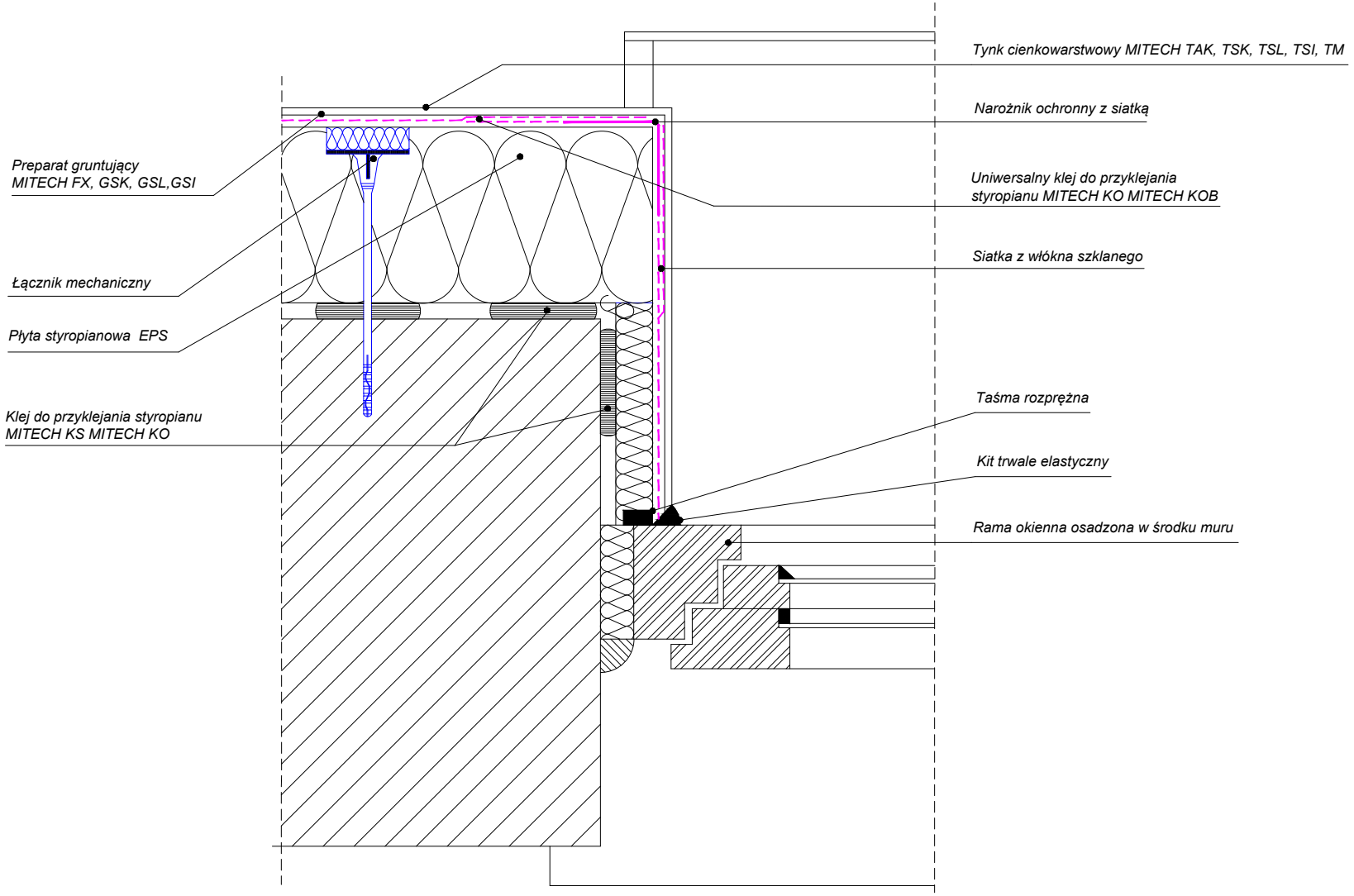Ocieplenie ościeża