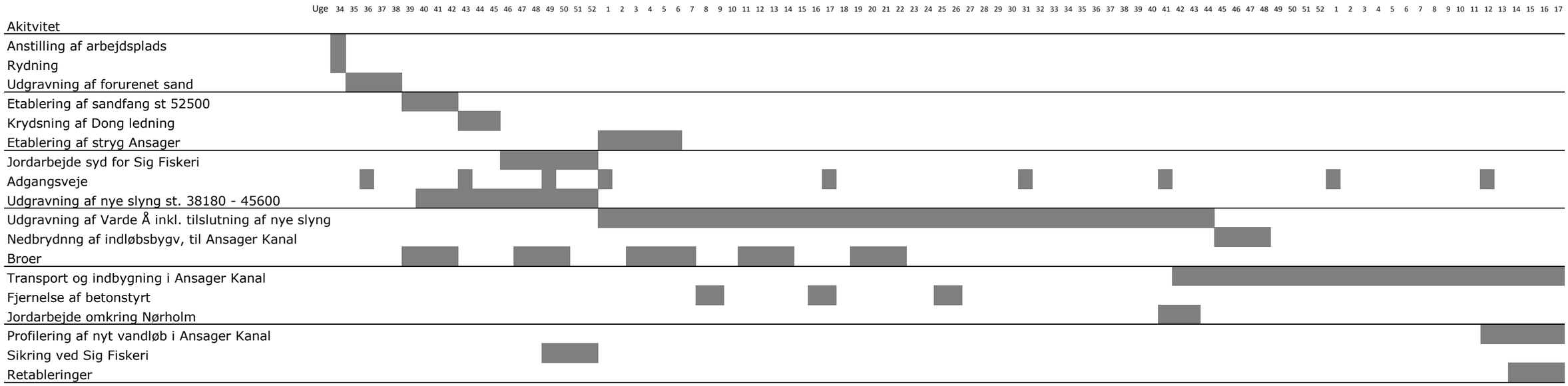UDBUDSTIDSPLAN