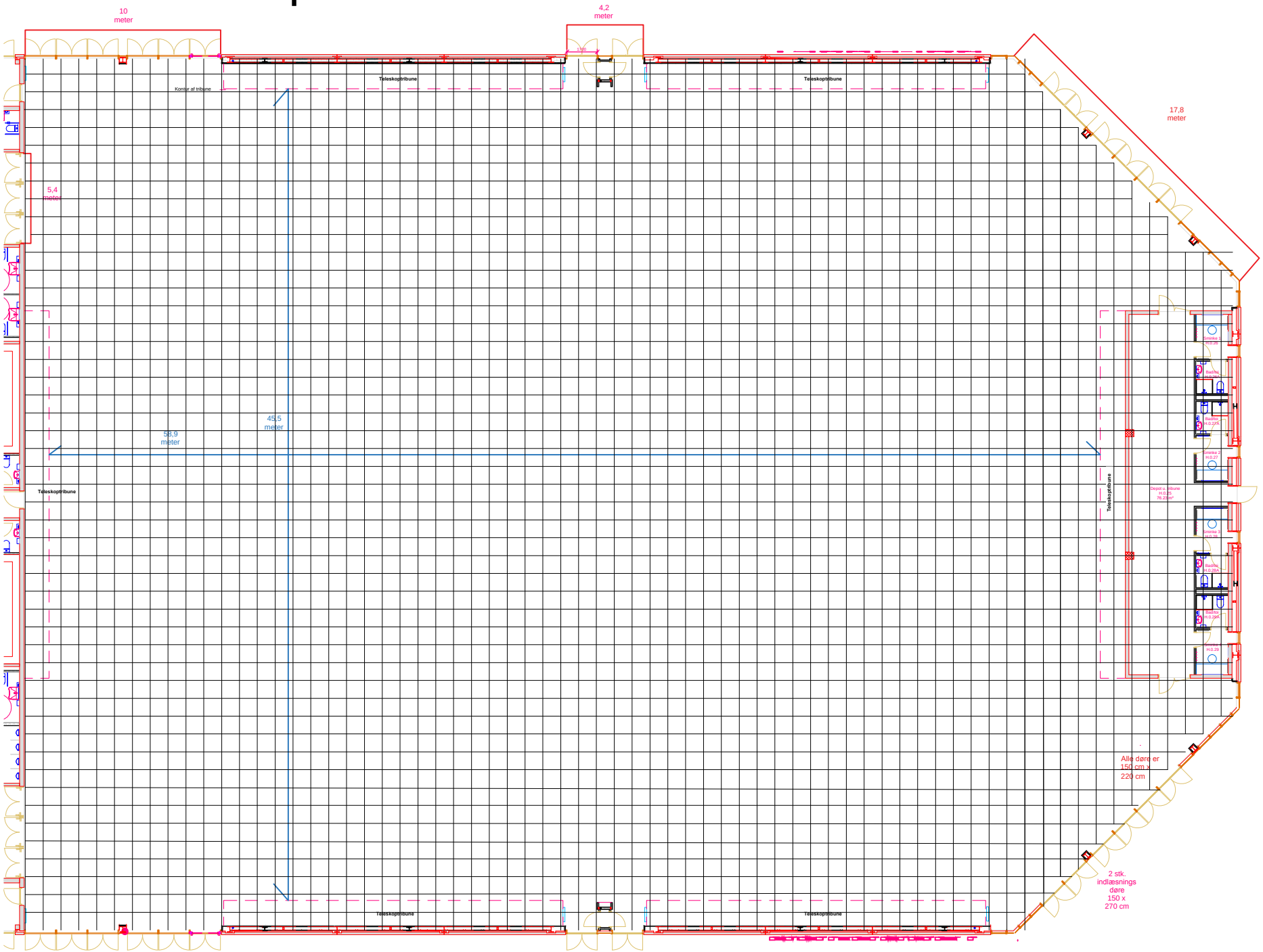Spektrum med 1 meter tern