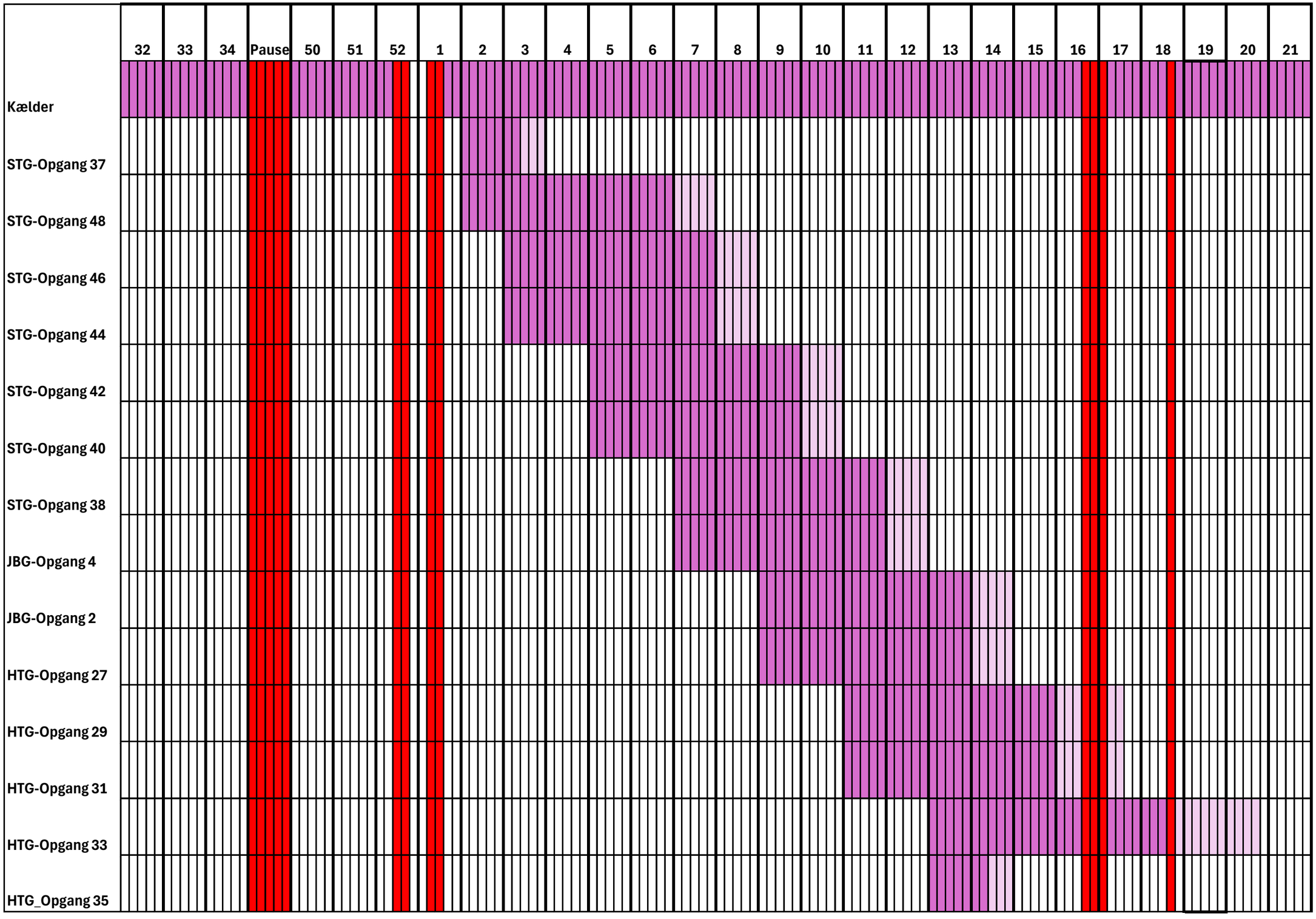Karré 4 tidsplan