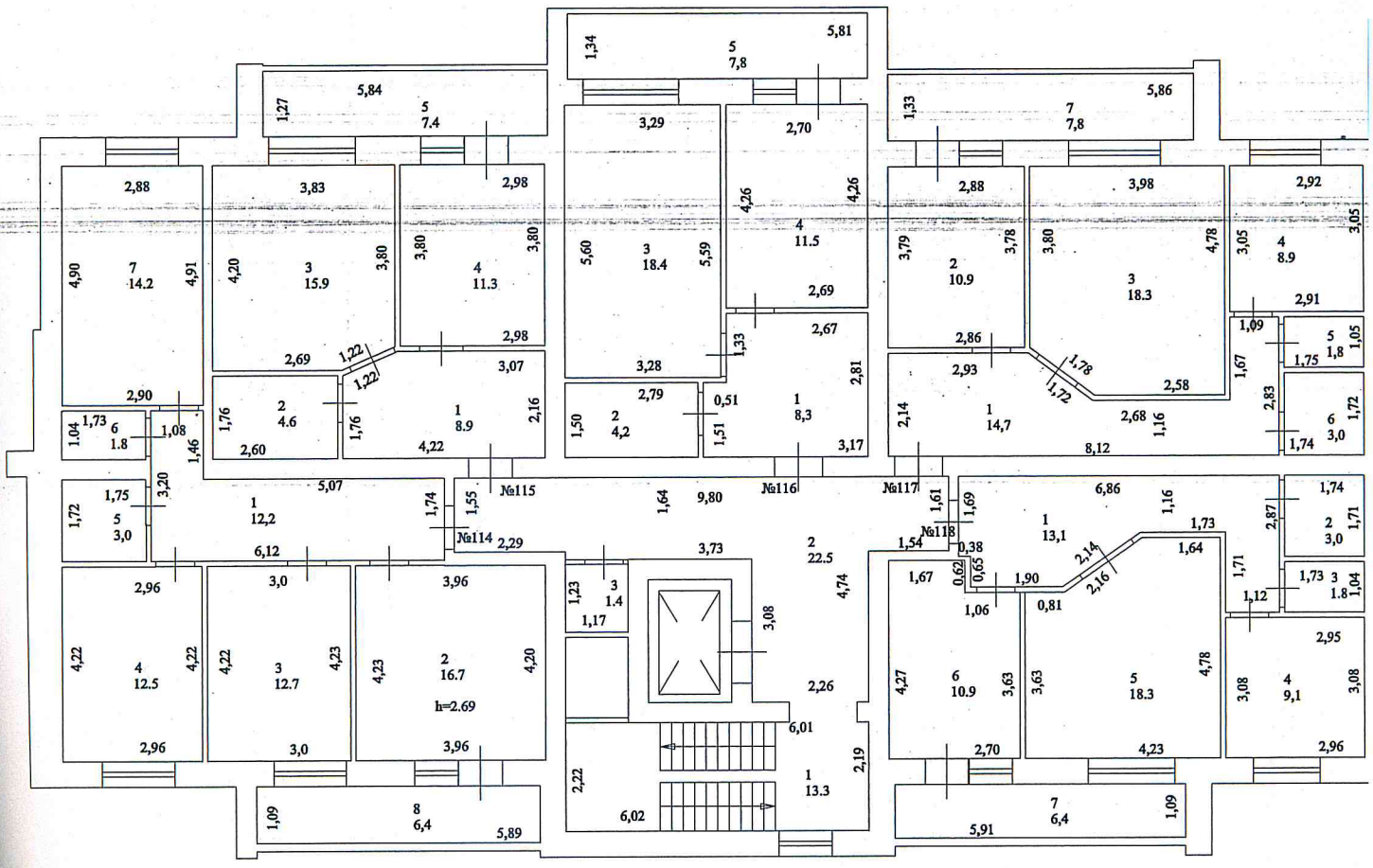7 эт