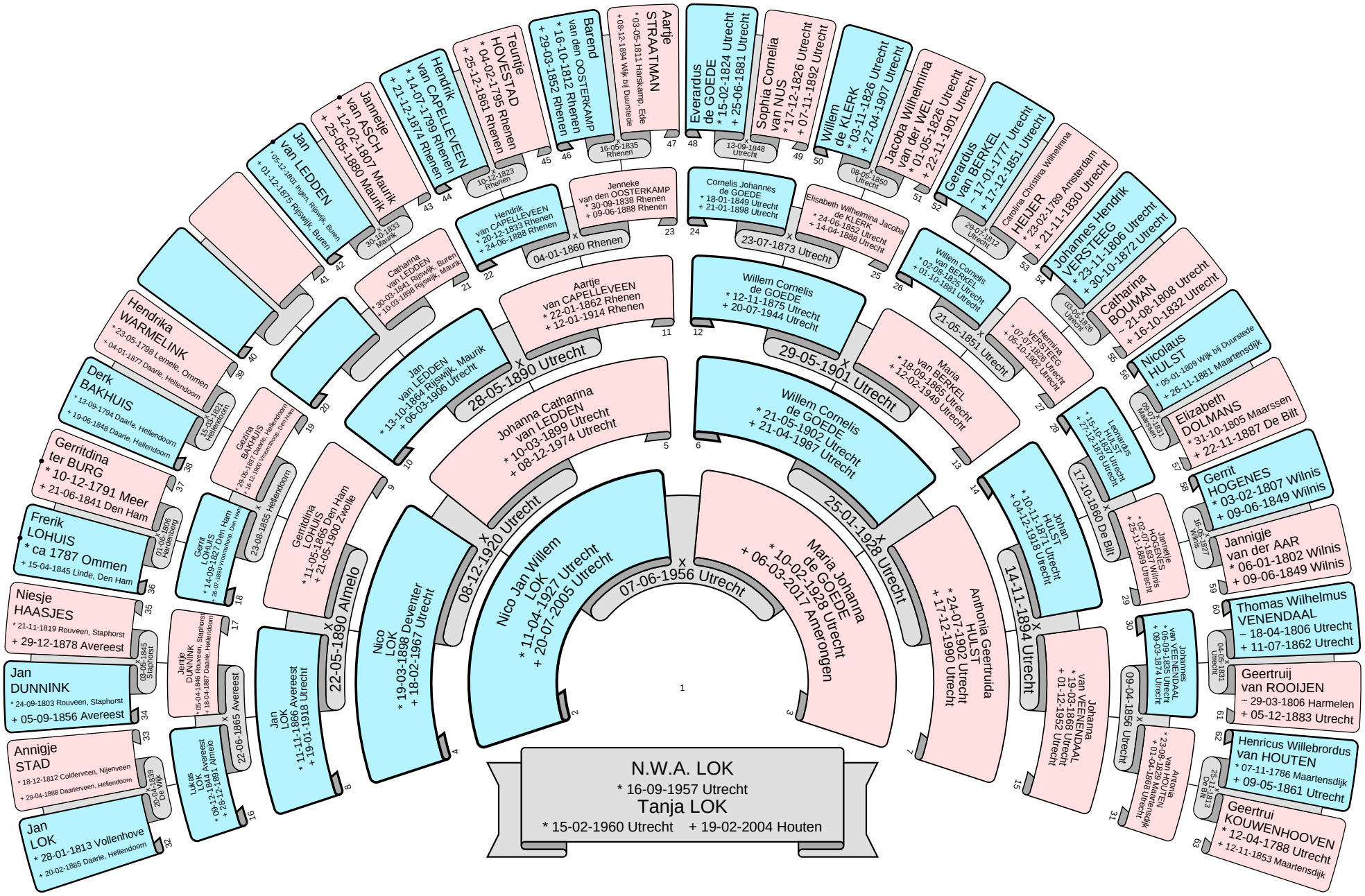Kwartierstaat LOK