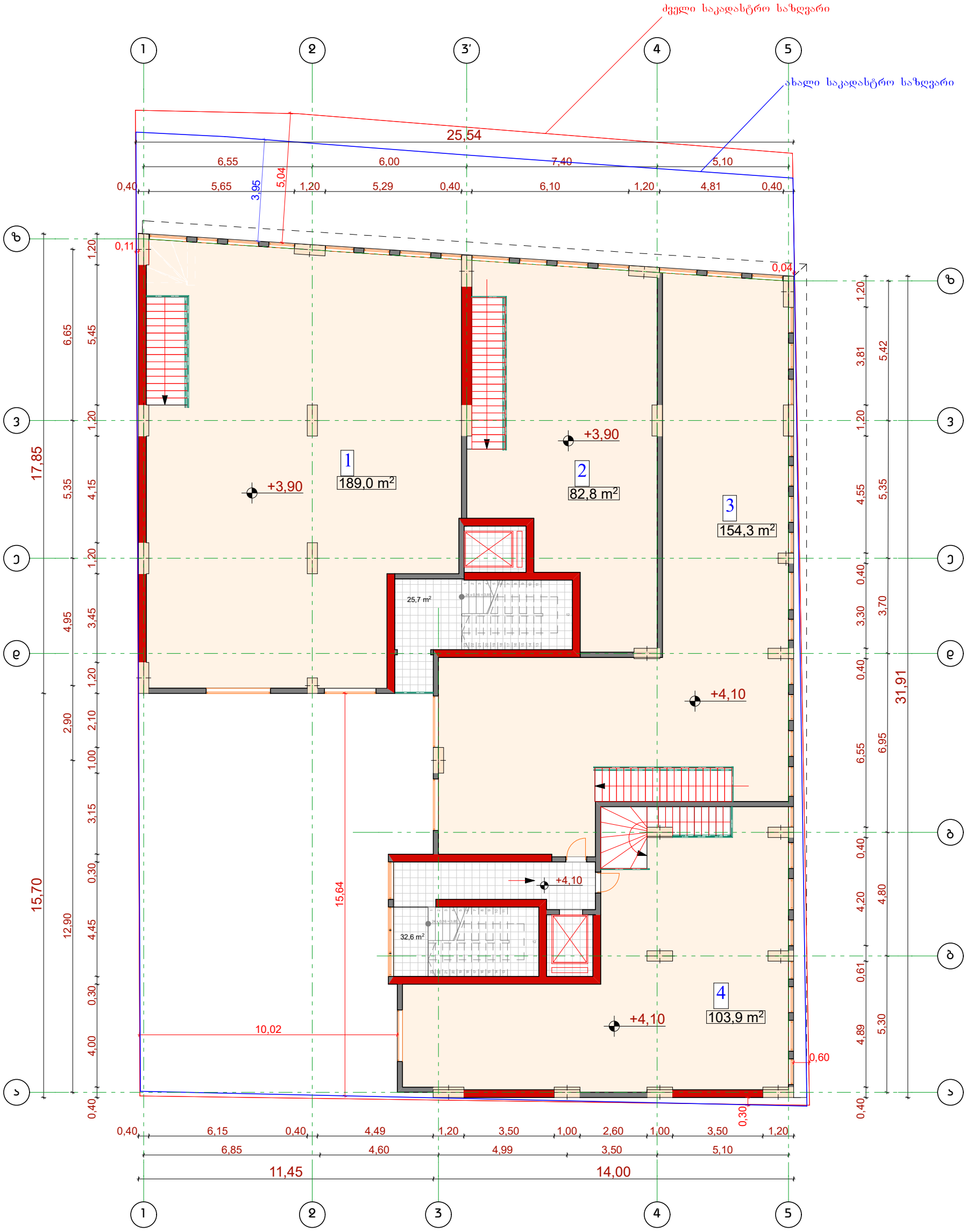ანტრესოლის გეგმა