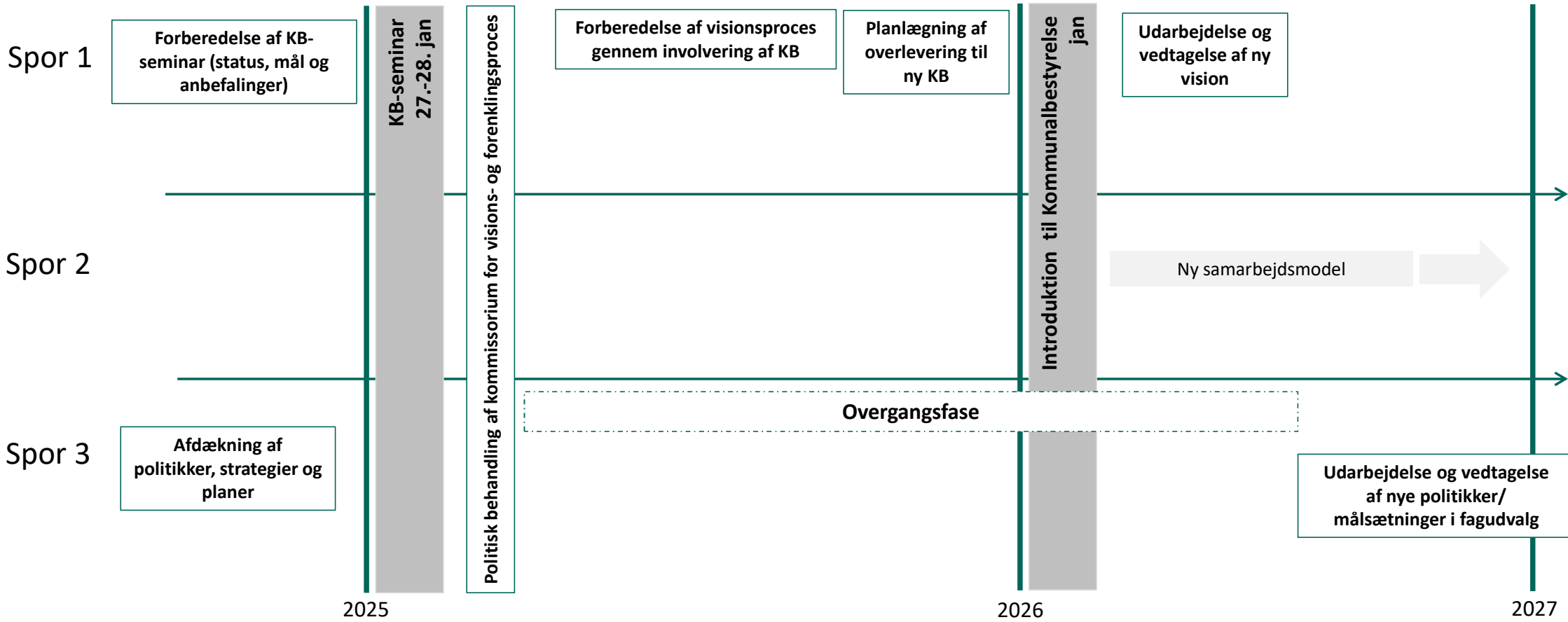Tidsoversigt