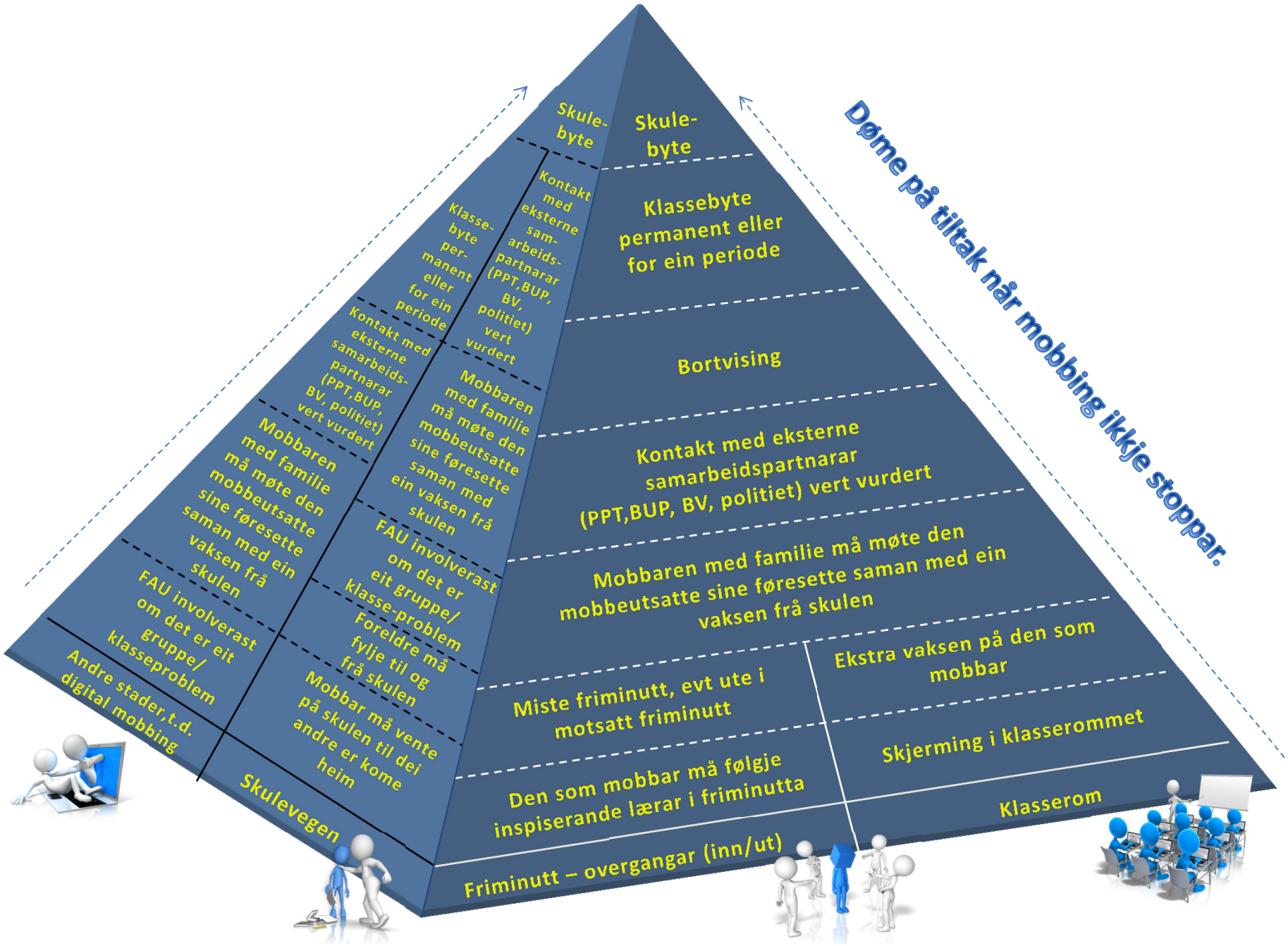Tiltakspyramide